

LIGHTLY PICKLED SPICY SALMON AND VEGETABLES

by Liu Wei

The following recipe and photo were provided by Liu Wei from the Heilongjiang Fisheries Research Institute. She presented a poster at the 2011 NPAFC Workshop in Nanaimo, B.C., Canada.

This dish features a fresh, light, and refreshing flavor complimented by a nice sour and spicy taste.

Ingredients

2 kg salmon
white vinegar (enough to cover salmon strips and skin)
2 cups bean sprouts
1-2 cucumbers with most of the skin removed and cut into sticks
1 cup fresh cilantro, finely chopped
5-6 cloves fresh garlic, finely chopped
3 tablespoons toasted sesame oil
1 teaspoon hot chili oil (to taste)
1 bunch Chinese broccoli (gai lan) - cut into 1-cm pieces
(slice stems lengthwise for faster cooking)
2 teaspoon salt (to taste)
toasted sesame seeds and chopped bell pepper for garnish



Method

1. Wash, clean, and remove scales from the salmon.
2. Fillet the fish and cut the fish into strips leaving the skin attached (if preferred)
3. Pour white vinegar over the fish strips. Leave it to marinate for 5 minutes, drain, and repeat with fresh vinegar. Fish strips should turn whitish.
4. Grill or broil the fish strips. If the skin is used, place fish skin side down and heat until the skin curls and the meat is cooked. Remove from the grill and pour white vinegar over the strips. Leave it to marinate for 5 minutes, drain, and repeat with fresh vinegar.
5. Sauté Chinese broccoli with some of the sesame oil and the garlic; then combine fish strips, bean sprouts, cucumber, cilantro, garlic, sesame oil, chili oil, Chinese broccoli, and salt.
6. Sprinkle with toasted sesame seeds and place sliced bell pepper on top for garnish before serving.



Dr. Liu Wei is a researcher and academic leader at the Heilongjiang Fisheries Research Institute of the Chinese Academy of Fishery Sciences. She instructs graduate students at the Shanghai Ocean University, the Northeast Agricultural University, and the

Dalian Maritime University of Aquaculture. Her scientific interests include fishery resource assessment and fish conservation, ecology, and physiology. She has published numerous articles on hatchery techniques and physiology of juvenile chum salmon and other fishes, received provincial awards for her work, and accepted several invitations to visit laboratories in Russia and the United States.