
Pancetta-Wrapped Salmon with Pistachio-Brown Butter Vinaigrette

The New Wine Country Cookbook: Recipes from California's Central Coast

Tarla Fallgatter, cooking class, Sept 2016



Pancetta
Wrapped
Salmon
with Browned
Butter and Pistachio
Vinaigrette

30 ounces salmon fillets, wild caught, skinless, center-cut (about 5 ounces each)

Fresly ground black pepper

6 slices pancetta, or prosciutto (thin slices)

NUT SAUCE:

6 tablespoons unsalted butter

3/4 cup pistachio nuts, toasted, coarsely chopped

1 1/2 tablespoons white wine vinegar

2 tablespoons butter, COLD, cut into small pieces

1 tablespoon Italian parsley, finely chopped and

more for garnish if desired

Per Serving (excluding unknown items): 455 Calories; 32g Fat (62.4% calories from fat); 38g Protein; 5g Carbohydrate; 2g Dietary Fiber; 135mg Cholesterol; 817mg Sodium. Exchanges: 1/2 Grain(Starch); 13 1/2 Lean Meat; 0 Vegetable; 4 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com

Servings: 6

1. Season salmon with pepper and wrap each piece with a slice of pancetta. (This can be done up to 6 hours ahead of time.)
2. Place a baking sheet on the center rack of the oven and preheat to 425°F on convection bake.
3. Let salmon sit at room temp for about 10 minutes if it's just been removed from the refrigerator.
4. Meanwhile, preheat a baking sheet in the hot oven and once hot, transfer salmon to the sheet and roast for 5 minutes.
5. Turn the salmon over and continue baking for about 8-9 more minutes or until tender. It should measure 145°F on an instant read thermometer.
6. SAUCE: Heat unsalted butter in a pan until it turns brown (but not burned). As soon as it has turned a dark, nutty brown, remove from heat, stand back and add pistachios and vinegar (it will boil up and splatter). Now add the COLD butter and parsley; swirl the pan until butter melts and thickens slightly. Spoon alongside the salmon or over the salmon. Serve immediately.