

Salmon Steaks in Chraimeh Sauce

Source: Yotam Ottolenghi 'Jerusalem'

A delicious recipe for winter – warming and full of antimicrobial and antioxidant-rich spices which are great for supporting the immune system. The original recipe calls for salmon, but since most salmon is farmed in Australia, try other types of fish such as mackerel, haibut, tuna, cod.

Ingredients

110ml olive oil
3 Tbsp chickpea flour
4 salmon steaks, about 950g (or boneless, white fish)
6 garlic cloves, roughly chopped
2 tsp sweet paprika
1 Tbsp caraway seeds, dry roasted and freshly ground
1 ½ tsp cumin ground
1/3 tsp cayenne
1/3 tsp cinnamon, ground
1 green chilli, roughly chopped
150ml water
350ml chunky tomato passata
1 lemon, cut into four, plus 2 Tbsp lemon juice
2 Tbsp fresh coriander, roughly chopped
Salt & black pepper



Method

Heat 2 Tbsp oil in a large fry-pan. Place flour in shallow bowl, season generously with salt and pepper then toss the fish in it. Shake off excess flour and sear on high heat for a minute or two on each side. Remove the fish and wipe the pan clean.

Place the garlic, spices, chilli and 2 Tbsp oil in a food processor to form a thick paste. Add more oil if necessary. Pour remaining oil into the fry pan, heat well and add the spice paste. Stir and fry for just 30 seconds. Add the water and tomato. Bring to a simmer and add the lemon juice. Taste for seasoning.

Carefully place the fish in the sauce, bring to a gentle simmer, cover the pan and cook for 7-11 minutes, until it is just done. Remove the pan from heat and remove the lid. Serve the fish just warm, garnished with coriander and a wedge of lemon. It is delicious with a variety of baked vegetables.