



SALMON ON A STICK WITH PASSATA DI POMODORI AND DESICCATED COCONUT

Fingerfood at its very best. Juice fish draped in smooth tomato sauce and sprinkled with sweet and slightly crunchy desiccated coconut.

FEEDS: That depends on how many skewers you make. You should have at least 2 skewers loaded with salmon for each person.

PREPARATION TIME: 25-30 minutes

KEEPS: Leftovers keep up to 48 hours if refrigerated.

USE: As the main protein source for a meal

KITCHEN TRICK: You can use all sorts of other fish than salmon. It just needs to be fish with firm flesh, you can slice into large cubes and grill. Cod, tuna (if you can get it environmentally friendly sourced), mullet, large mackerel are just a few possibilities.

The desiccated coconut can be omitted.

You can use all sorts of extra spices. Try using chili, curry powder, finely ground mediterranean herbs (rosemary, thyme, oregano or sage), paprika, cayenne pepper, turmeric or even a bit of fishsauce. Either turn the salmon chunks in the spices before skewering or sprinkle at the end along with salt and pepper.

You can also make combined salmon-vegetable skewers. In that case, interspace the salmon chunks with vegetables suitable for grilling, such as chunks of zucchini, $\frac{1}{4}$ of onions or slices of pepper fruits.

If you cannot get hold of passata di pomodori, use tinned tomatoes. But drain them first in a colander and then pure using a blender.

And you can also cook the skewers in the oven instead of grilling or gridling them.

In that case, simply broil the skewers for 7-8 minutes at 180-200° C in a preheated hot air oven.

KITCHEN GEAR IN ACTION: Your grill or griddle pan.

HEALTH TIP: Grilling (and frying for that matter) leads to the formation of toxic compounds such as polycyclic aromatic hydrocarbons (PAHs) or advanced glycosylation end products (AGEs). But the lycopene in the tomato protects against the damaging effects of such compounds.

YOU NEED:

fresh salmon skin and bone removed, cut into large chunks that fit on a wooden stick

passata di pomodori

desiccated coconut

sea or rock salt



freshly ground pepper

oil, ghee, lard, beef tallow, lamb tallow, chicken fat, duck fat or goose fat if needed to grease the griddle pan

IT IS THIS EASY TO MAKE:

Soak the wooden sticks in water for 10-15 minutes. This helps prevent them from burning or getting completely warped by the heat, when grilling the salmon

Skewer the salmon chunks on the soaked wooden sticks.

Pour passata di pomodori onto a plate.

Turn each salmon in the passata di pomodori until all the chunks are nicely covered with tomato

Sprinkle the "tomatoed" salmon skewers with lots of desiccated coconut, salt and pepper

Grill or griddle each skewer for 1-2 minutes on each side until the salmon is just cooked through, tender and juicy. Remember to preheat the grill or griddle and grease it if necessary. Otherwise your salmon skewers will stick to the griddle.