



The Edible Garden

Recipe featured at *Whole Foods Friday* demonstration, July 23rd

Grilled Salmon with Thai Curry Slaw

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Serves 6

Ingredients

for the sauce

4 tablespoons minced or grated fresh gingerroot
4 tablespoons minced garlic
3 tablespoons coconut oil
2 tablespoons ground coriander seeds
1 tablespoon curry powder
3 teaspoons Thai red curry paste
3 teaspoons paprika
20 ounces unsweetened coconut milk
1 ½ limes, juiced
2 tablespoons fish sauce or soy sauce
1 Tablespoon rice syrup

for the slaw

1 onion, peeled, halved and sliced
1 tablespoon olive oil
3 cups finely shredded green cabbage
1 cup julienned zucchini
1 cup julienned carrots
1 red pepper, cored, seeded and sliced
1 yellow pepper, cored, seeded and sliced
3 tablespoons rice vinegar
1 tablespoon soy sauce
5 tablespoons finely chopped fresh cilantro
5 tablespoons finely chopped fresh mint leaves
5 tablespoons finely chopped fresh basil

for the fish

3 pounds wild salmon
1-2 tablespoons olive oil
Pinch sea salt
Fresh pepper

Instructions

- In a heavy saucepan sauté ginger and garlic in coconut oil over moderately high heat 3 minutes, or until golden, stirring constantly.
- Add coriander, curry powder, curry paste and paprika. Sauté 2 minutes more, stirring constantly.
- Whisk in coconut milk, lime juice, fish sauce and rice syrup; bring mixture to a simmer. 4. Taste; adjust seasonings.
- In large skillet over medium-high heat, cook onions in olive oil 5 minutes, or until fragrant, stirring often.
- Add cabbage, zucchini, carrots, red pepper and yellow pepper. Cook 7 minutes more, or until vegetables are tender; transfer to large serving platter.
- Meanwhile, in small bowl, whisk together rice vinegar and soy sauce.
- Drizzle vinegar mixture over vegetables; sprinkle with herbs. Toss vegetables to combine.
- Meanwhile, heat grill. Brush both sides of salmon with oil; sprinkle with salt and pepper. Grill 4-5 minutes, or until grill marks appear and the bottom of fish is firm. Brush with coconut sauce. Flip salmon and cook 5 minutes more, or until medium.
- Place salmon on top of vegetable mixture. Drizzle with coconut sauce.