
Pecan Crusted Salmon with Artichoke Tartar Sauce

Phillis Carey cooking class, Nov. 2013



SAUCE:

14 ounces canned artichoke hearts (not marinated style), rinsed, drained and diced

3/4 cup mayonnaise

1/3 cup red onion, finely chopped

1/4 cup green onion, minced

2 tablespoons capers, drained, rinsed

2 tablespoons gherkins, sweet pickles, drained, minced (or use relish in a pinch)

1 tablespoon Italian parsley, chopped

SALMON:

1/3 cup milk

1 large egg

1 cup pecans, finely chopped & toasted (or almonds)

1 1/2 cups soft bread crumbs

30 ounces salmon fillets (in 6 serving pieces)

1/2 cup flour

4 tablespoons olive oil

Servings: 6

1. SAUCE: Stir all ingredients in a medium bowl. Cover and chill at least 30 minutes, and up to 2 days ahead. Leave sauce out at room temp for at least 30 minutes before serving.

2. SALMON: Preheat oven to 375° F.

3. Whisk milk and egg together in a flat-type dish to blend. Combine pecans and bread crumbs in food processor until they're finely ground and place them on a similar flat plate or dish.

4. Season salmon with salt and pepper and dredge in flour, shaking off excess. Coat salmon with egg mixture and dredge in pecan crumbs to coat the salmon thoroughly. (Can be made to this point up to an hour ahead.)

5. In a large nonstick skillet heat olive oil over medium heat. Add salmon and cook 2-3 minutes per side to brown well. Do not burn it! Transfer salmon to a rack set over a baking sheet and bake for 6-8 minutes or until salmon is just cooked through. Serve with the artichoke tartar sauce on top.

Per Serving (excluding unknown items): 684 Calories; 51g Fat (66.1% calories from fat); 35g Protein; 24g Carbohydrate; 2g Dietary Fiber; 121mg Cholesterol; 556mg Sodium. Exchanges: 1 Grain(Starch); 4 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 6 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>