
Healthier Lomi Salmon

Description

Most of us could do with less salt in our diets. Fortunately, some foods only seem salty to our taste buds. I've taken a somewhat salty dish, and used Mother Nature to create a flavorful dish that goes easy on the sodium!

Total time: 45 min Yield: 4 Servings

Ingredients

6 oz fresh, wild salmon (finely chopped)
1/2 cup green onion (thinly sliced)
1/4 cup sweet white onion (finely chopped)
1/4 cup celery (finely chopped)
1/2 cup ripe tomato (chopped)
1 squ fresh lemon juice
black pepper (to taste)
1 Tbsp chili pepper water
sprinkle of kosher salt to finish

Prep Time: 45 min Total Time: 45 min

Instructions

Combine all ingredients in a bowl, toss to combine and refrigerate for at least one hour. This allows the flavors combine letting the citrus and chili pepper water “cook” the salmon. Just before serving, sprinkle a scant bit of kosher salt on top of the lomi salmon. Putting the salt on the top of the dish instead of mixing it in will allow your tongue to instantly register the “salty” flavor, and the rest will be that cool, crunchy flavor combination that we all love.

Recipe brought to you by:

Chef Michi Holland

Source:

Chef Michi Watarai