

30-MINUTE PALEO



Recipes from AMERICA'S TEST KITCHEN brought to you by DIAMOND CRYSTAL® SALT

— AMERICA'S —
TEST KITCHEN

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Nut-Crusted Chicken Breasts

SERVES 4

This recipe calls for a 12-inch nonstick skillet; however, a well-seasoned cast-iron skillet can be used instead.

- 6 tablespoons ghee**
- 1 shallot, minced**
- Diamond Crystal® Kosher Salt and pepper**
- 2 garlic cloves, minced**
- 1½ cups sliced almonds, chopped**
- ½ cup unsweetened shredded coconut**
- 1 tablespoon finely grated lemon zest, plus lemon wedges for serving**
- 1 tablespoon minced fresh thyme**
- ¼ teaspoon cayenne pepper**
- ¾ cup tapioca flour**
- 2 large eggs**
- 3 tablespoons water**
- 1 tablespoon Dijon mustard**
- 4 (6- to 8-ounce) boneless, skinless chicken breasts, trimmed**



PHOTO CREDIT: CARL TREMBLAY

1. Adjust oven rack to middle position and heat oven to 200 degrees. Set wire rack in rimmed baking sheet.

2. Heat 2 tablespoons ghee in 12-inch nonstick skillet over medium heat until shimmering. Add shallot and ¼ teaspoon salt and cook until softened and lightly browned, about 3 minutes. Stir in garlic and cook until fragrant, about 30 seconds. Stir in almonds and coconut and cook, stirring often, until golden brown, about 4 minutes.

3. Transfer almond mixture to shallow dish and stir in lemon zest, thyme, and cayenne. Spread flour in second shallow dish. Lightly beat eggs, water, mustard, and ¼ teaspoon pepper together in third shallow dish.

4. Cover chicken with plastic wrap and pound to even ½-inch thickness. Pat chicken dry with paper towels and, with sharp knife, lightly score both sides of breasts, spacing cuts ½ inch apart, in crosshatch pattern. Season chicken with salt and pepper. Working with 1 breast at a time, dredge in flour, dip in egg mixture, and then coat with almond mixture, pressing gently to adhere; transfer to plate.

5. Wipe skillet clean with paper towels. Heat 2 tablespoons ghee in skillet over medium heat until shimmering. Place 2 chicken breasts in skillet and cook until deep golden brown and crispy and chicken registers 160 degrees, 3 to 5 minutes per side.

6. Drain chicken briefly on paper towels, then transfer to prepared rack and keep warm in oven. Wipe skillet clean with paper towels and repeat with remaining 2 tablespoons ghee and remaining 2 chicken breasts. Serve with lemon wedges.

Orange Chipotle-Glazed Pork Chops

SERVES 4

Be careful not to overreduce the glaze in step 4. If the glaze thickens to the correct consistency before the chops reach 145 degrees, add a few tablespoons of water to the skillet.

- $\frac{3}{4}$ **cup orange juice**
- 1½ tablespoons coconut sugar**
- $\frac{1}{2}$ **teaspoon grated lime zest plus 1 teaspoon juice**
- $\frac{1}{2}$ **teaspoon chipotle chile powder**
- 4 (8-ounce) boneless pork chops,**
 $\frac{3}{4}$ **to 1 inch thick, trimmed**
- Diamond Crystal® Kosher Salt and pepper**
- 1 tablespoon extra-virgin olive oil**



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1. Combine orange juice, sugar, lime zest and juice, and chile powder in bowl.

2. Cut 2 slits, about 2 inches apart, through outer layer of fat and silverskin on each chop. Pat chops dry with paper towels and season with salt and pepper. Heat oil in 12-inch skillet over medium-high heat until just smoking. Place chops in skillet and cook until well browned on first side, about 5 minutes.

3. Flip chops and add glaze. Reduce heat to medium-low and cook until pork registers 145 degrees, 5 to 8 minutes.

4. Transfer chops to serving platter and tent with aluminum foil. Increase heat to medium and simmer glaze until thick and syrupy, 2 to 6 minutes, adding any accumulated pork juices. Pour glaze over chops and serve.

