healthy cooking series – seafood

asian marinated steamed salmon with cucumber relish  
4 servings

4 – 6 once salmon filets, wild caught is best 
for the marinade:
¼ soy sauce, low sodium
1 tablespoon rice wine vinegar
1 teaspoon toasted sesame oil
1 teaspoon fresh ginger, minced
½ teaspoon fresh garlic, minced
2 tablespoons honey
¼ teaspoon chili pepper flakes

combine above ingredients in a zip lock bag and marinate for 2 hours 
line a bamboo steamer with sheets of nori and add salmon 
steam for about 8-10 minutes, you’re looking for an internal temperature of 155 
serve over brown rice and cucumber slaw garnished with sesame seeds and cilantro

cucumber relish
1 euro cucumber, remove the seeds, small dice
1 tablespoon green onion, sliced thin
1 plum tomato, small dice
1 tablespoon soy sauce and rice wine vinegar
½ teaspoon toasted sesame oil and honey
¼ teaspoon fresh ginger and garlic, minced

Salmon is very heart healthy with omega-3 fatty acids, its high in selenium and niacin, vitamin A, D, B12. 
Some guidelines for reducing PCB’s in your salmon: buy wild caught, avoid the skin, remove belly fat and any dark areas, use a cooking method which allows the fat to drip away

Created by Sodexo at Marquette University Catering Department. 2013
*Repeat usage of menu items require approval from the Catering Department
mussels in white wine, herbs and garlic

2 tablespoons olive oil
1 small shallot, small dice
1 tablespoon garlic, minced
2 pounds fresh mussels, clean and dry
¾ cup plum tomato, small dice
1 cup dry white wine
1 tablespoon fresh italian parsley
¾ teaspoon fresh thyme and oregano
juice of ½ a lemon

heat oil over med high heat, add shallot and cook for 30 seconds, add garlic and cook for 30 seconds
add mussels and tomato, cook until shells just start to open
add wine, cook until shells are open
add herbs and lemon

serve with your favorite bread to sop up all those yummy juices

Mussels are high in protein and low in fat. They are a good source of omega-3’s, B12, selenium, vitamin A, as well as, iron, folate, phosphorus, manganese and zinc.

Some buying guidelines:
keep alive until ready to cook
shells should be closed; if some are open, tap on them, they should close
they should smell fresh like the ocean, if they smell “off”, check out the clams
the shell should be damp and shiny but not slimy

Some storing and cleaning guidelines:
store in an open container covered with a damp paper towel or two
don’t ice them down unless the melting ice can drain away
clean the shell with cold running water
remove the beard just prior to cooking
discard any mussels with broken shells or if they feel light or heavy for their size

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pan seared scallops, quinoa salad, balsamic lentil “caviar”, pea shoots

Scallops are high in protein and low in fat. They are high in omega-3’s and a good source of magnesium, potassium, selenium and B12.

Buying tip: always buy dry scallops! Wet scallops have been soaked in a phosphate solution which helps the scallops sit around the fish market longer without going bad. Also the chemical is absorbed into the scallop making them look bigger, increasing your cost. This solution comes out during the cooking process, making it hard to get a good sear. Your left with a tough, chewy, dried up version of a scallop. Look for dry packed or chemical free scallops.

Interesting side note: scallops are high in tryptophan