



Sweet and Sour Salmon

- NUTRITION NORTH CANADA -

Lots of fresh catch?

Freeze salmon in a marinade to cook at a later date. Serve this dish over rice or in a wrap, with veggies on the side.

About The Chef:

A culinary arts professor and consultant, cooking show host, and cookbook co-author, First Nation Chef David Wolfman is an internationally recognized expert in wild game and traditional Indigenous cuisine.



Prep time: 40 mins



Cook time: 20 mins



Serves: 4



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INGREDIENTS

- ¼ cup (60 mL) sodium-reduced soy sauce
- 2 Tbsp (30 mL) brown sugar
- 2 Tbsp (30 mL) honey
- 1½ Tbsp (22 mL) ketchup
- 2 Tbsp (30 mL) white vinegar
- 1 Tbsp (15 mL) minced garlic
- ½ tsp (2.5 mL) ground black pepper
- 1 lb (454 g) fresh salmon, skin removed
- 3 Tbsp (45 mL) canola oil, divided
- 1 medium onion, diced
- 3 cups (750 mL) broccoli florets, fresh or frozen and thawed
- 2 cups (500 mL) thick sliced mushrooms
- 1 Tbsp (15 mL) cornstarch
- 1 Tbsp (15 mL) water
- 1 Tbsp (15 mL) minced fresh chives or parsley (optional)

Instructions

1. In a small bowl whisk together the soy sauce, brown sugar, honey, ketchup, vinegar, garlic, and pepper to make a marinade.
2. Cut salmon into 1" (2.5 cm) thick cubes. Place fish in a dish (glass, ceramic or stainless steel), and cover with marinade, turning to coat evenly. Chill for 30 minutes.
3. Drain marinade off fish into a bowl, reserving for later.
4. Heat 1 tablespoon (15 mL) of oil in a pan over medium heat. Cook half the salmon, without turning, for 2 minutes. Carefully turn the salmon over and cook for 2 minutes more. Remove fish from pan and keep warm. Add 1 tablespoon (15 mL) of oil and cook remaining salmon, removing from pan when done.
5. Raise the heat to high. Add 1 tablespoon (15 mL) of oil to the pan. Add the onion and cook for 2 minutes. Add broccoli and mushrooms and cook for 4 minutes, stirring frequently.
6. Lower heat to medium-low, pour the marinade into the pan and bring to a simmer. Combine corn starch and water in a cup and stir to remove all lumps. Pour this mixture into the pan, stirring frequently. Let cook for 3 minutes or until the sauce thickens. Return the fish to the pan. Cook for 1 minute more.
7. Serve with a sprinkle of fresh herbs on top, if using.



Chill leftover salmon for up to 2 days in the fridge. If freezing raw fish in marinade to cook later, label and date a large freezer bag. After making the marinade (Step 1), put it and the uncooked salmon into the bag and seal (removing all excess air first). Freeze for up to 3 months. When ready to use, thaw bag in a sink of cold water for 30 minutes. Continue making recipe at Step 3.