

# Heart Healthy Recipe Exchange

## Special Thai Salmon

**Category: Lunch/Dinner**

**Description: Main Dish**



From the Kitchen of  
Aushim Merchant

Servings:	4
Prep Time:	15 minutes
Total Time:	20 minutes

### Ingredients:

1. ¼ cup of rice vinegar
2. 1 tsp of sugar
3. 2 tbsp water
4. 1 tsp of fish sauce
5. 1 tbsp of cooking sherry
6. 2 tbsp low-sodium soy sauce
7. 1 tbsp peeled grated fresh ginger

### Directions:

1. In a saucepan, combine rice vinegar, sugar, water, fish sauce, sherry, soy sauce, ginger, garlic, and red pepper flakes.
2. Heat saucepan over medium-high heat and bring to a rolling boil.
3. Reduce heat to medium and let it boil for 10 minutes or until reduced by half.
4. Reduce heat to low and add the cornstarch-water mixture. Stir to incorporate and continue stirring until sauce thickens for about 2 minutes. Reserve ¼ of sauce and set aside.
5. In a shallow baking dish, add salmon fillets with skin side up to the remaining marinade. Marinate salmon for 1 hour in refrigerator.
6. Preheat the broiler. Line a rimmed baking sheet with foil and spray a non-stick cooking spray.
7. Transfer the salmon fillets to the prepared baking sheet, skin side down. Drizzle salmon using marinade.

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8. 2 garlic cloves, minced

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9. 1/8 tsp crushed red pepper flakes

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10. 2 tsp cornstarch dissolved in 1 tbsp water

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8. Broil salmon for 6-10 minutes or until brown spots appear and is almost opaque in the center.

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9. Serve hot.

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### Notes:

Salmon is an immensely popular dish eaten at both lunch and dinner and is a favorite among seafood enthusiasts and pescatarians. It is popular in a number of different cuisines, including South Asian food. Salmon can be made in a variety of ways.

### Comments on Nutritional Value (Dr. Divya Selvakumar):

Salmon is an excellent source of protein and Vitamin D. Vitamin D deficiency is quite common throughout the world, but can be obtained from salmon, eggs, milk, and other dairy products. Fish sauce is a major ingredient in the East and Southeast Asian cuisine and can also be used as a condiment. Sherry sauce is made of white wine. Cornstarch is often used as a thickener to promote consistency. Ginger is thought to help with anxiety and depression and reduces inflammation. Garlic reduces cholesterol and inflammation. Red pepper flakes can help with the reduction of inflammation, digestive issues, and pain. Soy sauce is uncommon in South Asian cuisine, but a staple and critical ingredient for East and Southeast Asian cuisines.