



## **Salmon Friday Feast**

*A five star rated salmon dinner with Mideastern flavor*

1 (15 ounce) can chickpeas, drained  
1-1/2 pounds fresh salmon, boneless

### **Tomato Sauce:**

1 to 2 Tablespoons olive oil  
8 large garlic cloves, peeled, sliced finely  
1 large red bell pepper, thin sliced, lengthwise  
1 jalapeno, seeded or with seeds, thin sliced  
1 large lemon, seeded, diced  
4 fresh tomatoes, chopped  
2 teaspoons granulated sugar  
1 Tablespoon ground sweet paprika  
2 teaspoons salt  
1/2 to 1 teaspoon ground black pepper as desired

1/2 teaspoon ground turmeric  
1 teaspoon ground cumin  
2 Tablespoons tomato paste  
2 cups water  
1 bunch cilantro, washed, chop leaves, divided

**Topping:**

2 carrots, peeled, thin slice into ribbons  
1 (10 oz.) package cherry tomatoes  
2 fresh lemons, seeded, thinly sliced into circles  
Olive oil

**Prepare Chickpeas:** Place drained chickpeas in a small saucepan; cover with water; bring to a boil over medium heat; reduce heat to medium/low; cook for about 15 to 20 minutes. Drain water from chickpeas; set aside.

**Cut Salmon into Serving Pieces:** Slice lengthwise into three serving slices or into desired 3-to-4-inch chunks. In a large skillet, fry salmon, skin-side down, to crisp the skin. Remove from skillet to plate; set aside.

**Prepare Tomato Sauce:** Pour olive oil into the salmon drippings; place garlic and red pepper slices into large skillet, cook until lightly browned. Add jalapeno; cook about 1 minute. It is important to keep stirring as you are cooking the vegetables. Stir in diced lemon. Add tomatoes and granulated sugar. Cook on medium/high heat to reduce liquid in skillet.

**Add Spices:** Stir in paprika, salt, ground pepper, turmeric, and cumin. Mix in tomato paste until rosy-red color. Add water; lower temperature to low; cook until hot; stir in half of cilantro leaves; remove from heat.

Preheat oven to 425 degrees F. Set aside 13x9-inch baking dish

**Layer in Baking Dish:** Spoon sauce into 13x9-inch baking dish; add drained chickpeas in pan evenly. Arrange a border of ribbon carrots around the outer edge of tomato sauce. Mix in cherry tomatoes. Place salmon into pan, skin side down; sprinkle salmon lightly as desired with salt and ground black pepper. Place lemon rounds on top of fish; drizzle small amount of olive oil on salmon only.

**Baking Salmon:** Bake in preheated 425 degrees F oven on upper rack about 15 to 20 minutes or until fish is crisp on top and salmon temperature is about 125 degrees F. Remove from oven; sprinkle the top with remaining cilantro leaves. Serves: 4

**Recipe by:** Chef Shimi Aaron; Zoom culinary class March 2021

**About the Recipe:** The salmon is mouthwatering, sauced in sweet garlic tomato sauce, enriched with cherry tomatoes, carrot ribbons, and a generous amount of cilantro. One taste will have you awarding it a five-star rating and begging for an encore.