

Sesame and poppy seed encrusted Salmon

Ingredients:

4 (6 oz) Pacific Salmon fillets
½ cup of sesame seeds
½ cup of poppy seeds
A touch of unsalted butter
Olive Oil
1/4 cup oyster sauce
¼ cup hoi sin
1 tsp grated ginger
Some chili flakes
¼ cup of Spanish sherry

Method:

Combine poppy seeds and sesame seeds in a bowl.

Combine oyster sauce, hoi sin, grated ginger, chili flakes, sherry in a pot and heat until slight simmer, let cool.

Brush glaze on salmon and then encrust fish in seed mixture.

In a pan, melt butter in medium to high heat. Place Salmon in the pan (skin down) and crisp skin side for 2 minutes. Repeat for seed side. Finish in 425 degree oven for 5-7 minutes.

Serve over fresh rapini and white bean and ricotta puree.

Serves 4

Christian Pritchard
ChrisCooking.com