Maple-Glazed Pork Chops

TO MAKE: Omit orange glaze. Combine $\frac{1}{2}$ cup maple syrup, $\frac{1}{4}$ cup cider vinegar, 2 teaspoons Dijon mustard, and 2 teaspoons minced fresh thyme in bowl. In step 3, add maple glaze to chops and simmer as directed.

Oven-Roasted Salmon with Tomato Relish

SERVES 4

If your knife is not sharp enough to cut through the skin easily, try a serrated knife. It is important to keep the skin on during cooking; remove it afterward if you choose not to serve it.

- 2 tomatoes, cored, seeded, and cut into ¼-inch pieces**
- 1 small shallot, minced**
- 2 tablespoons chopped fresh basil**
- 5 teaspoons extra-virgin olive oil**
- 1 teaspoon red wine vinegar**
- Diamond Crystal® Kosher Salt and pepper**
- 4 (6- to 8-ounce) skin-on wild-caught salmon fillets, 1 inch thick**

1. Adjust oven rack to lowest position, place rimmed baking sheet on rack, and heat oven to 500 degrees. Combine tomatoes, shallot, basil, 1 tablespoon oil, and vinegar in bowl. Season with salt and pepper to taste and set aside.

2. Make 4 or 5 shallow slashes, about 1 inch apart, on skin side of each salmon fillet, being careful not to cut into flesh. Pat salmon dry with paper towels, rub with remaining 2 teaspoons oil, and season with salt and pepper.

3. Reduce oven temperature to 275 degrees. Carefully place salmon skin side down on hot sheet and roast until center is still translucent when checked with tip of paring knife and registers 125 degrees (for medium rare), 6 to 9 minutes. Serve salmon with relish.



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Oven Roasted Salmon with Grapefruit-Basil Relish

TO MAKE: Omit tomato relish. Cut away peel and pith from 2 grapefruits. Holding fruit over bowl (to collect juice), use paring knife to slice between membranes to release segments; cut segments into ½-inch pieces. Combine grapefruit and juice, 1 minced shallot, 2 tablespoons chopped fresh basil, and 2 teaspoons extra-virgin olive oil in bowl. Season with salt and pepper to taste. Serve relish with salmon.

Seared Flank Steak with Chimichurri Sauce

SERVES 4

Be sure to slice the cooked steak thin against the grain; otherwise, the meat will be tough and rubbery.

- ¼ cup hot water**
- 2 teaspoons dried oregano**
- Diamond Crystal® Kosher Salt and pepper**
- 1½ cups fresh parsley leaves**
- ¾ cup fresh cilantro leaves**
- 6 garlic cloves, minced**
- ½ teaspoon red pepper flakes**
- ¼ cup red wine vinegar**
- ½ cup plus 1 tablespoon extra-virgin olive oil**
- 1 (1½- to 2-pound) flank steak, trimmed**



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1. Combine hot water, oregano, and 2 teaspoons salt in small bowl and let sit until oregano is softened, about 15 minutes. Pulse parsley, cilantro, garlic, and pepper flakes in food processor until coarsely chopped, about 10 pulses. Add water mixture and vinegar and pulse to combine. Transfer herb mixture to medium bowl and whisk in ½ cup oil until combined. Cover and let sit at room temperature for 1 hour.

2. Pat steak dry with paper towels and season with salt and pepper. Heat remaining 1 tablespoon oil in 12-inch skillet over medium-high heat until just smoking. Cook steak, turning as needed, until well browned on both sides and meat registers 120 to 125 degrees (for medium-rare), 8 to 12 minutes. Transfer steak to cutting board, tent with aluminum foil, and let rest for 5 to 10 minutes. Slice steak thin against grain. Whisk sauce to recombine and serve with steak.

Seared Scallops with Butternut Squash Puree

SERVES 4

Be sure to purchase dry scallops, which don't have chemical additives. Dry scallops will look ivory or pinkish; wet scallops are bright white. This recipe calls for a 12-inch nonstick skillet; however, a well-seasoned cast-iron skillet can be used instead.

