

Myerberg Center - Cooking with Chef Alba
“Healthy Winter recipes”

Rosemary and Cheese Grissini

1 ½ cups grated cheese (sharp cheddar, provolone, Swiss, or Parmesan)
4 tbsp unsalted butter, room temperature
¾ cup plain unbleached flour
½ tsp salt
2 tsp fresh rosemary
1 tbsp milk

1. Preheat oven to 350°F and line two baking sheets with parchment paper.
2. In a food processor, combine the cheese, butter, flour, salt and rosemary in five 5-second pulses until the mixture resembles coarse crumbs. Add the milk and process until the dough forms a ball.
3. On a lightly floured surface, roll the dough into an 8- by 10-inch rectangle. With a large knife, cut the dough into strips. Dust the dough with more flour if needed.
4. Transfer the strips to the baking sheets, leaving at least ¼-inch between them.
5. Bake 12 to 15 minutes, or until the ends are barely browned. Remove from the oven and cool.

Spinach and Feta Mashed Cauliflower

1 medium head cauliflower, cut into small florets
3 tablespoons unsalted butter, room temperature, *divided*
¼ cup Greek yogurt or sour cream
5 ounces spinach fresh or thawed
½ cup crumbled feta
2 green onions, thinly sliced
2 tablespoons fresh dill, chopped
Milk to taste, *optional*
Salt and pepper to taste

1. Place cauliflower in boiling water and cook until fork tender, about 5-10 minutes. Drain well.
2. Mash the cauliflower with a potato masher or in a food processor.
3. Add a tablespoon of butter and cook the spinach to just wilted. Drain and squeeze excess liquid and coarsely chop.
4. Mix in 2 tbsp of butter, Greek yogurt, spinach, feta, green onion and dill along with enough milk to bring the mashed cauliflower to the desired consistency before seasoning with salt and pepper.
5. Taste. When you've reached the consistency you like, just warm in a pan and serve.

Salmon in Pistachio Crust

2(6-ounce) salmon fillets, skinless or skin-on
3/4 cup shelled, raw, unsalted pistachios
1 tablespoon minced dill
1 tablespoon minced mint
1/4 cup Dijon mustard
2 tablespoons honey (or pure maple syrup)
1 tablespoon extra-virgin olive oil
Pinch salt and black pepper

1. Preheat oven to 400°F. Line a baking sheet with parchment paper to prevent sticking. Drizzle olive oil.
2. Pistachio Crust: Place shelled pistachios, olive oil, salt, and pepper into bowl of a food processor. Pulse 5-7 times until the nuts are coarsely chopped. A texture similar to coarse breadcrumbs, with some larger pieces remaining for texture. Do not over-process. If you don't have a food processor, you can place the nuts in a zip-top bag and crush them with a rolling pin or the bottom of a heavy pan. Transfer the crushed pistachios to a shallow dish or plate.
3. Prepare the Salmon: Pat the salmon fillets completely dry with a paper towel. A dry surface helps the mustard adhere properly and allows the fish to roast rather than steam, resulting in a flakier texture. Season both sides of the fillets lightly with a pinch of salt and pepper.
4. In a small bowl, whisk together the Dijon mustard and honey until smooth. Using a pastry brush or back of a spoon, spread a generous, even layer of the honey-mustard mixture over the top and sides of each salmon fillet.
5. One by one, take each mustard-coated fillet and press the top side firmly into the chopped pistachios, ensuring a thick, even crust is formed. The mustard acts as the glue. Gently press any loose nuts onto the sides of the fillets.
6. Cook: Carefully place the crusted salmon fillets on the prepared baking sheet, leaving some space between each one. Bake 12-15 minutes, depending on the thickness of the fillets. The salmon is done when it flakes easily with a fork at its thickest part, or when a thermometer inserted into the center reads 130-135°F for medium. The pistachio crust should be lightly golden.
7. Rest and Serve: Remove the salmon from the oven and let it rest for a couple of minutes before serving. This allows the juices to redistribute throughout the fillet, ensuring a moist and tender result.

Chef Note: this salmon can also be cooked in a large skillet on the stove!