

PLAIN & Fancy COOKING

Fillet of Salmon with Spiced Falafel Crust Over Field Greens

*From Andy DiVincenzo, Chef,
Billy Ogden's, Buffalo, N.Y.*



Ingredients:

2 (10 oz.) salmon fillets, sliced in half
1 cup falafel mix
1/2 cup cold water
3 T. lime juice
chili oil to taste
2 T. olive oil

Dressing -

8 oz. low-fat plain yogurt
3 oz. chili or piccalilli sauce
juice of 2 limes
dash of cumin

mesclun greens (exotic baby
lettuces), spinach or any favorite
salad greens
herbs and lime slices for garnish

To Prepare:

To prepare salmon, mix the falafel, water, lime juice and chili oil to make a paste; let stand 10 min. Spread paste evenly over top of each salmon fillet and place crust side down in hot olive oil in pan. (over)

Turn when browned. Small pieces of salmon can finish cooking in pan. Move larger pieces of salmon to a preheated 350° oven and let cook for 6-8 min. until done.

To make dressing, whisk the yogurt, chili or piccalilli sauce, lime juice and cumin together in a bowl. Then, place cooked salmon piece or pieces on bed of greens and top with dressing. Garnish with herbs and lime slices if desired. When served as a dinner, recipe serves 2. As an appetizer, it serves 4-6 people.

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