

Salmon, Star of the Sea Camerota's Cupboard April, 2013

According to the Nutrition Action Healthletter, published by the non-profit Center for Science in the Public Interest, omega-3 fats in fatty fish like salmon can help reduce the risk of sudden-death heart attacks. And wild-caught salmon have fewer PCB contaminants than farmed salmon.

Four-Spice Salmon

(Adapted from Mark Bittman, NYTimes, 2/27/130)

4 6-ounce skinned salmon fillets
salt and black pepper to taste
1 tablespoon coriander seeds or ground coriander
¼ teaspoons whole or ground cloves
1¼ teaspoons cumin seed or ground cumin
1 teaspoon freshly grated nutmeg
2 tablespoons olive oil or neutral oil such as grape-seed

- Season fillets on both sides with salt and pepper. If necessary, combine spices and grind them to a coarse powder in a coffee or spice grinder. Press some of the mixture onto the top of each fillet.
- Heat a large nonstick skillet over medium-high heat for 2 or 3 minutes. Add the oil and, when it shimmers, place the fillets, coated side down, in the pan. Cook about 2 to 3 minutes, or until the spice mixture forms a nicely browned crust.
- Turn the fillets and cook for another 2 to 3 minutes, or until the salmon just slightly resists with pierced with a thin-bladed knife.

4 servings

Grilled Salmon with Endive and Berry Salad

(adapted from Robin Carr, Executive Chef for United Airlines, in *Hemispheres Magazine*, March, 2013)

Ripe berries contain significant levels of vitamin C and phytonutrients. This recipe would make an attractive, colorful, and healthy company dish.

Grilled Salmon

4 salmon fillets 5-7 ounces each
2 tablespoons olive or grape-seed oil
6 basil leaves, thinly sliced
Salt and freshly ground pepper to taste

- Pre-heat grill pan over medium-high heat
- Season salmon with oil, salt, and pepper
- Grill both side until done, about 4-5 minutes per side
- Garnish with fresh basil
- Top with endive and berry salad

Endive and Berry Salad

Any combination of berries may be used in this salad. If berries are not in season, use thinly sliced black plums or nectarines. Fresh fruit in green salads provides sweetness that balances the acidity of the dressing.

½ cup raspberries
½ cup blueberries
¼ cup red onions, thinly sliced
3 heads of Belgium endive
½ cup extra virgin olive oil
¼ cup white balsamic vinegar
Salt and freshly ground black pepper to taste
Roasted sliced almonds or pine nuts, optional

- Mix together olive oil and balsamic vinegar, and season with salt and pepper to taste.
- Cut bottoms off the endive and separate the leaves.
- Julienne the endive leaves during the last moments of preparation to avoid wilting.
- Combine the berries, onion and endive in a bowl.
- Drizzle the dressing over the salad while gently tossing.
- Portion salad on plates and garnish with almonds or pine nuts if desired.
- Serve salad with grilled salmon.

4 servings

Salmon and Potato Coriander Fish Cakes

(from the American Institute for Cancer Research Health-e-Recipes, November, 20, 2012)

AICR's motto: Cook Simply. Eat Well. Fight Cancer. Full of protein and beneficial omega-3 fatty acids, these fish cakes are easy to prepare and serve, another winner for entertaining. Coriander adds unique flavor while a kick of red pepper provides capsaicin, a phytochemical being studied for its antioxidant properties.

1 lb. russet or Yukon gold potatoes (makes about 2 cups cooked mashed)

1 cup thinly sliced scallions, green stems included

2 tsp. canola oil

1/4–1/2 tsp. red pepper flakes, or to taste

1/4–1/2 cup low-fat milk, warmed

1 Tbsp. all-purpose flour

1 large egg

1 Tbsp. ground coriander

Freshly ground pepper and salt, to taste

1 lb. salmon, cooked and flaked
3-4 Tbsp. whole-wheat flour
Canola oil cooking spray
Lime wedges (lemon may be substituted)

- Cut potatoes into fourths, place in pot with cold water and bring to boil. Reduce heat and simmer until soft, about 20 minutes,
- In large skillet over medium heat, sauté onions in oil. Add pepper flakes and stir often, until onions are softened, about 6 minutes.
- Drain and mash potatoes using potato masher, ricer or electric mixer, adding warm milk as necessary to keep fluffy and moist. When mashed, spread out potatoes in bottom of large mixing bowl and sift all-purpose flour over top. Use fork to work flour into the potatoes. Whisk egg and pour over top. Scatter salmon, cooked onions and coriander over potato mixture, Salt and pepper to taste, Use fork to mix and mash all ingredients together thoroughly.
- Dust medium platter and hands with whole-wheat flour. Scoop up 3-4 tablespoons of mixture and place on floured platter. With your hands, roll into a small ball; then form into a chunky cake. Transfer to clean plate. Repeat. You should end up with about 10 medium cakes.
- Place large skillet over medium-high heat and coat with cooking spray. Sauté cakes in batches of five or so. Cook on each side until golden crust forms, about 2-2½ minutes, only turning once. Transfer cooked cakes to lightly oiled baking dish to prevent sticking.
- Although the cakes are cooked, warm them thoroughly before serving, about 5 minutes. Serve with lime or lemon wedges.

5 servings

Nutrient information per serving: 270 calories; 9g total fat (2g saturated fat); 23g carbohydrate; 25g protein; 25g dietary fiber; 74mg sodium.