

Spicy Green Tea-Rubbed Salmon

3 tablespoons (12 grams) loose-leaf green tea

1 tablespoon Szechuan peppercorns

1 teaspoon grains of paradise

1 teaspoon dry (not in brine) green peppercorns

1 teaspoon coarse sea salt

4 1-inch-thick salmon fillets or steaks (6 to 8 ounces each)

olive oil

To make the spice rub, put the tea leaves into a mortar and, using a straight up-and-down motion, strike the leaves with the pestle to crush them. One spice at a time, add the Szechuan peppercorns, grains of paradise, and green peppercorns to the mortar, crushing each with the same up-and-down motion. Add the salt last, then gently mix to blend all the spices together. Set aside.

Heat a large frying pan, stovetop grill, or outdoor grill until very hot.

Brush the salmon lightly with canola oil. Press some of the spice rub onto one side of the fish until well covered.

Spread a little oil over the pan or grill to prevent the fish from sticking. Gently place the salmon in the pan with the spice-rub side facing up and cook for about 5 minutes, without lifting or turning.

Carefully flip the salmon so that the spice-rub side is facing down and continue to cook for 5 more minutes, or until the steaks are opaque and flaky. Remove from the heat and serve immediately.

PREP Time 10 minutes

Makes 4 servings