

Salmon Acqua Pazza

by Toshihiko Saito



The term “acqua pazza” literally means “crazy water” in Italian and usually refers to poaching fish in an herbed broth. The following recipe and photos were provided by Toshihiko Saito from the Hokkaido National Fisheries Research Institute. Sand in the clams can be removed by placing them in a bowl with a ~3% saltwater solution for 1 to 3 hours in the dark (covering the bowl with newspaper is sufficient). Toshihiko usually uses masu salmon because of the convenient fillet size, but any salmon species is OK.

Ingredients



- 500-700 g salmon fillet
- 1 teaspoon (approx.) salt
- 2 tablespoons olive oil (1 tablespoon for browning the fish and one added to the dish at the end for flavor)
- 200-300 g fresh clams cleaned of sand and debris
- 10-12 cherry tomatoes
- 10-15 pitted black olives
- 1 clove garlic, minced
- 150-180 ml water and/or white wine to taste
- minced Italian parsley



Toshihiko (Toshi) Saito has had a unique career in fishery science. After graduation from Hokkaido University, he joined the Japan Overseas Cooperation Volunteers program and worked in Morocco, 1993-1994. While in Morocco, Toshi worked with local colleagues at a national institute on ways to improve enhancement of rainbow trout, brown trout, and northern pike. After completion of the overseas program, he returned to Hokkaido University to obtain an MSc. In 1999 he joined the staff of the National Salmon Resources Center (NASREC) in Sapporo. Since the merger of NASREC with the Hokkaido National Fisheries Research Institute in 2011, he has led the Stock Assessment Group in the Salmon Resources Division. Toshi's scientific interests focus on salmon stock assessment and variability in relation to oceanic conditions and was the subject of his PhD at Hiroshima University, which he completed in 2009. For the past several years, Toshi has contributed his expertise to the Committee on Scientific Research and Statistics and to the Working Group on Stock Assessment at NPAFC. Toshi loves fishing, and since last year he has been perfecting his small boat fishing skills in Lake Shikotsu, near Sapporo. He enjoys trying to out-wit the kokanee, white-spotted charr, and brown trout, but hasn't caught the big one, yet.

Method

- 1 Remove fish scales from the salmon fillet and make shallow cut(s) into the skin side of the fillet. Blot excess water from the fillet.
- 2 Sprinkle salt over both sides of the fillet and let it stand for 15 minutes at room temperature. Remove excess water and salt from the fillet.
- 3 Add 1 tablespoon of olive oil to a frying pan and brown the fillet on medium heat.

4



After browning one side, turn over and brown the opposite side.

5



Add clams, cherry tomatoes, black olives, and minced garlic into the empty space of frying pan, and pour in the water (or water and white wine mixture).

6

Cover the frying pan and turn up to a high heat until steam is produced.

7

Once the contents are steaming, reduce the heat to medium and steam for another 2-3 minutes.

8

Taste the broth; add salt, if necessary.

9

Turn off the heat, and let it simmer covered for about 5 minutes.

10

Remove the cover and sprinkle minced Italian parsley and 1 tablespoon of olive oil.

11

Bon appétit!