

**THE VICTORY GARDEN***Recipes*[◀ RETURN TO RECIPES INDEX](#)

Cold Salmon With Black Sesame Crust and Herb Mayonnaise



A homemade mayonnaise prepared with extra virgin olive oil and fresh herbs is delicious and nutritious

by Chef Jacques E. Haeringer

INGREDIENTS:

- 10 ounces skinless salmon fillet
- 2 ounces black sesame seeds
- 1/2 cup mayonnaise
- 2 teaspoons finely chopped watercress
- 1 tablespoon finely chopped parsley
- 1 small hard-boiled egg, chopped
- 1/2 teaspoon Dijon-style mustard
- 1/2 teaspoon lemon juice
- 1/2 teaspoon finely minced onion
- 1/2 teaspoon finely chopped chives
- 1 teaspoon finely chopped fresh tarragon
- 1/2 teaspoon finely chopped capers
- Olive oil
- Sea salt
- Freshly ground pepper
- Pinch of cayenne pepper

Makes 2 servings

1. Place the mayonnaise in a small mixing bowl.

- ▶ HOME
- ▶ ABOUT THE SHOW
- ▶ ASK MICHAEL
- ▶ INSPIRED GARDENS
- ▶ KNOW-HOW
- ▶ BEST BETS
- ▶ RECIPES
- ▶ RESOURCE DIRECTORY
- ▶ GARDEN CONTEST
- ▶ SEARCH

Funding provided by



2. Put the parsley and watercress in a piece of clean cheesecloth, twist the ends together to close, and squeeze the juice from the herbs into the mayonnaise.
3. Add the remaining ingredients, including the watercress and parsley. Blend thoroughly. Taste and adjust the seasonings. Chill until ready to serve.
4. Preheat the grill.
5. Cut the salmon into 2 equal fillets. Season with salt and pepper and press the sesame seeds into 1 side of each fillet to form a crust.
6. Coat the bottom of a plate with olive oil and place the prepared fillets on the plate, crust side up.
7. Transfer the salmon fillets to the preheated grill. Grill for about 3 to 4 minutes until just cooked through. Allow the fillets to cool before serving.
8. Place the salmon on 2 plates and garnish with the mayonnaise. Serve with a mixed salad, if desired.

This segment appears in show [#2920](#).

Recipe courtesy of Jacques E. Haeringer
© 2004 Jacques E. Haeringer

[home](#) | [site map](#) | [faq](#) | [contact us](#) | [press contacts](#) | [credits](#)

This Web site is produced for PBS Online by WGBH Boston. [Copyright © 2004 WGBH Educational Foundation](#). All rights reserved. The Victory Garden and the Victory Garden logo are trademarks of WGBH Educational Foundation. WGBH Educational Foundation does not endorse any Web site linked to or from *The Victory Garden Online*.