

Pecan-Crusted Salmon - From www.GritandGlimmer.com

(Originally posted September 2008)

I'm not a huge fan of cooked salmon. Raw? Yes. Give it to me raw all day long, baby. Cooked is a different story.

This has partially to do with my stint as a line worker in a fish-processing plant at the age of 17. That's a story for another time, because this particular blog entry is meant to be about something appetizing and delicious.

Back to cooked salmon. I don't like the color, I'm not a particularly huge fan of the flakey texture, and, well, it's a pretty strong flavor. On a day when I am really into it, it's great – but it can be very hit or miss. Also, I like to cook it on the grill outside with a little lemon, dill and other herbs. This is fun but doesn't really work for those nights when I need a quick 5-minute meal fix.

Last week, I made a pecan-crusted version that knocked our socks off. And it literally took about 10 minutes.

Here's how it goes:

1. Pat the salmon filets dry. Pat pat pat. No soggy filets, ya hear!?
2. In food processor or your food pulverizing apparatus of choice, grind up a bunch of pecans. How many? I don't know, eyeball it, 1/2 cup? a cup? Somewhere between there – it depends on how much salmon you're dealing with. You'll figure it out. Add some salt and pepper to the resulting nut-meal.
3. Brush filets with olive oil.
4. Coat filets with pecan powder/chunks.
5. Put in George Foreman grill (or reasonable facsimile) for 5 minutes.
6. Serve on a bed of fresh greens and mangia like yer mama taught you.

Of course, there are a million variations you could do to this recipe. I made it again but we were out of pecans so I used walnuts. Just as good.

“But this is high in fat!” you are crying out.

Oh stop. Salmon is loaded with super-healthy Omega-3 fatty acids that you can get from very few other sources. Nuts are also great sources of healthy fats. Don't eat this every night, eat it once a week. Be a smarty. Remember your fresh, leafy greens.

Yum yum pop!