

Pistachio Encrusted Salmon with Mango Hollandaise

Salmon

- 4 - 8 oz. pieces of salmon
- 1 cup chopped pistachio (raw)
- 1/4 cup sour cream
- 3 tbsp. corn oil

Preheat oven to 450 degrees. Brush top of salmon with sour cream, then pat on chopped pistachio. Heat a large sauté pan over medium heat with corn oil. Place salmon in sauté pan, nut side down. Place in preheated oven for 5 - 6 minutes. Turn fish over and cook for 3 - 4 minutes.

Mango Hollandaise

- 1/2 cup melted butter
- 3 egg yolks
- 2 limes
- 1 mango, pureed
- pinch of cayenne pepper and salt

Place a medium stainless steel bowl over a pot of simmering water. Whisk in egg yolks and lime juice. Slowly add warm melted butter, whisking quickly. After adding all of the butter, begin adding mango puree. Add salt and pepper. Serve over salmon.