

SALMON RECIPES

I. Mediterranean Salmon

Ingredients

- 4 (6 ounce) fillets salmon
- 2 tablespoons olive oil
- 2 tablespoons capers
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 4 slices lemon

Directions

1. Preheat a large heavy skillet over medium heat for 3 minutes.
2. Coat salmon with olive oil. Place in skillet, and increase heat to high. Cook for 3 minutes. Sprinkle with capers, and salt and pepper. Turn salmon over, and cook for 5 minutes, or until browned. Salmon is done when it flakes easily with a fork.
3. Transfer salmon to individual plates, and garnish with lemon slices.



II. Sesame-Soy Salmon

Ingredients

- 1/3 cup light brown sugar
- 1/4 cup soy sauce
- 2 teaspoons rice wine vinegar
- 2 (6-ounce) salmon fillets
- 1 teaspoon olive oil
- 1 teaspoon sesame oil
- 1 tablespoon sesame seeds
- 2 tablespoons chopped fresh chives

Directions

1. Combine brown sugar, soy sauce, and vinegar. Brush half of soy mixture over salmon, and let sit 10 to 15 minutes.
2. Heat oils in a large nonstick skillet over medium-high heat. Sauté salmon 3 to 4 minutes, turn, and brush with remaining soy mixture. Cook 3 minutes or until desired degree of doneness. Sprinkle with sesame seeds and chives.

III. Salmon with Lemon-Mint Dressing

Ingredients

- 1 teaspoon lemon zest
- 2 tablespoons fresh lemon juice
- 1/4 teaspoon sugar
- 3/4 teaspoon salt, divided
- 1/8 teaspoon plus 1/4 teaspoon freshly ground black pepper, divided
- 1/4 cup plus 1 tablespoon olive oil, divided
- 1 tablespoon finely minced shallot
- 1 tablespoon chopped fresh mint
- 4 (6-ounce) salmon fillets
- Garnish: fresh mint sprigs

Preparation

1. Whisk together lemon zest, lemon juice, sugar, 1/4 teaspoon salt, and 1/8 teaspoon pepper in a small bowl; slowly whisk in 1/4 cup olive oil. Stir in shallot and mint. Set aside.
2. Sprinkle salmon with remaining 1/2 teaspoon salt and 1/4 teaspoon pepper.
3. Heat remaining 1 tablespoon oil in a large skillet over medium-high heat. Sauté salmon 4 to 5 minutes on each side or until desired degree of doneness. Drizzle with dressing. Garnish, if desired.

IV. Pan-Seared Salmon with Kalamata Olives and Salsa Cruda

Ingredients

- 2 large plum tomatoes, seeded and chopped (about 1 cup)
- 1/3 cup pitted kalamata olives, sliced
- 2 tablespoons finely chopped red onion
- 2 tablespoons chopped fresh parsley
- 1 teaspoon lemon zest
- 3/4 teaspoon salt, divided
- 3 tablespoons extra virgin olive oil, divided
- 4 (8-ounce) skin-on frozen salmon fillets, thawed
- 1/4 teaspoon black pepper

Preparation

1. Combine first 5 ingredients, 1/4 teaspoon salt, and 2 tablespoons oil in a small bowl. Mix well, and set aside.
2. Heat remaining 1 tablespoon oil in a large skillet over medium-high heat. Sprinkle salmon with pepper and remaining 1/2 teaspoon salt. Place salmon in skillet, skin sides up; cook 5 minutes on each side or until skin is crisp and fish flakes easily with a fork.
3. Transfer salmon to serving plates, and top each fillet evenly with tomato mixture.



V. Tomato-Raisin Relish

Ingredients

- 1/4 cup raisins
- 1/4 cup golden raisins
- 1/2 cup hot water
- 1 tablespoon olive oil
- 1 cup diced onion
- 1 tablespoon minced garlic
- 1 cup seeded and chopped plum tomatoes
- 2 teaspoons grated lemon rind
- 3 tablespoons fresh lemon juice
- 1/4 cup pitted kalamata olives, coarsely chopped
- 1 tablespoon capers, drained
- 1/4 cup pine nuts, toasted
- 1/4 cup chopped fresh flat-leaf parsley
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

Preparation

1. Soak raisins in 1/2 cup hot water 10 minutes; drain.
2. Heat oil over medium heat until hot. Add onion, and saute 3 minutes or until crisp-tender. Add garlic, and saute 1 minute. Stir in tomatoes, lemon rind, and lemon juice; cook 4 minutes. Remove from heat, and stir in olives, raisins, and remaining ingredients.

