

03/14/10 - Moroccan Salmon for Passover



One of my dear friends and I were trading recipes and menus for the upcoming Passover holiday. She explained her method for making Moroccan style salmon. I have encountered many recipes for Moroccan style fish, but they usually include garbanzo beans and are made with white fish. This recipe contains neither and is quite spicy and delectable. I have modified it a bit to cut down on the work time. 1.5 pound of salmon fillet

1 tablespoons paprika

½ teaspoon freshly ground pepper

½ teaspoon salt

2 tablespoons fresh lemon juice

1 teaspoon chicken bouillon powder (optional)

1 tablespoons olive oil

2 tablespoon olive oil

1 Jalapeno pepper, seeded and julienne into thin strips

1 Anaheim chili, seeded and cut in thin julienne

1 red bell peppers, seeded and julienne

1 Poblano chili, seeded and julienne

3 garlic cloves, peeled and sliced thin

1 bunches of cilantro washed, dried and chopped

2 Roma tomatoes, sliced in thin rounds

Cut the 1.5 pound fillet of salmon into 3 equal slices across and then cut each slice in half so you end up with 6 pieces. Spread 1 tablespoon of olive oil in a baking dish, about 2 inches deep, just large enough to accommodate the 6 pieces of salmon. Place the salmon in the baking dish. Season the fish with salt, pepper, and paprika. Pour the 2 tablespoons of lemon juice on top of the fish. Place the fish in the refrigerator with



Preheat a large sauté pan. Add the 2 tablespoons of olive oil and then add all the julienne peppers. Stir and cook for about 3-4 minutes, then add the sliced garlic, season with salt and pepper, and continue to cook for a few more minutes until soft and fragrant. Cool the peppers.

When the peppers have cooled off, take the fish out of the refrigerator. Spread the pepper mix over the fish. Sprinkle the chopped cilantro on top and place the sliced tomato rounds on top decoratively. Bake in a preheated 350° oven for about 30

minutes. The fish will be tender and very flavorful. Serve cool. You can easily double this recipe.



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