

WILLAMETTE VALLEY
VINEYARDS

Steelhead with Lentils and Kale

INGREDIENTS

4 ea.	<i>steelhead – 6 oz.</i>
2 Tbsp. + 2 tsp.	<i>cocoa chili seasoning (recipe follows)</i>
1	<i>cedar plank</i>
1 fl. oz.	<i>olive oil – extra virgin</i>
4 Tbsp.	<i>white onion – diced ¼ "</i>
3 Tbsp.	<i>bacon – cooked ½ " lardons</i>
4 cups packed	<i>baby kale</i>
½ lb. cooked wt.	<i>cooked lentils (recipe follows)</i>
4 fl. oz.	<i>chocolate-chipotle BBQ sauce</i>
3 fl. oz.	<i>white wine</i>
to taste	<i>seasoning – salt and pepper</i>

½ lb.	<i>lentils – mixed varieties, petite</i>
1 Tbsp.	<i>garlic – fresh, minced</i>
2 ea.	<i>bay leaf</i>
1 Tbsp.	<i>thyme – dried</i>
1 Tbsp.	<i>oregano – dried</i>
1 Tbsp.	<i>kosher salt</i>
2 tsp.	<i>black pepper – ground</i>
2 Tbsp.	<i>lemon juice – fresh</i>

½ cup	<i>cocoa powder</i>
1½ tsp.	<i>dried chipotle – ground fine</i>
1 Tbsp.	<i>kosher salt</i>
1 Tbsp.	<i>white pepper – ground</i>

METHOD

Steelhead: Heat oil in a saute pan over med-high heat, add diced onion and bacon and sauté until onion sweats and is slightly translucent. Add chopped kale and toss for 1 min. Deglaze pan with wine, add cooked lentils, barbecue sauce and seasoning. Continue to cook for 1-2 minutes to incorporate flavors. Season steelhead with the cocoa chili seasoning on all sides, getting a good coating. Place steelhead on a cedar plank and bake with convection at 375° F for 10-12 minutes or BBQ at 425° F for 8-10 minutes. Serve steelhead over the lentil and kale mixture. When ready to serve, place the desired amount of mixture in a shallow bowl and heat in a 350° F oven until lightly browned and the sides start to bubble. Serve with fresh warmed pita.

Lentils: Rinse lentils with cool water to remove particles, then place in a pot with dried herbs, kosher salt, pepper and garlic. Fill with water over the lentils and simmer over med-high heat for 12-16 minutes. Lentils should be done when they are al dente but not mushy. Strain, spread out on a baking tray, and refrigerate to cool.

Cocoa Chili Seasoning: Mix all ingredients together and store at room temperature.