

LEMON SALMON WITH MANGO SALSA SERVED WITH CILANTRO RICE

Contributed by: The Tani 'Ohana executed by Taynan Tani

Ingredients

For mango salsa:

- 1 cup diced Mango
- 3 tbsp small diced Jalapeños
- 1 cup diced Red Onion
- 1 cup diced Tomato
- 1/2 cup fresh Mint Leaves (finely spiced)
- 1/2 the juice of a Lime
- Salt and Pepper (to taste)



For Cilantro Lime Rice:

- 1 cup White Rice
- 1 cup Water
- 1 cup fresh Cilantro (finely chopped)
- 3 Limes (juice and zest)
- 4 cloves Garlic (finely chopped)
- 4 tbsp Butter
- 2 tbsp Olive Oil
- Salt and Pepper (to taste)

For Salmon:

- 4 Salmon Fillets skin on (7oz. each)
- 4 springs of Thyme
- 1 slice of Lemon (and a wedge of seasoning)
- 3 cloves of Garlic
- 3 tbsp Butter
- Salt and Pepper (to taste)

Directions:

Cilantro Lime Rice

Wash White Rice till water runs clear and cook in equal parts water. In a small bowl add and mix the finely diced Cilantro, juice and zest of Limes and finely diced Garlic. In a larger bowl, add the fully cooked Rice with the Olive Oil and Butter. Mix until the Butter is melted. When the Rice is fluffy and the Butter is melted add in the Lime Cilantro mixture and fully incorporate. Add Salt and Pepper to your desired taste.

Mango Salsa

In a bowl add in your diced Mango, Tomato, Onion, Jalapeños and Mint. Mix until even then add Salt and Pepper to your desired taste.

Pan Seared Salmon

On the skin side of the Salmon Fillets, make shallow diagonal cuts evenly apart. generously season the skin with Salt to encourage moisture loss and help skin crisp up, then lightly season with Pepper. Next lightly season flesh side with Salt and Pepper. In an already smoky medium high, lightly oiled pan lay the Salmon away from you skin side down. Sear for 1-2 minutes until skin is browned and crispy. Flip the Fish and lower heat to a medium low. Add in the Butter, Garlic, Thyme and Lemon slice and baste with a spoon. After 1 minute check the Fish for even browning and crisp. When fish is cooked, leave to rest for 5 minutes and squeeze Lemon wedge flesh side.

Note:

Cook food in order of recipe for better efficiency. When resting, place Fish on cooling rack.