

Wine & Dine with Jeff

Creamy Coconut Lime Salmon

Creamy Coconut Lime Salmon Pairing with
Terlato Pinot Grigio 2018



INGREDIENTS

- 1 Pound of salmon Filets
- 2 Tablespoons of Coconut oil

- ❖ 1 Red Jalapeno or red Fresno chili sliced seeds removed
- ❖ 1 Tablespoon of fresh ginger paste
- ❖ 1 Tablespoon of garlic paste around 5 cloves
- ❖ 1 13.5 oz can of coconut milk full of fat
- ❖ 1 Teaspoon of brown sugar
- ❖ 1 Tablespoon of tamari or soy sauce
- ❖ 1 Teaspoon of fish sauce
- ❖ 1 large lime using 1 teaspoon of zest and 2 Tablespoons of the juice
- ❖ 1/3 cup of fresh cilantro
- ❖ Salt and Pepper to taste

DIRECTIONS

1. I cook salmon on a weekly basis, it's one of my favorite fish. I am always trying to find new ways to prepare salmon. I had this song I could not get out of my head "Put the lime in the coconut" True story and I wanted to create a recipe around this song. This is my new favorite ways to prepare salmon the lime and the coconut sauce just adds this decadent and Divine favor to the salmon. For this recipe I like to use skinless salmon because the salmon finishes cooking in the sauce and the skin would not stay crispy. My second tip is I like to use a thick piece of salmon around 2-2 1/2 inches thick. Right before cooking add salt and pepper to the

salmon filets

2. In a sauté pan that you can get a great sear on the salmon add the coconut oil and turn the burner to medium high heat. When the oil is shimmering and the pan is hot add the salmon to the hot oil. I do not use a nonstick pan I am using a seasoned cast iron so it is important when the salmon touches the hot oil don't try to move it because it is stuck to the bottom of the pan. After 2 minutes the salmon should release from the bottom and have a great sear on the salmon flip to the other side. Cook for only 1 minute on the other side and remove from the pan. The salmon should still be raw in the middle this is what I want. That is why it is important to find a thick piece of salmon so it does not overcook. The salmon will finish cooking in the coconut lime sauce. This keeps the salmon moist and flavorful.

3. While the salmon is resting it is time to start this easy coconut lime sauce. In the same pan add the sliced red jalapeno and cook it for 1 minute. It is also important to turn the burner down to a medium low and let the pan cool down for a minute before adding the vegetables. After cooking the pepper add the garlic and ginger paste to the pan and keep stirring with the pepper for no more than 2 minutes on a medium low heat so the garlic and ginger don't burn. Browning the garlic will give a bitter taste to the sauce it is important to keep the burner on a lower heat.

4. After the ginger and garlic finish cooking it is time to pour in the coconut milk. I like using full of fat coconut milk for the richer and creamier taste. Add the fish sauce, tamari sauce and brown sugar and stir everything to combine all the ingredients and let come to a slow and low simmer not a boil. let the sauce simmer for 3 minutes to combine all the flavors. Right before you add the salmon add the fresh lime zest and juice to the sauce and stir to combine. The reason we wait before adding the lime and zest is cooking them for a long time will bring out bitter aspects of the lime.

5. Add the salmon and spoon the sauce overtop of the salmon and let simmer to finish cooking for around 3 to 4 minutes on a low simmer not a boil. I do not add salt to the sauce because of all the sodium in the tamari and fish sauce but if you feel like it needs more salt please taste and add at this time. Stir in Cilantro right before serving and serve over your favorite rice. I hope you enjoy as much as I do