

# *Everyday Healthy! Everyday Delicious!*

From the Kitchen of Janice Feuer Haugen

## **Lemon-Cured Salmon with Arugula Pesto**

Inspired and adapted from Thomas Keller's recipe in [the Los Angeles Times](#)

Although, I prepared 2 pounds of salmon, here is the recipe for 1 pound of salmon. The recipe can easily be doubled, tripled to serve more guests.

Makes four 4-ounce servings

1 pound middle section, boned salmon fillet with skin  
1¾ tablespoons lemon zest using a [Microplane](#) zester (from organic lemons if possible)  
1 teaspoon kosher salt  
½ teaspoon organic sugar  
Olive oil  
2 tablespoons butter  
1 recipe Arugula Pesto  
½ teaspoon *fleur de sel* or other coarse sea salt  
Grated lemon zest from 1 lemon, using a Microplane zester (from an organic lemon if possible)  
Rinse the salmon and pat dry. Place the salmon on a large piece of plastic wrap, skin-side down.

Combine the 1¾ tablespoons lemon zest, kosher salt and sugar. Rub this mixture evenly over the flesh side of the salmon.

Tightly wrap the fillet in plastic wrap and refrigerate for 24 hours for curing, skin-side down.

After 24 hours, remove the plastic wrap and gently rinse the salmon and dry it very well. Place the salmon flesh-side down. In order to have really crispy skin, use the back of a knife to “squeegee” the skin, removing as much moisture from the skin as possible. Do this a number of times, wiping the skin dry each time.

Cut the fillet into 4 portions. Place the salmon, flesh-side down on a plate. In order for the salmon to cook evenly, let the salmon come to room temperature before sautéing—at least one half hour.)

Heat a large sauté pan over high heat. Add the olive oil to a depth of 1/16<sup>th</sup> of an inch. When the oil is hot, place the individual portions *skin-side up* in the pan. After 30 seconds, reduce the heat to medium-low and continue cooking until about 1/3 of each portion is cooked through. (You can tell by looking at the side of each portion of salmon.)

Turn the pieces of fish over so they are skin-side down. Add the butter to the pan. Reduce the heat to low. Continue cooking the salmon until another third of each portion is cooked through.

While the salmon is cooking, prepare the plates. Here I've put the Arugula Pesto in a squeeze bottle and piped a design on the plate. Alternatively, use a spoon to make two “swirls” of the pesto at opposite sides of the plate.

Place each portion of salmon *skin-side up* on top of or between the pesto depending upon the design. Sprinkle the salmon lightly with the fleur de sel and a bit of lemon zest.

Add a portion of Kale Salad and serve.