

Salt and Serenity

Dukkah Crusted Salmon

Serves 4

- 1 ½ cup Rice Krispies cereal
- ½ cup dukkah (recipe below)
- 2 eggs
- 1 teaspoon kosher salt
- 4 salmon fillets (6 ounces each), skin removed
- 1 Tablespoon vegetable oil

1. Preheat oven to 400°F. Lightly crush Rice Krispies with your hands and place on a large shallow tray or dish. Add dukkah and mix well.
2. Beat eggs and salt in wide shallow bowl.
3. Dip each salmon fillet in the egg and press fillet into Rice Krispies-dukka mixture, coating both sides of salmon.
4. Heat oil in a 12-inch non-stick skillet. Cook salmon for 2-3 minutes per side until the crust is golden brown. Place skillet in oven and cook salmon for an additional 5-6 minutes.

Dukkah

This recipe makes 2 cups, more than you will need for the salmon recipe. Leftover dukkah can be stored in a jar for up to a month. I love to serve it as an appetizer with toasted pita and extra-virgin olive oil. Dip pita into olive oil, then dip it into the dukkah and eat.

- ½ cup hazelnuts
- ½ cup shelled pistachios
- ¾ cup sesame seeds
- ¼ cup nigella (black onion) seeds
- 2 tablespoons cumin seeds
- 2 tablespoons coriander seeds
- 1 teaspoon kosher or sea salt

1. Preheat the oven to 350°F. Place the hazelnuts on one half a baking sheet and the pistachios on the other half of the sheet. Bake nuts for about 7-8 minutes, or until nuts are fragrant. Remove pistachios from baking sheet and set aside to cool. While the hazelnuts are still hot, pour them onto a tea towel. Fold the towel over them to cover, and rub vigorously to remove the skins. Discard skins and set aside nuts to cool.

2. In a dry skillet over medium heat, toast the sesame seeds until light golden brown. Pour into a medium bowl as soon as they are done so they will not continue toasting. In the same skillet, toast the coriander and cumin seeds while shaking the pan or stirring occasionally until they begin to pop. Transfer to a food processor. Process until finely ground, and then pour into the bowl with the sesame seeds.

3. Place the cooled hazelnuts and pistachios into the food processor, and process until mixture resembles coarse breadcrumbs. Do not over process. You do not want nut butter. Stir into the bowl with the spices. Season with salt and mix well.