

SALMON MARINATED WITH BLUEBERRIES

Ingredients

- 4 salmon filets
- 1 cup of chicken stock
- 6 teaspoons of red wine vinegar
- 4 tablespoons of pineapple juice
- 2 tablespoons of fresh ginger, minced
- 4 teaspoons of fresh dill, minced
- 2 clove of garlic, minced
- 1 cup of fresh blueberries
- 2 teaspoons of cornstarch
- 2 tablespoons of olive oil
- salt and pepper

Mix half the stock, half the vinegar and half the pineapple juice. Add half the ginger, half the dill, half the garlic, and ½ cup smashed blueberries. Marinate the salmon in this mixture for at least an hour in the refrigerator. Then remove the salmon from the marinade, dry it, and salt and pepper. In a small saucepan, mix the other half of the ingredients of the marinade (stock, vinegar, pineapple juice, ginger, garlic, dill, and blueberries). Bring to a boil, then lower the heat. Dissolve the cornstarch in 2 tablespoons of water, and add to the hot sauce. Cook, stirring constantly until the mixture thickens and becomes clearer. Cook the salmon in the oil on each side 3-4 minutes according to the thickness. Serve with the blueberry sauce. Serves 4.

ACTIVITIES

1. Look on line for recipes of salmon cooked with fruit. Which fruits are used? What would be the difference in taste for each one?
2. What is the difference in using fresh herbs and spices rather than dried?
3. Where does ginger come from?
4. Which ingredient thickens the sauce? What other ingredients could you use to thicken a sauce?
5. Look on line to identify the different types of salmon.