

**#118: Asian Traditions**

**Salmon with Red Curry Sauce and Asian Slaw**

**Cynthia VuTran, Café Minh**

2 tablespoons canola oil, divided

1 tablespoon minced garlic

1 tablespoon minced fresh ginger

1 small shallot, minced

2 tablespoons red curry paste

1 teaspoon yellow curry powder

1 1/2 teaspoons paprika

4 tablespoons brown sugar

4 tablespoons soy sauce

1 can coconut milk (13.5 fluid ounces)

3 tablespoons tomato sauce

4 salmon fillets, about 4 ounces each

Salt and pepper to taste (an Asian seasoning blend or blackened spice mix can be used instead)

Cooked jasmine or white rice

Asian Slaw (recipe follows)

Crushed roasted peanuts for garnish (optional)

To make the red curry sauce, heat the 1 tablespoon canola oil in a small sauté pan. When the oil is hot, add the garlic, ginger and shallot to the pan. Sauté until the shallot is translucent. Add the red curry paste, yellow curry powder and paprika, then cook about a minute, stirring constantly, to bring out the flavors. Mix in the brown sugar, soy sauce, coconut milk and tomato sauce. The sauce will be lumpy at first, but as the curry paste softens it will smooth out. Once the sauce is smooth, simmer on low heat for 10 minutes, stirring occasionally. Remove from the heat and keep warm.

Pat the salmon fillets dry, then season with salt and pepper or seasoning mix. In a large skillet, heat the remaining tablespoon of oil until hot. Pan sear the salmon

fillets over medium-high heat, turning them after about 5 minutes. Cook a few more minutes to medium rare, or until done to your liking.

To serve, spoon curry sauce on the bottom of each plate. Place cooked rice and a salmon fillet in the center of the plate, then top with slaw and roasted peanuts. Serves 4.

### **Asian Slaw**

1 English cucumber  
1 green zucchini, julienned  
1 yellow squash, julienned  
1 cup julienned cabbage  
1/2 bunch cilantro  
2 tablespoons soy sauce  
1 1/2 teaspoons rice vinegar  
1/2 teaspoon minced fresh ginger  
1/2 teaspoon minced garlic  
Juice from 2 lemons  
1/4 cup sesame oil

Mix the vegetables together in a large bowl and set aside. In a smaller bowl, stir together the remaining ingredients to make a sauce. Pour the sauce into the bowl with the vegetables and gently toss to combine. Chill until serving.