

# Salmon in White Sauce

by Alexander Zavolokin

The following recipe and photos were provided by Alexander Zavolokin from the Pacific Research Fisheries Center (TINRO-Center). The recipe was invented by his wife Elena and it is based on the traditions of European cuisine with some Asian additives. Alexander suggests that any salmon species can be used, but they usually use chum salmon.

## Method

- 1 Cut the salmon filet into chunks, pour lemon juice on the fish, and let it stand for 20 min (Fig. 1).
- 2 Chop egg yolks and cut dill and parsley into small pieces. Mix the yolks and herbs together with the sour cream (Fig. 2).
- 3 Add chopped garlic and soy sauce (or salt) to step 2 to your taste.
- 4 Fry fish in a frying pan with the vegetable oil (do not add salt to the fish).
- 5 Layer the fried fish (while still warm) with the sauce in bowl, or high-sided plate, starting and ending with the sauce (Fig. 3).
- 6 Let the dish stand for 1-2 hours, then cool it down in the fridge.
- 7 Enjoy! (Fig. 4)

## Ingredients



700-1000 g salmon filet  
500 g sour cream  
2 yolks from hard-boiled eggs  
2-3 cloves garlic  
2-3 Tablespoons soy sauce  
Juice from a freshly squeezed lemon (half a lemon is enough)  
Cooking oil (several tablespoons; enough to sauté the fish)  
Dill and parsley to your taste



Alexander Zavolokin has been a research scientist in the Laboratory of Applied Biocenology of the Pacific Research Fisheries Center (TINRO-Center) since 2003, when he graduated from the Far Eastern State University in Vladivostok, Russia. While Alexander has broad scientific interests, the main areas of his research include

carrying capacity of the North Pacific for Pacific salmon, significance of jellyfish in the ecosystems and economics of Russia's Far Eastern Seas, and modeling trophic interactions in pelagic communities. He has authored approximately 90 scientific publications of which 53 are peer-reviewed. Alexander is actively involved in international scientific cooperation at NPAFC, where he represents Russia on the Science Sub-Committee and the BASIS Working Group, and at the North Pacific Marine Science Organization (PICES), where he is a member of the Jellyfish Working Group. Since 2000 he has regularly participated in marine research surveys, including NPAFC-related international cooperative cruises onboard the R/V *Oscar Dyson* in 2009 and 2011. Alexander enjoys team sports and plays soccer, paintball, and volleyball. He is a marine biologist who also loves fishing as a way to relax and reflect upon life, although (according to him) he seldom makes a big catch.

