Smoked Alaska Sockeye Salmon & Grain Bowl

**Preparation Time:** 0 minutes
**Cook Time:** 0 minutes
**Servings:** 4

**Ingredients:**

*Pickling Solution:*

- 2 cups rice wine vinegar
- 1 cup water
- ½ cup sugar
- ¼ cup salt

*Pickled Beets:*

Prepare at least 24 hours in advance

- 2 beets, medium sized (any color)
- 1 sprig thyme
- 1 orange, halved
- 2 Tbsp. extra virgin olive oil
- 1 ½ cups *pickling solution*

*Pickled Mustard Seeds:*

Prepare at least 24 hours in advance

- 1 cup mustard seeds
- 1 ½ cups *pickling solution*
**Farro:**

2 cups farro
½ white onion, halved
½ head fennel, halved
3 cloves garlic, smashed
1 fresh bay leaf
1 sprig thyme

**Everything Crumb:**

2 Tbsp. caraway seeds, whole
2 Tbsp. poppy seeds, whole
2 Tbsp. sesame seeds, whole
1 Tbsp. onion powder
1 Tbsp. garlic powder
1 Tbsp. flake sea salt, Jacobson’s preferred, Maldon a good substitute

**For Salmon and Bowl Assembly:**

1 Lb. Alaska sockeye salmon fillets, skin-off, thawed in refrigerator overnight
2 Tbsp. fresh tarragon leaves
2 Tbsp. fresh parsley leaves
2 Tbsp. chives, finely chopped, divided
¼ cup extra virgin olive oil, divided
1 lemon, juiced and zested

**Description:**

*Recipe by Chef Michael Scelfo*

**For Pickling Solution:**

Combine all ingredients in a sauce pot over medium heat until sugar and salt dissolve. Remove from sauce pot and set aside to cool to room temp.

**For Pickled Beets:**

Pre-heat oven to 350°F. Combine beets, thyme, extra virgin olive oil, a good pinch of salt and pepper in a high-walled baking dish. Squeeze orange halves over the mix and toss to combine. Cover baking dish and roast until the beets are tender and easily pierced with a paring knife, about 35 minutes. Once tender, remove dish from oven and leave covered for 15 minutes to let beets cool slightly and steam a bit. Using a dish towel (or two, they will be hot!) peel the skins off the beets. Once beets are free of skin, cut into ¼ inch cubes and place into a bowl. Cover with pickling solution and let sit in refrigerator at least overnight. Beets will keep covered in pickling solution in a refrigerator for 2 weeks.
For Pickled Mustard Seeds:

Boil mustard seeds in enough cold water to cover. Drain water and repeat this process 3 times to blanch and remove bitterness. Combine with pickling solution, bring to a boil and let cool to room temperature. Mustard seeds will keep covered in pickling solution in a refrigerator for 2 weeks.

For Farro:

Combine all above ingredients with 6 cups water, salt and pepper to taste in a medium pot and bring to a boil. Reduce to a simmer and cook until farro is tender, but not mushy, about 30 minutes. Drain excess water and spread on a sheet tray to cool, removing spent aromatics.

For Everything Crumb:

Combine all ingredients in a bowl and mix well. Set aside.

For Bowl Assembly:

Season salmon liberally with salt and pepper on both sides, then rub with 2 Tbsp. olive oil. Smoke salmon on a sheet tray at 225°F, full smoke cycle, until just cooked through, about 45 minutes. Set aside to cool.

In a large bowl, add cooked farro, pickled beets, 2 Tbsp. of pickled mustard seeds, 2 Tbsp. olive oil, picked tarragon and parsley, 1 Tbsp. chives, zest and juice of 1 lemon and mix well. Season with salt and pepper to taste. Divide farro into four bowls. Using the same large bowl, break up the salmon and season with a bit of salt and pepper. Divide salmon into a neat pile on top of the farro in each bowl. Garnish with a heavy pinch of the everything spice, the remaining chives, a pinch of flake salt, and a light drizzle of olive oil.