

**ATLANTIC SALMON WITH OREGON HAZELNUT CRUST,
ARTICHOKE HAZELNUT PESTO AND WHITE BEAN PUREE**



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SERVES: 4

INGREDIENTS

Salmon:

4 (6-oz) pieces of salmon
½ cup Oregon hazelnuts
1 lemon

Artichoke Hazelnut Pesto:

¼ cup Oregon hazelnuts
2 cloves garlic
1 cup basil
1 cup artichoke hearts (canned, rinsed and drained, or frozen)
½ lemon, juiced
¼ cup olive oil
Sea salt, Cayenne pepper

White Bean Puree:

¾ cup white beans (dry)
¼ cup olive oil
1 stem of thyme
1 white onion, chopped
Salt and white pepper

METHOD

1. Preheat oven to 400 degrees F.
2. Soak the white beans in water for 6 hours.
Suet (sweat) the chopped onion with one spoon of olive oil, then place the beans on top and cover with water. Add the thyme, then cook until the beans are soft.

Drain the beans, remove the thyme, then process the beans in food processor by adding the olive oil until very smooth, adding salt and pepper according to taste.

3. Combine pesto ingredients in a food processor with $\frac{1}{4}$ cup hazelnuts and pulse until almost smooth, leaving some chunks for texture. Add sea salt and Cayenne pepper to taste.
4. Spoon 1 tbsp of the pesto on top of each piece of salmon, then spread evenly to coat.
5. Process the remaining hazelnuts in a food processor to chop them, but not too fine.
6. Sprinkle the hazelnuts over each piece of salmon.
7. Bake salmon in the oven for 8–12 minutes, depending on desired cooking temperature.
8. Place some white bean puree on the bottom of each plate, top with the baked salmon, and serve with a squeeze of fresh lemon.