



**BAUMAN
COLLEGE**
HOLISTIC NUTRITION
AND CULINARY ARTS

Salmon with Plum Salsa

Salmon is rich in omega 3 fats and high quality protein, which are essential to maintain a healthy heart. The plum salsa is a nice seasonal complement to the fish.

Ingredients:

SALSA:

2 Tbs honey
1/3 cup apple cider vinegar
1 medium jalapeno, minced
4 large plums, 1/4" dice
1/2 medium red onion, finely diced
1/2 cup 1/4" dice yellow tomato
1/2 Tbs grated ginger
2 Tbs minced mint
2 Tbs lime juice
2 Tbs olive oil

SALMON:

1 3/4 lbs salmon fillets, skinned, bones removed,
portioned into pieces
1/2 cup lemon juice
1/4 cup tamari
6 cloves garlic, thinly sliced
— black pepper, to taste

Procedure:

1. PLUM SALSA: Combine honey and vinegar in a small saucepan and cook over moderate heat until it reduces and coats the back of a spoon.
2. Combine remaining salsa ingredients together in a medium bowl and stir in the cooled reduction. Season with salt and pepper. Set aside.
3. Preheat oven to 375 degrees.
4. In an oven proof dish, marinate fillets for about 30 minutes in lemon juice and tamari, turning once midway.
5. Before roasting, press garlic slices on top of each fillet. Then, grind some black pepper over the fillet.
6. Roast in the marinade for about 10-12 minutes, depending on thickness. Baste with the marinade occasionally. When done, flesh will look opaque and feel firm, yet the middle should still be slightly reddish. The fish will continue to cook after removing it from the oven. Place on a platter and spoon the salsa over the fish.

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