

amelia saltsman F O O D

PAN-ROASTED FISH WITH GREEN ALMONDS AND KUMQUATS



Makes 8 servings

2 pounds skin-on fish fillets, such as white seabass or halibut
Extra-virgin olive oil
Kosher or sea salt, such as sel gris (gray salt)
Freshly ground black pepper
1 clove garlic
¼ pound kumquats, about 12
¼ pound green almonds (available at Persian and Middle Eastern markets and some farmers' markets)
2 oz arugula, preferably wild, about 4 good handfuls
¼ cup each snipped garlic chives and regular chives
Several sprigs parsley and dill, chopped
Several sprigs mint, torn
Lemon

Preheat oven to 425 degrees. Cut the fillet into 8 equal pieces, pat dry, rub with oil, and season with salt and pepper.

Cut kumquats into quarters and remove seeds and center pith (can cut into eighths if desired). Place in bowl along with arugula, parsley, dill, mint, and chives.

In a large, heavy ovenproof skillet, preferably well-seasoned cast iron, heat 2 teaspoons oil and the garlic clove over medium-high heat until the garlic is golden and the oil is very hot. Discard the garlic when it becomes deep golden. Working in batches if necessary to avoid crowding, add the fish, skin side down. Cook the fish without moving the pieces until the skin is crisped and brown, about 4 minutes.* If your skillet is large enough, return all the fish to the pan, skin side up, or transfer to an oiled baking sheet. Transfer to the oven and roast until the fish is nearly

opaque at the center when tested with a knife tip, 4 to 6 minutes. Place fish skin side up on individual serving plates or on a platter.

Cut almonds crosswise into thin slices and add to the salad. Toss with olive oil, lemon juice, and salt to taste. Place some of the salad on or to the side of each serving of fish.

*Note: Fish can be held at this point for an hour or so, and popped into a hot oven to finish just before you are ready to serve.

Reprinted with permission from [*The Seasonal Jewish Kitchen*](#) © 2015 by *Amelia Saltsman*, Sterling Epicure, an imprint of Sterling Publishing Co., Inc. Photography by Staci Valentine.