

GRILLED SALMON WITH COCONUT SAUCE

F EASY

Last Modified: 06/29/2016

PREP: 30 Min
COOK: 25 Min
GRILLED

INDIAN

MAKES 2 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
1	Pound	Wild Caught Salmon Filet (Center-Cut)	Skinless
2	Tbsp	Canola Oil	

COCONUT SAUCE			
2	Tbsp	Canola Oil	
1 1/2	Tbsp	Ginger (Peeled)	Fine Chop
1	Tsp	Fennel Seeds	
1	Tsp	Cardamom Seeds	
1	Tsp	Brown Mustard Seeds	
1	Tbsp	Ground Coriander	
1/4	Cup	Fresh Tomatoes (Or Canned)	Diced
1	Cup	Full Fat Coconut Milk (Cream Only)	

DRY RUB			
1	Tsp	Ground Coriander	
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

PREPARATION	
FACTOID	Fresh Salmon is almost NEVER available <u>anywhere</u> in India, so this is in reality, an "Americanized" Indian-style dish.
HINTS	Let the can of Coconut Milk stand undisturbed for at least 24 hours to allow the "Cream" to separate and float up to the top. Carefully open the can and spoon off all of the thick white Cream you will find floating on top - getting a little of the Milk is OK. Discard the thinner "milk" remaining in the can. While the Recipe calls for 1 cup, use whatever amount of Cream you get from the can instead (at least 1/2 cup though).
OPTION	You can either fry the Salmon Fillets or grill them over charcoal (A MUCH preferred method).
HINTS	If you intend to grill the Salmon over charcoal or gas, leave the skin attached.
TOOLS	1) Small Mixing Bowl 2) Charcoal OR Gas Grill OR Grill Pan 3) Large Non-Stick Skillet & Lid
PREP	DISH 1) Peel and finely chop the Ginger and set it aside. 2) Deseed and dice the Tomatoes and set them aside.
1	Feel for any bones sticking up along the Salmon flesh and remove any you find with needle nosed pliers. If not already done, remove the skin. Cut the Salmon Fillet in half. Mix the Dry Rub ingredients well together and sprinkle evenly on and hand rub into each piece of Salmon and set them aside.

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2	Put the Canola Oil into a large non-stick skillet over medium high heat and heat until it just shimmers. Add in the Ginger and saute it for 30 seconds. Lower the temperature to medium low and then add in order, the Fennel Seeds, Cardamom Seeds, Brown Mustard Seeds and Ground Coriander; cook while stirring constantly for 10 seconds or until the Mustard Seeds just begin to pop.
3	Add in the Tomatoes and cook them for 3 minutes while stirring. Add in the Coconut Milk and simmer for about 15 minutes or until the Coconut Sauce has thickened. Taste for seasoning and add Salt and Pepper, as is necessary.
4	GRILLED SALMON: Grill the Salmon, Skin side down until it flakes easily. Use a spatula to separate the Fillet from the Skin which should by now be stuck firmly to the grill grates.
4	FRIED SALMON: Heat the Canola Oil in another non-stick skillet over medium high heat. Sear the Salmon Fillets on both sides for a total of 7 to 8 minutes, or until they are just cooked through and beginning to flake.
SERVE	Put the Salmon Fillets on individual dinner plates and generously ladle the Coconut Sauce over the top. Serve them while hot with any remaining Sauce on the side.

