

# Salmon Edamame Salad

This salad, adapted from Michael Smith's recipe, is a great summer dinner. I had trouble getting bean sprouts so I just left them out and used fresh arugula in it's place.

<b>1</b>	<b>8 - 12 oz salmon fillet, cooked as below</b>
	<b>salt and pepper to taste</b>
<b>1</b>	<b>tsp butter and a splash of olive oil</b>
<b>2</b>	<b>cups arugula</b>
<b>1</b>	<b>cup edamame beans, cooked and shelled</b>
<b>1</b>	<b>cup carrot, coarsely grated</b>
<b>1</b>	<b>sweet yellow or red pepper, sliced thinly</b>
<b>1</b>	<b>cup snow peas, sliced thinly (optional)</b>
<b>1</b>	<b>cup bean sprouts (optional)</b>
<b>1</b>	<b>cup cilantro or 1/2 cup parsley leaves, chopped</b>
<b>2</b>	<b>green onions, sliced</b>
<b>Dressing:</b>	
<b>1/4</b>	<b>cup vegetable oil</b>
<b>1</b>	<b>Tbsp sesame oil, toasted</b>
<b>2</b>	<b>Tbsp grated ginger</b>
<b>2</b>	<b>Tbsp rice wine vinegar</b>
<b>1</b>	<b>Tbsp miso paste</b>
<b>1</b>	<b>tsp soy sauce</b>
<b>1</b>	<b>tsp honey</b>

-  Cook salmon fillet as per directions for Best Grilled Salmon below while preparing remaining ingredients.
-  Cook edamame beans according to package direction and set aside.
-  Prepare dressing by whisking the oils, ginger, vinegar, miso paste, soy sauce and honey until smooth.
-  Slice snow peas and sweet pepper and shred carrots.
-  Place arugula in a shallow bowl or large serving plate and sprinkle with edamame, snow peas, carrot, pepper, sprouts, cilantro and green onions. Break salmon into large pieces with a fork and spread over all.
-  Drizzle with dressing and toss. Serve with some crusty bread or corn on the cobb.

Serves 3 - 4

Anne's Favourites

# Perfect Grilled Salmon

A long time ago I saw Ina Garten, on the Barefoot Contessa, cook salmon by searing the top side then flipping it and finishing it in a hot oven. I found I get almost perfect results every time so this has become my first choice for cooking salmon or trout. Even if I am doing it on the BBQ I like to start it in the frying pan and if the grill is on it's a great excuse to season up some corn on the cob alongside.

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**salmon fillets as desired**

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**salt and pepper to taste**

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**1 tsp butter and a splash of olive oil**

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**other seasonings as desired**

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**fresh lemon or lime juice**

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**dill, parsley or chives or a combination**

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**soy sauce**

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- ☞ Dry salmon fillet and season with salt and pepper.
- ☞ Heat frying pan that can be put in the oven (I use a cast iron pan) with a tsp of butter and a little oil to keep the butter from burning. When it just starts to smoke add seasoned salmon, skin side up and sear until browned and starting to turn pink about 1/3 of the way through, about 5 - 6 minutes.
- ☞ Turn and place whole pan in the oven at 400°F or slide fillet carefully onto a piece of foil on a preheated BBQ. Sprinkle with additional seasonings if desired. I usually keep my salmon simple and let it's flavour shine through.
- ☞ Bake about another 7 minutes until cooked through.

Anne's Favourites