VI. Mango Salsa

Ingredients

- Peel a mango and dice
- Dice a small onion
- Dice a small tomato
- Dice a jalapeño pepper
- Chopped cilantro
- Fresh lime juice
- 1/2 teaspoon coriander
- Salt and pepper to taste

Preparation: Mix all together and serve with corn chips or top eggs, salad or avocado

VII. JAMAICAN JERK SALMON AND MANGO PINEAPPLE SALSA

INGREDIENTS

- 2 mangoes, peeled and diced
- 1/2 pineapple, cored and diced
- 1 cup rinsed and drained canned black beans
- 3/4 cup finely chopped red onion
- 1/4 cup fresh cilantro, chopped
- 3/4 teaspoon salt, divided
- 1 teaspoon ground allspice
- 1 teaspoon ground cumin
- 1/4 teaspoon dried thyme
- 1/4 teaspoon cayenne pepper
- 1/8 teaspoon cinnamon
- 4 salmon fillets (5 ounces each), skin on
- 1 teaspoon olive oil



PREPARATION

1. Combine mangoes, pineapple, black beans, onion, cilantro and 1/4 teaspoon salt in a bowl. Combine remaining 1/2 teaspoon salt, allspice, cumin, thyme, cayenne and cinnamon in another bowl; rub over both sides of each fillet. Heat oil in a large nonstick skillet over medium-high heat; cook salmon until cooked through, 5 minutes per side. Serve with salsa.

VIII. GRILLED SALMON BURGERS

Makes 8 burgers

- 2 large eggs
- 1 medium shallot, medium dice
- 3 tablespoons coarsely chopped Italian parsley leaves
- 2 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon celery seeds
- 2 pounds skinless salmon fillets, pin bones removed and cut into 1-inch pieces
- 1/4 cup panko breadcrumbs
- Vegetable oil, for the grill



Step 1: Combine the eggs, shallot, parsley, salt, pepper, and celery seeds in a food processor fitted with a blade attachment and pulse just until combined, about 5 pulses. Add about a third of the salmon and pulse 5 times until most of the large pieces are slightly chopped. Add another third of the salmon, pulse 5 more times, then add the last third and pulse 5 times more until there are equal amounts of very small, medium, and large chunks. (Do not overprocess, as it will lead to tough, dry burgers.)

Step 2: Transfer the mixture to a large bowl and stir in the panko until thoroughly combined. Divide evenly into 8 (3-inch) patties about 1/2 inch thick (they will be about 1/3 to 1/2 cup each).

Step 3: Heat an outdoor grill to medium high (about 375°F to 425°F). When the grill is ready, use tongs to rub the grate with several layers of paper towels dipped in vegetable oil.

Step 4: Using a flat spatula, transfer the salmon patties to the grill, close the grill, and cook undisturbed (do not press down on the patties) until grill marks appear on the bottom, about 5 minutes. Using a clean spatula, flip the burgers, close the grill, and cook until the patties are just cooked, about 4 minutes more.

NOW...BRING ON THE TOPPINGS!

➤ **MANGO, TOMATO, & ONION SALSA**

Makes 3 cups

2 medium mangos, small dice (about 1 1/2 cups)

2 medium tomatoes, small dice (about 1 cup)

1/2 medium red onion, small dice (about 1/2 cup)

1 tablespoon plus 1 teaspoon freshly squeezed lime juice

Kosher salt

Freshly ground black pepper

Combine all the measured ingredients in a small nonreactive mixing bowl. Season well with salt and let sit at least 20 minutes. Just prior to using, season well with pepper and mix thoroughly. Spoon onto grilled salmon burgers with slices of avocado.

➤ **SOY RÉMOULADE**

Makes about 1 1/4 cups

2 large egg yolks

1 tablespoon Dijon mustard

1 cup vegetable oil

1 tablespoon freshly squeezed lemon juice

1 teaspoon Louisiana-style hot sauce, such as Tabasco or Crystal Hot Sauce

1 teaspoon soy sauce

1/4 teaspoon kosher salt, plus more as needed

1/8 teaspoon freshly ground white pepper, plus more as needed

2 teaspoons finely chopped capers

2 teaspoons finely chopped red bell pepper
2 teaspoons finely chopped shallot
1 1/2 teaspoons finely chopped fresh tarragon leaves
1 teaspoon finely chopped fresh Italian parsley leaves

Whisk the egg yolks and Dijon in a medium bowl until evenly blended. Continue whisking and slowly add the oil by pouring it down the side of the bowl in a thin stream. Once all of the oil has been added, whisk in the lemon juice, hot sauce, soy, and measured salt and pepper until evenly combined. Mix in the remaining ingredients until evenly combined. Taste and season with additional salt and pepper as needed.

