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## Delectable Fresh Wild Salmon using a recipe imported from Canada

By Susie Iventosch



This week I received an email from a Lamorinda reader, who enjoys Brussels sprouts and happens to be a good steward of our environment too!

Kathy Sylvester (of Orinda) wrote, "Your recipe in the Lamorinda Weekly looks wonderful ... one small suggestion, instead of using a baggie to incorporate the salt and oil with the sprouts, how about just a bowl or even using the cookie sheet and your hands? We are not going to get very far with improving the environment if we keep using plastic bags as disposable items."

I thought that was an excellent suggestion, and though I am somewhat addicted to the use of Ziploc baggies, I'm going to go get my hands greasy and give her ideas a try.

Kathy also suggested that waxed paper bags can work for many of the things we normally use baggies for and they can go into your "green garbage." She gets the Waxtex brand of these bags at Diablo Foods.

Speaking of Diablo Foods, I went in the other day to pick up some fresh wild salmon because a friend of mine had described "the most wonderful" salmon dish she'd had while vacationing in Victoria, British Columbia.

She said it was pecan-crust, served on a bed of Asian noodles, with a hint of maple and topped with green onions cut into very thin pieces that were baked to a crispy texture. So, naturally I asked if she'd inquired about the recipe and she said,

unfortunately it never occurred to her to do such a thing.

Since I make a regular habit of doing just such a thing, I asked her for the name and number of the restaurant so I could phone the chef myself. This dish sounded too good to pass up. By the time I got home, the recipe was waiting in my inbox. Now, that is service!

Thanks to Chef Lisa Hartery of Nautical Nellies Steak and Seafood House for sharing this fabulous dish!

## NAUTICAL NELLIES STEAK AND SEAFOOD HOUSE

Telephone: (250) 380-2260

Fax: (250) 380-2261

Address:

1001 Wharf St. @ Broughton

Victoria, British Columbia V8W1T6

## PECAN SALMON

SERVES 4

4 Salmon Fillets, boneless and skinless (6 oz. each)

### HONEY BALSAMIC DRESSING

1 cup honey (or maple syrup)

1 cup balsamic vinegar

$\frac{3}{4}$  cup canola oil

2 tablespoons sesame oil

1/2 bunch green onions, cut in 1/4" slices

2-3 cloves garlic, minced

1 teaspoon salt

1 teaspoon crushed chilies

### PECAN CRUST

1 cup pecans, roasted

3 tablespoons butter, softened to room temp

3 tablespoons brown sugar (demerara preferred)

### VEGETABLE NOODLE BASE

1 large bunch sui choy, (Napa cabbage) chopped

1/2 bunch green onions, cut on a bias

18 pieces snow peas, julienne

1 large tomato, small dice

1 package chow mein noodles (1 pound), cooked

Lime, fried leeks and maple syrup for garnish

## Method

### Dressing

In a large mixing bowl combine the honey and the vinegar. Gradually whisk in the canola oil until well incorporated. Add all remaining ingredients and mix well. The dressing can be made ahead of time and will hold refrigerated for two weeks.

### Crust

Toast the pecans in a moderate oven, 250-300 degrees for 5 minutes or until they start to release their oils. Remove from the oven and cool completely. Place the nuts in a food processor and pulse to rough chop. Add the butter and brown sugar. Pulse until mixture comes together, being careful not to make a paste.

Heat oven to 425 degrees.

### Salmon

Rub the fillets with a little olive oil. Season with salt and pepper. Sear in a large, hot sauté pan, approximately 45 seconds to a minute per side, depending on the thickness of the salmon. Place seared salmon on a baking sheet, skin side down, and crumble the pecan crust over each fillet. Place the salmon in the oven for 5-7 minutes. (Again, time in the oven depends on the thickness of the fish, be careful to not overcook the salmon.)

While the salmon is baking, return the searing pan to medium high heat. Add the first three vegetables and stir fry quickly. Add the diced tomatoes and toss to

warm through.

Pour the dressing into the pan, 2 ounces per serving, 1 cup total. Heat through.

Add cooked and drained chow mein noodles and toss through. Divide among four bowls.

Remove salmon from the oven. Place a piece of salmon on each dish.

Garnish each dish with fresh lime, fried leeks and a drizzle of maple syrup.

\*Susie's notes: In translating from metric to U.S. measurements, there may be a slight variation. To make the fried leeks, I cut them into julienne strips, tossed with marinade and scattered outside of the fish while baking. They turned out crispy and were perfect as a garnish atop the fish. I also used about half the amount of maple syrup/honey called for in the marinade along with a teaspoon of soy sauce.

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