Salmon with Sumac and Fennel Crumbs

Artichoke to Za'atar by Greg and Lucy Malouf



CRUMB MIXTURE:

1 tablespoon sumac

1 tablespoon fennel seeds, roasted and crushed

1 1/2 teaspoons lemon zest, from about 1/2 lemon

1/2 cup fresh bread crumbs

SALMON:

24 ounces salmon fillets, cut into 4 pieces

1/4 teaspoon salt

pepper

3 tablespoons olive oil

1 teaspoon Dijon mustard

FENNEL-MINT SALAD:

1 medium fennel bulb

2 shallots, very finely diced

1/3 cup fresh mint leaves

1/3 cup fresh parsley

1 whole ripe tomato, deseeded and sliced

1/2 teaspoon dried mint flakes

1/4 cup lemon juice

5 tablespoons extra virgin olive oil

1/2 teaspoon sumac

salt and freshly ground black pepper to taste

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

Servings: 4

1. Preheat oven to its maximum heat (but not in broil mode). Mix sumac, fennel seeds and lemon zest with bread crumbs and set aside.
2. Lightly season the salmon. In a heavy-based, ovenproof pan, heat the olive oil and saute the salmon pieces for 30-40 seconds, moving constantly so they don't stick. Turn and saute for a further 30 seconds.
3. Remove the pan from the heat, brush each salmon fillet with the mustard, and sprinkle over a 1/4 inch layer of the crumbing mix, packing it on neatly.
4. Place the pan on the top shelf of the oven and cook for 3 minutes for medium rare, or longer as desired. Remove from the oven and allow to rest in a warm spot for 4-5 minutes.
5. To make the fennel-mint salad, place all the ingredients into a large mixing bowl and toss together. Divide the salad onto plates and top with a piece of salmon. Serve.

Per Serving (excluding unknown items): 495 Calories; 34g Fat (60.8% calories from fat); 36g Protein; 13g Carbohydrate; 4g Dietary Fiber; 89mg Cholesterol; 334mg Sodium. Exchanges: 1/2 Grain(Starch); 5 Lean Meat; 1/2 Vegetable; 0 Fruit; 5 1/2 Fat; 0 Other Carbohydrates.