

03/08/10 - Sephardic Salmon for Passover

Lemon and fresh parsley are frequently used flavors in Turkish food. My mother served a traditional fish course at the start of every holiday dinner and many times at lunch on the Sabbath.

Growing up in Seattle, salmon was the fish of choice. There are many Turkish recipes for fish and although they usually do not often use salmon, fresh Pacific Northwest salmon was what was available in the early 1900's in Seattle and so the cuisine of my grandparents adapted.

This simple dish features a lemony tomato sauce with parsley, enveloping velvety, rich, pink salmon. When I purchase salmon, I choose a piece from the center of the



1 tablespoon olive oil

1.5 pounds salmon filet

1/2 cup chopped parsley

2 tablespoons fresh lemon juice

1/2 teaspoon Sea Salt

½ teaspoon fresh ground Pepper

1 fourteen ounce can chopped tomatoes in tomato puree (kosher for Passover if you prefer)

1/2 cup chopped fresh tomatoes

3/4 teaspoon sugar

8 thin Lemon slices for garnish

Grease an 8 x 8 inch enamel or glass baking dish with olive oil. Wash the salmon filet and pat it dry. Run your finger over the top of the filet to check for any missed bones. Missed bones are easily removed with a large pair of tweezers. Place the salmon in the baking dish and season with salt and pepper. Sprinkle the salmon with parsley.



Pour the tomato puree in a bowl. Add the sugar, and lemon juice, stir, and pour over the fish.

Bake in a 350° oven for about 30 minutes, or until the tomato sauce is bubbling and barely getting crusty in the corners of the baking dish. Cool for about 1 hour, and then refrigerate the fish for at least 2 hours. Serve each person a slice of cold salmon with some of the slightly gelled sauce and a slice of lemon for garnish.

This is enough for 6 appetizer size servings. The salmon keeps up to 3 days in the refrigerator.



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