

# BEREBERE SPICED SALMON WITH PEAS AND GREENS

by Chef Kevin Mitchell



## Ingredients

**10 5-oz. portions of salmon, dredged in berebere spice**

**Oil for sauteeing salmon**

**2-pound dried Geechie Boy sea island red peas or black eyed peas, soaked overnight**

**4 sprigs thyme**

**4 cloves garlic, 2 whole and 2 finely chopped**

**2 Tblspn coconut oil or olive oil**

**1 small onion, finely diced**

**1 tsp grated fresh ginger**

**1 tsp red pepper flakes**

**1 tsp curry powder**

**1/2 tsp ground turmeric**

**1 28-oz. can diced tomatoes, drained, or tomato concasse**

**1 cup vegetable stock**

**1 can coconut milk**

**2 bunches lacinato kale or other greens, stems removed**

**salt and freshly ground pepper to taste**

*Garnish, optional:*

**1 handful of microgreens**

**2 jars Geechie Boy pickled okra benne seeds**

Drain soaked peas, place in a large pot, and cover with plenty of cold water. Add thyme and 2 garlic cloves and bring to a boil over high heat. Reduce heat to medium-low and simmer, covered, about an hour. After about 40-45 minutes, add a generous pinch of salt to the pot.

Once peas are tender, remove pot from heat, let stand 5 minutes, reserve 2 cups of the cooking liquid and drain the rest.

In a wide, heavy-bottomed pot, heat oil over medium-low; add the onion and cook until tender, about 10 minutes, then add ginger, garlic, red pepper flake and salt. Cook, stirring occasionally, until softened and just starting to brown, about 10 minutes. Add the curry and turmeric, and cook until fragrant, about 2 minutes. Add the tomatoes and cook until softened about 10 minutes. Continue stirring occasionally! Add the stock, coconut milk and reserved cooking liquid to pot, bring to a boil, then reduce heat and simmer until the tomatoes break down and the sauce thickens a bit, about 20 minutes. Add the peas to the sauce and cook over medium-low heat until the peas are lightly coated, about 10 minutes.

Slice kale into thin ribbons. Fold greens into peas and remove pot from stove. (Greens will cook from the residual heat). Adjust seasonings and serve.

Cook salmon in a large nonstick pan. Sear pieces of salmon in hot oil, 4-5 minutes each side.

Dish peas and greens onto serving plates and place a piece of salmon on top.

Serve with pickled okra if you please!



Kevin Mitchell is a member of the Slow Food USA Cooks' Alliance and a Culinary Instructor at the Culinary Institute of Charleston. Kevin joined us as a speaker and demonstrated this recipe at Slow Food Nations 2019 Kitchen Counter.

