

Salmon Pistou



Ingredients for Salmon:

8 - 4 oz fresh salmon fillets, skin and pin bones removed	Salt
1 Tbsp dried chopped herbs (thyme, marjoram, oregano, savory or rosemary)	Pepper
	2 Tbsp olive oil

Ingredients for Pistou:

1 large bunch of fresh basil leaves (about one tightly packed cup), washed and spun dry	2 cloves of garlic, crushed and minced
2 cups cherry tomatoes	1 egg yolk (optional)
	Salt and pepper
	1/2 cup extra virgin olive oil

Directions:

Season the salmon liberally on both sides with salt and pepper; marinate in refrigerator for at least 30 minutes and up to four hours. Sprinkle both sides with selected chopped herbs, pressing the herbs into the salmon. Store in refrigerator until you are ready to sauté.

Make the the pistou within an hour of cooking the salmon to maintain color. Bring 2 quarts of water to a rapid boil with 2 Tbsp salt. Plunge in the basil leaves and stir, leaving them in the water for no more than 2 seconds. Drain in a colander and immediately rinse with cold water. Combine the basil, garlic, 1/2 cup of water and the optional egg yolk in a blender and puree for 1 minute until smooth. Transfer the basil mixture to a bowl and gently work in the olive oil with a wooden spoon. Season to taste with salt and pepper. Note: if you don't use an egg yolk, the oil will form small droplets within the green basil puree; this is okay.

Just before sautéing the salmon, gently heat the pistou mixture in a saucepan while stirring. Don't allow pistou mixture to come to a boil.

Sauté the salmon fillets, pat with a paper towel to eliminate the fat, being careful not to rub off the herbs, and transfer to heated 9x13x2 casserole dish. Wipe out hot sauté pan and add chopped tomatoes to warm. Ladle the pistou over and around each piece of salmon and spoon the warmed tomatoes over just before serving.

Yield: 8

400 g kcal | 32 g Tot Fat | 5 g Sat Fat | 0 g Trans | 95 mg Chol | 75 mg Sodium |
2 g Carb | 1 g Fiber | 1 g Sugar | 26 g Protein