



Pistachio-Crusted Salmon

This delicious pistachio-crusted salmon is inspired by a dish served at the annual Sagra del Pistacchio di Bronte in Sicily and introduced to me by Lucio Galletto. In Bronte this pistachio crust is often served on lamb, but I like it just as much on salmon, or any firm white fish. You could even use it on chicken or sprinkled over cauliflower for baking.

Serves 2



INGREDIENTS

- 2 x 180g salmon fillets, skin on, pin-boned (6½oz)
- 50g slivered pistachios (1¾oz)
- 1 tablespoon flat-leaf parsley leaves, finely chopped
- 1 clove garlic, crushed
- ½ tablespoons freshly grated parmesan cheese (6g/¼oz)
- 1 tablespoon fine fresh breadcrumbs (6g/¼oz)
- Salt flakes, to taste
- 2 teaspoons extra virgin olive oil (10ml)
- 25g butter (1oz)

METHOD

1. Remove salmon from fridge 30–60 minutes before cooking and set aside to come to room temperature.
2. Preheat the oven to 200°C (400°F).
3. Use a mortar to roughly crush the pistachios; alternatively chop roughly with a knife or pulse briefly in a food processor or spice grinder; take care not to grind them to a paste.
4. Place in a bowl with parsley, garlic, parmesan, breadcrumbs and a pinch of salt and mix well.
5. Heat oil and butter in a heavy-based frying pan over medium-high heat.
6. Pat salmon dry all over and place into pan skin side down.
7. Cook for 2–3 minutes, until skin is dark golden.
8. Remove from pan to a baking paper-lined baking tray, skin side up.
9. Press the pistachio mixture all over the skin to make a firm, even coating, pressing any remaining mixture onto the sides.
10. Place in the oven for 8–10 minutes, depending on thickness, until cooked to your liking; remember it will keep cooking in the residual heat once removed from the pan.
11. Remove from oven and set aside in a warm place to rest for a couple of minutes before serving.