

Asparagus Pesto on Broiled Lemon Salmon Filets

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The asparagus pesto recipe came from Gourmet magazine, 1999, and from the New York Times in 2010.

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Heavenly, that's all it is! You might think this is a waste of perfectly wonderful asparagus! No, it's fantastic and yes, the asparagus flavor does shine through.

1 pound asparagus, trimmed and cut into 2-inch segments

1 clove garlic, or more to taste

1/4 cup pine nuts

1/4 cup olive oil, or more as desired

3/4 cup Parmigiano-Reggiano cheese, freshly grated (I added just a tad more than this)

Freshly ground black pepper

Juice of 1/2 lemon, or to taste

SALMON:

1/4 cup fresh lemon juice

1/4 cup olive oil

1 clove garlic, minced

1 pinch red pepper flakes

36 ounces salmon fillets (cut into 6 servings)

Serving Ideas: This can be a meal-in-one if you boil a pound of orzo to serve under this. Drain, pour the orzo out onto a very hot platter, place the salmon fillets on top, then pour the asparagus pesto over the top. Don't cover the salmon fillets with the sauce - it can be on some of the salmon, but not all.

Servings: 6

Make sure the pesto is almost pourable - if it's too chunky it won't mix with rice or pasta, so do add some of the asparagus cooking liquid to thin the sauce if necessary.

1. **PESTO:** Bring a large pot of water to a boil and salt it. Add the asparagus and cook until fully tender but not mushy, 8 to 10 minutes. Drain well, **RESERVING** some of the cooking liquid, and let the asparagus cool slightly.
2. Transfer the asparagus to a food processor and add the garlic, pine nuts, 2 tablespoons of the oil, Parmesan, a pinch of salt and a couple of tablespoons of the cooking liquid. Process the mixture, stopping to scrape down the sides of the container if necessary, and gradually add the remaining oil and a bit more of the reserved cooking liquid to moisten if necessary. Add the lemon juice and season with salt and pepper to taste, pulse one last time, and serve over pasta, fish or chicken (or cover and refrigerate for up to a day).
3. **SALMON:** In a plastic bag add lemon juice, olive oil, garlic and red pepper flakes. Squish bag gently to mix, then add salmon filets. Seal bag and refrigerate for 20 minutes only.
4. Drain salmon then place filets on a rimmed baking sheet lined with parchment paper (latter not required, but makes for easier cleanup). Preheat broiler, but set rack 8-10 inches below the broiling element (no closer). Broil salmon until nicely browned. You do not have to turn the salmon - cooking this way eliminates that step.
5. Remove salmon, plate it and nap about 1/4 cup of asparagus pesto across the piece (not lengthwise, but across).

Per Serving (excluding unknown items): 448 Calories; 30g Fat (60.1% calories from fat); 40g Protein; 4g Carbohydrate; 1g Dietary Fiber; 96mg Cholesterol; 301mg Sodium. Exchanges: 0 Grain(Starch); 5 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 4 1/2 Fat.

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