

Ginger Lime Marinated Salmon

Serves 4

Ingredients

½ teaspoon fresh lime zest (from about 1 medium lime)

2 medium limes (about ½ cup), juiced and divided

1 tablespoon tamari or coconut aminos

½-1 teaspoon sea salt

1 tablespoon red wine vinegar

2 tablespoon extra-virgin olive oil

½ teaspoon Dijon mustard

1 teaspoon of local, raw honey or succanat

2 medium cloves fresh garlic, minced

2 teaspoons fresh ginger root, grated

1 pound of fresh wild salmon

½ teaspoon extra-virgin olive oil

Fresh Italian flat-leaf parsley for garnish

Instructions

1. In a small preparation bowl, whisk together the lime zest, juice, tamari, salt, vinegar, oil, mustard, honey, garlic and ginger. Place the fish in a small shallow preparation bowl and cover with marinade. Flip the fish so it is skin side up and the flesh is touching the marinade. Cover, refrigerate, and marinate fish for 30 minutes to 2 hours before cooking.
2. Remove fish from fridge. Heat a 10-inch carbon steel or cast-iron skillet on high heat for about a minute and then add oil and allow it to coat entire surface of pan. Add fish to pan skin side up and sear for 3-4 minutes. Flip fish and pour any remaining marinade over it and cook for 3-4 minutes to finish cooking for approximately 6-7 minutes (6-7 minutes per inch of thickness). Remove from heat and top with remaining lime juice and parsley and enjoy. Variation: Use all of the same marinade ingredients, except skip the tamari, vinegar, and mustard and just add a ½ teaspoon of sea salt for a simpler yet flavorful marinade.

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