

Coconut Salmon Curry



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40 min

CA

OR

WA

Serves 4

Ingredients

Curry Paste

3-in piece of ginger, peeled

4 cloves garlic

1 Serrano pepper, seeds removed if you prefer less heat

Salt

Olive or coconut oil

2 onions, diced

2 ripe tomatoes, diced

1 teaspoon honey (optional)
¾ teaspoon turmeric
1 can full-fat coconut milk, whisked with ¼ cup water
1 cup cilantro stems
1 pound salmon, cut into 1-in pieces
Lime wedges
Cilantro
White rice

Make the curry paste. Mash ginger, garlic, pepper, and a sprinkle of salt with a mortar and pestle.

Heat enough oil in a heavy pot to generously coat the bottom. Add the diced onions and let cook until softened.

Add the curry paste, spices, and 2 teaspoons salt, stirring constantly to avoid scorching. Add more oil if it starts to burn to the bottom. Let cook for a couple minutes. Add diced tomatoes and let cook for a couple minutes. Add the honey at this point if your tomatoes didn't bring enough sweetness to the dish (e.g. if using conventional beefsteak tomatoes).

Add the diluted coconut milk and cilantro stems. When the mixture is gently boiling, stir in the salmon and cover.

Let cook for a couple minutes on the burner, then take off the heat. The salmon will finish cooking in the liquid.

Serve over white rice with lime wedges and cilantro.

Recipe courtesy of Abby Rogerson at Washington Sea Grant.

Species Group
Salmon