- 1½ pounds large sea scallops, tendons removed**
- 2 pounds butternut squash, peeled, seeded, and cut into 1-inch pieces (7 cups)**
- ½ cup ghee**
- 1 tablespoon water**
- Diamond Crystal® Kosher Salt and pepper**
- ¼ teaspoon cayenne pepper**
- 1 shallot, minced**
- 2 teaspoons minced fresh sage**
- 1 tablespoon lemon juice**



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1. Place scallops on rimmed baking sheet lined with clean dish towel. Place second dish towel on top of scallops and press gently on towel to blot liquid. Let scallops sit at room temperature for 10 minutes.

2. Microwave squash in covered bowl, stirring occasionally, until tender, 12 to 14 minutes; drain well. Process squash, 1 tablespoon ghee, water, 1 teaspoon salt, and cayenne in food processor until smooth, about 30 seconds, scraping down sides of bowl as needed; transfer to serving bowl and cover to keep warm.

3. Season scallops with salt and pepper. Heat 2 tablespoons ghee in 12-inch nonstick skillet over high heat until just smoking. Add half of scallops in single layer, flat side down, and cook without moving scallops until well-browned, 1½ to 2 minutes.

4. Flip scallops and continue to cook, using large spoon to baste scallops with melted ghee (tilt skillet so ghee runs to 1 side), until sides of scallops are firm and centers are opaque, 30 to 90 seconds (remove smaller scallops as they finish cooking). Transfer scallops to large plate and tent with aluminum foil. Wipe skillet clean with paper towels and repeat with 2 tablespoons ghee and remaining scallops; transfer to plate.

5. Wipe skillet clean with paper towels. Heat remaining 3 tablespoons ghee in skillet over medium heat until shimmering. Add shallot and sage and cook until fragrant, about 1 minute. Stir in lemon juice and any accumulated scallop juices and cook for 30 seconds. Season with salt and pepper to taste. Pour sauce over scallops and serve with squash.

Steak Tips with Mushroom-Onion Gravy

SERVES 4

Sirloin steak tips, also known as flap meat, can be sold as whole steaks, cubes, and strips. To ensure uniform pieces, we prefer to purchase whole steaks and cut them ourselves.

- 1½ pounds sirloin steak tips, trimmed and cut into 1½-inch pieces**
- Diamond Crystal® Kosher Salt and pepper**
- 2 tablespoons extra-virgin olive oil**
- 1 pound white mushrooms, trimmed and sliced thin**
- 1 large onion, chopped**
- ¼ ounce dried porcini mushrooms, rinsed and minced**
- 1 tablespoon tomato paste**
- 2 garlic cloves, minced**
- ½ teaspoon minced fresh thyme or ¼ teaspoon dried**
- 1¾ cups water, plus extra as needed**
- 1 tablespoon minced fresh parsley**



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1. Pat beef dry with paper towels and season with salt and pepper. Heat 1 tablespoon oil in 12-inch skillet over medium-high heat until just smoking. Brown beef on all sides, about 8 minutes; transfer to plate.

2. Heat remaining 1 tablespoon oil in now-empty skillet over medium heat until shimmering. Add white mushrooms, onion, 1½ teaspoons salt, and ¼ teaspoon pepper. Cover and cook until mushrooms have released their liquid, about 5 minutes. Uncover and continue to cook until liquid has evaporated and vegetables are lightly browned, about 5 minutes. Stir in porcini mushrooms, tomato paste, garlic, and thyme and cook until fragrant, about 1 minute. Stir in 1 cup water, scraping up any browned bits.

3. Process ¾ cup of mushroom mixture and remaining ¾ cup water in blender until smooth, about 30 seconds. Stir processed mushroom mixture into skillet and bring to simmer over medium heat. Stir in browned beef and any accumulated juices and cook, stirring occasionally, until meat registers 130 to 135 degrees (for medium), 3 to 5 minutes. Adjust sauce consistency with extra water as needed. Stir in parsley and season with salt and pepper to taste. Serve.