

Firecracker Salmon

with Roasted Corn Medley

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INGREDIENTS

4 wild Alaskan salmon steaks (or fillets)

Note: Make sure the salmon is wild-caught from Alaska. Farmed fish can contain pesticides and antibiotic residue. Salmon farming also pollutes the ocean, and escaped farmed fish can spread diseases to wild fish.

For the Marinade

1/4 cup peanut oil
2 tablespoons soy sauce
2 tablespoons balsamic vinegar
2 tablespoons chopped scallions
1 1/2 teaspoons brown sugar
1 clove garlic, minced
3/4 teaspoon grated fresh ginger
1/2 teaspoon red chili flakes (or more, to taste)
1/2 teaspoon sesame oil
1/8 teaspoon salt

For the Corn Medley

3/4 cup fresh corn kernels (about 1 ear)
1 apple, peeled and diced
1 tomato (orange or red), diced
2 yellow (sweet) chili peppers, seeded and diced
2 cloves garlic, minced
1 shallot, minced
1 tablespoon cilantro, chopped
1 tablespoon balsamic vinegar
Red wine for deglazing

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PREPARATION

Salmon

1. Whisk together all ingredients for the marinade. Marinate the salmon for four to six hours.
2. Grill for five minutes on each side over a medium flame.

Corn Medley

1. Roast corn in a skillet, without oil, for several minutes, stirring frequently.
2. Add the apple and peppers along with balsamic vinegar, and continue stirring for several minutes more.
3. Stir in the garlic and shallots; then add tomatoes and cilantro and cook, stirring occasionally, for several minutes.
4. Deglaze pan with red wine and allow liquid to reduce down.

Serves 4.

A stylized illustration of a light blue fish swimming to the left, with three white bubbles of varying sizes rising from its mouth. The fish is positioned on the left side of the page, partially overlapping the 'Did You Know?' circle.

*Did You
Know?*

Less than 1/100th of one percent of U.S. waters are fully closed to oil drilling, mining, fishing or other extractive industries.