



Highlighting - Red Onions

“Slow and Low” Mediterranean Salmon

An elegant melt-in-your-mouth fish topped with pickled red onions

2 Tablespoons olive oil, divided

1-1/2 pounds boneless salmon fillets, skin on

1/2 teaspoon (each), coriander, oregano, basil

1/4 teaspoon garlic powder

1 teaspoon grated fresh lemon zest

Sea salt; ground black pepper as desired

Serve with pickled red onions; chopped cilantro leaves, red currants or pomegranate seeds as desired; lemon slices or wedges (See attached recipe)

Before Starting: Preheat oven to 275 degrees F. Line a rimmed baking sheet with aluminum foil; brush with 1 Tablespoon oil

Prepare Salmon: Pat salmon dry with a paper towel. Cut salmon fillet into 3 to 4 serving pieces. Place skin side down on the prepared baking pan.

Adding Seasoning: In a small bowl, combine 1 Tablespoon olive oil, ground coriander, oregano, basil, garlic powder, and lemon zest. Spread mixture over top of salmon fillets equally. Season with salt and black pepper as desired. Let rest 10 minutes.

Oven Baking: Bake salmon in preheated 275-degree F. oven, which allows the fish to retain its moisture and oils. Bake until an instant-read thermometer inserted into the thickest part registers about 125 degrees F for medium, about 25 minutes depending on the thickness of the fish. Remove from oven; let rest about 10 minutes.

To Serve: Serve each salmon fillet on warm dinner plates, top with sliced pickled red onions, chopped cilantro leaves, and sprinkle with red currants or pomegranate seeds. Serves: 3 to 4 servings

About the Recipe: Cooking the salmon for a longer time in a lower oven temperature allows the fish to stay moist and have a melt-in-your-mouth texture. Since the portions are for individual servings, the fish cooks faster than a whole fish fillet. It is an attractive dish to serve, topped with pickled red onions, fresh chopped cilantro leaves, and pomegranate seeds.

Cook's Note: I like to fine chop a small, peeled potato and fry it in olive oil until crispy. Sprinkle lightly with salt. It adds a surprising, garnish crunch to the dish.

Pickled Red Onions (Prepare ahead of time – chill in the refrigerator)

2/3 cup apple cider vinegar or white wine
1 Tablespoon granulated sugar
2/3 cup water
1/2 teaspoon fine sea salt
1-1/2 large red onions, peeled, thinly sliced

Cook Pickling Liquid: Combine vinegar, sugar, water, and salt in medium size saucepan. Bring to a simmer over medium heat and cook stirring until sugar dissolves.

Add Onions: Stir in onion slices; cook stir occasionally until onion just begins to soften about 4 minutes. Transfer onion slices to bowl or jar; pour hot cooking liquid over them. Let stand to cool, turn occasionally. Cover; place in refrigerator until serving. Store in tightly covered container for up to 1 week. Makes 3 cups

Recipe Inspired by: *The Vegetable Butcher*, Cara Mangini 2016

Cooking Tip: One of the most pleasing aspects of red onions, because they are less intense than brown onions, is that when you chop them, they don't make your eyes water as much – making them easy to prepare and cook with.

<https://thechefsorganicgarden.wordpress.com/>

Health Benefits: Red and yellow onions are one of the best natural sources of quercetin, a bioflavonoid that is particularly well suited for scavenging free radicals. Aside from its antioxidant properties, quercetin has been found to be anti-fungal, anti-bacterial, and have anti-inflammatory properties. Red onions provide significant amounts of vitamin C and vitamin B6. They are also one of the best food sources of chromium. In addition to quercetin, red onions provide allicin, a potent health-promoting compound that is found in onions.

For More Information See: <https://www.healwithfood.org/health-benefits/eating-red-onions.php>