

# Russian Salmon Recipe

*(from Victor Nazarov, Russia)*

## Two recipes in one!

Sockeye and masu salmon are most suitable for this recipe.



*The right side is called "Smetana" prepared with sour cream, and the other side is with tomatoes and onions.*



**Step 1.** Cut salmon along spinal column, remove head, guts, gonads, kidneys and spine. (Note: head may have been remained, gills must be ectomyred)



**Step 2.** Cut into flesh, skin must be undamaged.



**Step 3.** Prepare ingredients are required (sour cream, fresh tomatoes, onion, salt, black pepper powder and bay leaves).



**Step 4.** Put on tray an aluminium foil and fish on foil; salt and pepper as desired, put small pieces of bay leaf; remain salmon for 20-25 minutes.



**First way.** (fat allowance in sour cream must been no more than 20%).



**Second way.** (sliced tomatoes must been put by rows with sliced onion)

**Step 5.** Following are two ways of preparing: the first one is with using of sour cream or “smetana” in Russian; and the second one is with using of fresh tomatoes.

Also, when salmon preparing by first way then sliced onion can has been put on or under sour cream layer.



**Step 6.** Heat warm oven to 200°C – 220°C (390°F – 420°F) and push tray with salmon into oven for 50 minutes.



**Step 7.** Take out tray with fish from oven and consume salmon with white dry wine but the better drinks are matured sherry and madeira.

**Note:** After step 5 it may has been used other original way of salmon preparing is well-known in Primorye, Khabarovsk and Jewish Regions of Russia as “sharaban” with using of grill into special covered metal tank (box) for hot smoking. Hard fire is located under the box, on the bottom into the box several apple, apricot, prune, pear, willow or lime trees splinters/chips are put down for mild smoke generating. The grill with salmon is placed on middle level of the box (inside the box there are special ledges for grill). **This kind of preparing is adopted for non-sour cream way only!**