➤ **ROASTED GARLIC AIOLI**

Makes 1 1/4 cups

1 tablespoon roasted garlic purée (1 small head of garlic, roasted in a 350°F oven for 40 minutes, cooled, and squeezed to remove the purée)
1 teaspoon Dijon mustard
1 egg yolk
1/2 cup extra-virgin olive oil
1/2 cup grapeseed or vegetable oil
2 teaspoons freshly squeezed lemon juice
Kosher salt

Place the roasted garlic, mustard, and yolk in the bowl of a food processor fitted with a blade attachment. Process until evenly combined, about 10 seconds. With the motor running, slowly add the olive oil in a thin stream, followed by the grapeseed or vegetable oil, until completely combined, about 2 minutes. Stop the processor, add the lemon juice, season with salt, and pulse until thoroughly mixed. Stop and scrape down the sides of the bowl with a rubber spatula, then pulse until all ingredients are evenly incorporated. Let sit for at least 30 minutes before using.

➤ **JALAPENO TARTAR SAUCE**

Makes 1 1/2 cups

1 cup mayonnaise
1 jalapeño pepper, seeded and finely diced
3 tablespoons finely chopped capers
3 tablespoons freshly squeezed lemon juice (from about 2 medium lemons)
2 tablespoons finely chopped dill pickle
1 tablespoon finely chopped scallion (from about 1 medium scallion, white and light green parts only)
1/4 teaspoon freshly ground black pepper

Place all of the ingredients in a medium bowl and stir to combine. Cover and refrigerate until ready to use.

➤ **TZATZIKI**

Makes 1 cup

1/2 medium English cucumber, peeled
7 ounces (scant 1 cup) whole-milk Greek yogurt
1 tablespoon finely chopped fresh cilantro
1 tablespoon finely chopped fresh mint leaves
1 teaspoon freshly squeezed lemon juice
1 medium garlic clove, finely chopped
1/4 teaspoon ground cumin
Kosher salt
Freshly ground black pepper

Grate the cucumber on the large holes of a box grater. Run a knife over the grated cucumber until it's fine in texture but not totally minced. Mound the cucumber in the center of a clean tea towel, then twist the towel to squeeze the moisture from the cucumber. Place the cucumber in a medium bowl. Add the yogurt, herbs, lemon juice, garlic, and cumin, season with salt and pepper, and mix well. Refrigerate for 1 hour or overnight to meld the flavors before serving.

Salmon Salad Wraps by Dr. Mark Hyman



When you trade a less nutritious food for a higher-quality food without losing the personality of the dish, I call it a “swap.” In this recipe, swap that blood sugar–spiking tortilla for crisp butter lettuce to enjoy a low-glycemic meal that satisfies both your taste buds and your waistline.

INGREDIENTS

1 teaspoon sea salt, divided
juice of 1 lemon
2 (8-ounce) boneless, skinless wild salmon fillets
1 large yellow bell pepper, seeded and finely chopped
2 tablespoons finely chopped red onion
1 tablespoon finely chopped jalapeño
1 tablespoon rinsed capers, finely chopped
3 tablespoons fresh lime juice

1 tablespoon extra-virgin olive oil
2 tablespoons finely chopped fresh cilantro
12 butter lettuce leaves
2 avocados, pitted, peeled, and sliced

Step 1

In a large skillet, bring 6 cups of water and 1/2 teaspoon salt to a boil over high heat. Add the lemon juice. Gently slide the salmon fillets into the boiling water. Reduce the heat to a low simmer and poach until the salmon is cooked through and opaque, about 5 minutes. Remove from the water and set aside to cool to room temperature, 5 to 10 minutes. When cooled, flake into small pieces.

Step 2

Meanwhile, in a large bowl, combine the bell pepper, onion, jalapeño, capers, lime juice, oil, and remaining 1/2 teaspoon salt and mix well. Let the salad stand while the salmon cooks and cools, then gently fold the flaked salmon and cilantro into the salad.

Step 3

Divide the lettuce leaves among four serving plates. Then divide the salmon mixture into 12 portions and spoon a portion onto each leaf. Top the salmon mixture with the sliced avocado, fold the lettuce around the salmon and avocado to form a wrap, and then serve seam-side down.

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