

Salmon Bruschetta

This Salmon Bruschetta was inspired by a dish I tasted at the Olive Garden restaurant seven years ago. If I don't have homemade chicken stock available for the risotto, I like to use Better than Boullion. It's a paste that you mix into hot water...1 teaspoon to 1 cup water. I purchased a copper mat for my grill, which is a game changer for cooking fish. Heat the grill with the mat on it. Brush it with some oil and place the fish on it. No sticking. No flipping. The salmon I used had skin on it and it cooked the salmon skin crispy perfect. Serve the Salmon Bruschetta with a simply steamed vegetable like green beans, if you like.

2 salmon filets (6-8 ounces each)
½ cup tomato, diced

Risotto

2 Tablespoons olive oil
1 small onion, diced
1 cup short grain rice, like Arborio
½ cup white wine
2 cups + chicken stock

Pesto

1 clove garlic
1 cup fresh basil leaves
1 cup fresh parsley
2 Tablespoons + or - olive oil
2 Tablespoons pine nuts
1 pinch salt and pepper to taste
2 Tablespoons parmesan cheese

- 1 Have the salmon filets ready by preheating a grill. Drizzle the salmon with olive oil, salt and pepper on all sides
- 2 Have at the ready some hot chicken stock.
- 3 First get the risotto going by cooking the diced onion and olive oil in a skillet for a few minutes until translucent and maybe slightly browned. 1) Add the rice and more olive oil if needed. Stir the rice to coat it with olive oil and let it cook a minute. Then add the white wine and let it cook for a minute. 2) Add ½ cup of chicken stock. Stir, cook uncovered until the liquid is soaked into the rice. 3) Watch the rice and continue to add more chicken stock to keep it wet. After about 17 minutes, the risotto will be al dente. Taste it for doneness, then REMOVE FROM HEAT. 4) Just before serving, add ½ cup more of the chicken stock and stir to make it juicy.
- 4 While the risotto is cooking, make the pesto in a food processor. It takes only a couple minutes. First, process garlic clove. 1) Then add the basil, parsley, olive oil, pine nuts, salt and pepper 2) Process until mixed. 3) Scrape down the mixture, process again until minced. Add the parmesan cheese. 4) Process until mixed together into a beautiful pesto.
- 5 Quickly dice the tomatoes and sprinkle with a bit of kosher salt to draw out the flavor.
- 6 After cooking the risotto for about 12 minutes, place the salmon on the grill. Cover the grill. Take the salmon off the grill when you press into the fish and it gives slightly, about 6-8 minutes. Set it aside to let it rest, as you will have "carryover cooking". After cooking the salmon, reheat the risotto, adding the last ½ cup of chicken stock.
- 7 While your salmon is resting, prepare your plates. Spoon some of the risotto onto the center of the plate. Top with the salmon filet, then the tomatoes and the pesto and a basil leaf garnish.

Servings: 2

Preparation Time: 10 minutes

Cooking Time: 25 minutes

Total Time: 25 minutes

Nutrition Facts

Nutrition (per serving): 1633 calories, 766 calories from fat, 85.9g total fat, 272mg cholesterol, 1278.8mg sodium, 2416.7mg potassium, 90.9g carbohydrates, 5.6g fiber, 4.6g sugar, 107.2g protein.

Source

Author: Patricia K. Rose, February 2021

