

Salmon with Cilantro-Mint Salsa

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Adapted from a George Mateljan recipe

1-1/2 lbs. salmon filets, skin and bones removed, cut into 4 pieces

2 tsp. fresh lemon juice

Salt and pepper

Salsa

1 Tbs. each finely chopped: fresh mint, fresh cilantro, scallions

1 tsp. finely minced fresh ginger

1 medium ripe fresh tomato, seeds and excess pulp removed, diced into 1/4-inch pieces

3 medium cloves garlic, pressed

2 Tbs. extra virgin olive oil

3 Tbs. fresh lemon juice

Salt and white pepper to taste

1. Mix together salsa ingredients in a bowl, and set aside.
2. To quick-broil salmon: Preheat broiler on high and place an all stainless steel skillet or cast iron pan under the heat for about 10 minutes to get it very hot. The pan should be 5 to 7 inches from the heat source.
3. Rub salmon with 2 tsp. fresh lemon juice, salt and pepper.
4. When pan is hot, use a hot pad to remove the pan from heat and place salmon on it, skin side down. Return to broiler for about 7 minutes for every inch of thickness. Salmon does not need to be turned. Test with a fork for doneness. It will flake easily when it is cooked.
5. Serve with salsa.

Serves 4.