



Super Salmon



I really love salmon! I've prepared salmon many ways, but all were fairly conventional but tasty. I decided to do some research to get some ideas that would enable me to concoct a recipe that make me totally happy with the result. I believe I have accomplished what I was looking for.

Make your dill sauce ahead of time and refrigerate until needed.

Dill sauce:

Ingredients: (per lb of fish)

1/3 cup sour cream

1/3 cup mayonaise

1 tsp lemon juice

1/4 tsp garlic powder

2 tsp horseradish

salt and pepper to taste

3 tblsp finely chopped dill

Mix the above ingredients together thoroughly, cover, and refrigerate.

Paste:

2 cloves of garlic, grated

1 tsp fresh ginger, grated

1-1/2 tsp brown sugar

zest of 1/2 lemon

zest of 1/2 orange

Make a paste of the above ingredients ahead of time, cover, and refrigerate until needed.

Salmon:

Ingredients: (per lb. of salmon)

salmon fillets

sesame (or other) oil

green onion (scallions), chopped

pecans (pieces)

1 tblsp butter

ground black pepper
salt

1. First, prepare the salmon by thawing (if frozen), cutting into manageable pieces, and giving a drying off with paper towels. Place salmon on a plate or dish skin side up and put into the refrigerator for a few hours. This will dry the skin out and minimize the undesirable fatty layer on the skin side. Of course if you purchased skinless, this step is not necessary. When the skin feels dry, take it out of the refrigerator and allow maybe 20 minutes for the salmon to warm up a bit. We will want to cook this closer to room temperature.
2. Coat a cookie sheet with a very light layer of oil. I used sesame oil, but any oil will do. Wipe off any excess oil. Lay the fish on the cookie sheet skin side up. Melt some butter (perhaps a tablespoon worth) and add some juice from the lemon and orange you have zested to the butter. Brush about half of this onto the skin side of the salmon.
3. Broil (about 8" or so from the broil element) skin side up for about 5-7 minutes (actual time depends on the thickness of the fish). Keep an eye on it. The skin should be browned somewhat and fish half cooked.
4. Take the salmon out of the broiler and flip all pieces so they are now skin side down.
5. Very lightly, brush the top of the salmon with oil. Grind a bit of black pepper and distribute a pinch of salt over the pieces. Spread the paste over the top. No need to make a thick crust of it, just spread it out evenly between all pieces. Drizzle the remaining melted butter and juice over the top.
6. Pop this back under the broiler, and cook another 4 minutes or so. This depends of course on the thickness of the fish. Worse mistake in the world - overcooking fish! As soon as it flakes easily, it's done!
7. Take out the salmon out of the broiler. Sprinkle some chopped green onion (scallions) and chopped pecans on top. Drizzle the dill sauce over it.
8. Serve!

For this dinner we also made seaweed wrapped Nichiki rice and collard greens. Sides included cornbread muffins and Napa cabbage salad.

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