



BRISTOL BAY
SOCKEYE SALMON

MIDDLE EASTERN SALMON SHARING PLATTER

Tangy sumac-seasoned sockeye salmon is a crowd-pleaser, especially when drizzled with a pomegranate lemon dressing.

SERVINGS: 6
COOK TIME: 10 MINS.

Ingredients:

- 6, 4-ounce sockeye salmon fillets
- 4 tablespoons olive oil, divided
- 1 teaspoon sumac*
- 1 teaspoon cumin seeds
- 1 teaspoon black onion seeds (or 1/2 teaspoon caraway seeds)
- 1 teaspoon sesame seeds
- 2 red onions, thinly sliced
- 1/2 cup blanched almonds, roughly chopped and toasted
- 2 tablespoons pomegranate molasses
- Juice of 1 lemon
- 1 pomegranate (or 3-4 ounces pomegranate seeds)
- Salt and freshly ground black pepper, to taste
- Cilantro sprigs and lemon wedges, for garnish

*Sumac is a tangy, lemony spice used frequently in Middle Eastern and Mediterranean cooking. Both sumac and pomegranate molasses can be found in major supermarkets.

Directions:

- 1** Rub the salmon fillets with 1 tablespoon olive oil. Mix together the sumac, cumin seeds, black onion seeds and sesame seeds; sprinkle over the salmon.
- 2** Heat 2 tablespoons olive oil in a large frying pan over medium-high heat and cook the red onions for 3-4 minutes, until softened. Add the salmon fillets and cook on each side for 3-4 minutes, adding the almonds for the final 2-3 minutes.
- 3** Mix the remaining olive oil with the pomegranate molasses and lemon juice. Season to taste with salt and pepper. Serve the salmon on a platter, drizzled with the dressing and sprinkled with pomegranate seeds. Garnish with cilantro and lemon wedges.

Find more delicious wild sockeye salmon recipes at
www.bristolbaysockeye.org.