



KNOWLEDGE + TECHNIQUES
FROM SEA TO PLATE

Salmon with Blistered Cherry Tomatoes in Garlic Olive Oil

Serves 4

1/4 cup extra-virgin olive oil
4 cloves garlic, each cut in half
1 pint cherry tomatoes
Salt
Four 5-ounce portions skin-on salmon fillet
(wild, farmed, or other orange flesh fish such as Arctic Char
or Steelhead Trout)

Preheat the broiler. Set a large cast-steel or cast-iron skillet on the stove over high heat until it is smoking hot. Add the olive oil and garlic. Cook the garlic until it is blistered and golden brown. Add the tomatoes, but do this very carefully, otherwise searing hot oil will splash up onto you. Cook until the skins of the tomatoes begin to blister in the hot oil, about 1 minute, then season very generously with salt. Carefully place the salmon fillets, skin side up, on top of the tomatoes and transfer the pan under the broiler. Cook for 6 minutes, then check on the fillets. The skin should be blistered and bubbling. Remove the char fillets to serving plates. Spoon the tomatoes onto the char fillets and serve immediately.

Lomi Lomi Salmon

Serves 4

8 ounces salmon
(if using wild salmon, I recommend pre-freezing), diced
2 medium tomatoes, diced
1 large onion, diced
1 bunch scallions, sliced thin
1 tablespoon vinegar
3 tablespoons extra virgin olive oil

Season the salmon generously with salt and allow to rest. Lomi (aka knead) the ingredients together until well mixed. Refrigerate for 30 minutes or longer. Serve cold.



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Slow Roasted Salmon

Serves 4

2 tablespoons oil

Salt

Four 5-ounce portions skin-on salmon fillet

Lightly oil an oven-safe pan. Arrange the fish skin side down in the pan and season generously with salt. Place the pan in 275°F oven. Remove from the oven when just done, about 20 minutes per inch of thickness. The flesh will flake under gentle pressure. Remove the skin by sliding a spatula between the flesh and skin and transfer the fish to a plate. Dot the fish with thin slices of butter if desired.