



Asian Style Crispy Skinned Salmon

By Jane Steele
Photo by Marty Snortum Studio



When I was fifteen-years-old, my family moved to Hawaii. My mother had always cooked fish, but I'd never eaten raw fish. My first experience with Hawaiian peer pressure occurred when my friend Jenny, who'd grown up eating sashimi, dared me to eat a slice of raw tuna at the Moanakea Hotel on the Big Island where my parents were staying. I held my nose, popped it in and my life changed forever. Now, I am constantly drawn to recipes with Asian flavors, like this salmon recipe. Kids love this dish, so get your children involved in making it as well. My seven-year-old daughter likes to marinate the salmon and I do the searing. Just make sure you've scraped all the scales off the skin of the salmon or have someone do it for you. If you can't stand salmon, make this recipe yours by substituting shrimp or scallops.

SERVES 4

- 4 - 7 oz salmon filets, skin on
 - 1 package linguini (about 16 oz)
 - 2 small red bell peppers, sliced into matchsticks
 - 1 bunch cilantro, large stems removed
 - 2 fingers fresh ginger (about 1 1/2 inch pieces) skin removed with spoon and grated with a microplane grater (or minced with knife)
 - 6 cloves garlic, minced
 - 2 cups soy sauce
 - 1/2 cup rice vinegar
 - 2 tbspc sugar (omit if desired or substitute Splenda)
 - 1 bunch green onion, ends removed, sliced diagonally
 - 1 1/2 tbspc sesame oil
 - 4 tbspc canola oil
1. Add 1 cup soy sauce, 1/2 cup rice vinegar, 1/2 tbspc sesame oil, 1 finger of minced ginger and 3 cloves garlic to a mixing bowl. Add sugar and whisk until dissolved. Pour over salmon fillets and let marinate for up to one hour.
 2. Bring a large pot of salted water to boil. Cook linguini until tender, drain and toss with 2 tbspc canola oil and set aside.
 3. Heat a 12-inch skillet on high heat until very hot. Add 2 tbspc canola oil. Remove salmon from marinade and place salmon skin side down in pan. Sear salmon for 4-5 minutes and flip over. Cook 3-4 minutes for medium rare, 5 for more well-done. Remove and set aside.
 4. Wipe pan out if needed and add ginger and garlic. Sautee until fragrant, about 1 minute. Add soy sauce, vinegar, sesame oil and sugar. Reduce heat and let simmer for 2-3 minutes.
 5. Add pasta to a large bowl and mix with bell peppers, cilantro, and green onions. Pour sauce over the top and toss to blend. Divide pasta onto 4 plates and top with salmon, skin side up. Garnish with cilantro and serve. ✱

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