

Pistachio Crusted Salmon with Apricot Glaze

Phillis Carey cooking class, 10/15



Servings: 4

NOTE: You probably will have some of the sauce left over - that's a good thing - use it on other fish or chicken since it keeps several weeks.

1. SAUCE: Place ingredients in a medium saucepan and bring to a boil. Reduce heat and simmer, covered, for 15 minutes. Transfer to a blender and puree until smooth. Return to saucepan and simmer to thicken, if desired. (Will keep for several weeks, refrigerated.)

2. SALMON: Preheat oven to 375°. Season fish with salt and pepper. Heat 2 T. of oil in a large nonstick pan. Sear fish for one minute per side and then transfer to a parchment-lined baking sheet.

3. Toss remaining tablespoon of oil with parsley, chives and pistachios. Brush fish lightly with the apricot glaze. Spread pistachio mixture on top of the fish and bake 6-8 minutes, or until just cooked through. Serve drizzled with more apricot glaze and serve remaining sauce on the table.

GLAZE:

12 dried apricot halves, quartered (use sulfured type)

1 cup apricot nectar, plus 2 tablespoons

6 tablespoons white vinegar

6 tablespoons sugar

3/4 teaspoon Sriracha sauce, or other Asian chile sauce

1 tablespoon fresh ginger, minced

1 tablespoon shallots, minced

SALMON:

20 ounces salmon fillets, 4 pieces, 1 inch thick, 5-6 ounces each

Sea salt and freshly ground pepper to taste

3 tablespoons grapeseed oil, divided use

1/4 cup Italian parsley, chopped

2 tablespoons chives, chopped

1/2 cup pistachio nuts, toasted & chopped (or you can use walnuts or pecans)

Per Serving (excluding unknown items): 490 Calories; 23g Fat (41.6% calories from fat); 32g Protein; 41g Carbohydrate; 3g Dietary Fiber; 74mg Cholesterol; 125mg Sodium. Exchanges: 1/2 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 1 Fruit; 3 1/2 Fat; 1 1/2 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com