

Grilled Salmon with Watercress Salad

Author: adapted from "The Thrill of the Grill" cookbook

Carolyn T's
Cookbook

Servings: 6



2 1/2 lb salmon fillet, max 1" thick

DRESSING:

2 bunches watercress

1/2 medium red onion, thinly sliced

2 tablespoons sesame oil

1 teaspoon sugar

2 tablespoons soy sauce

1 tablespoon fresh ginger root, minced

2 tablespoons rice wine vinegar

2 tablespoons red wine vinegar

4 tablespoons olive oil

salt and pepper, to taste

2 tbsp sesame seeds, toast in teflon pan

VEGIES (optional):

3 whole red onions, peeled, halved or quartered

2 pounds asparagus

4 whole red bell pepper, quartered

Serving Ideas: Good for a hot, summer night.

I've served this with asparagus, simply dressed

with seasoned rice wine vinegar sprinkled over

the spears, or green beans. Sometimes I also

decorate the platter with halved cherry

tomatoes, to give it some color. Or, more often,

we grill red and yellow peppers (sprayed lightly

with olive oil spray) and place them around the

outside of the platter. If you do the peppers,

grill them before you put on the salmon, then

push them off to the side when you put the

salmon on. We also like to add red onions

(quartered, sprayed with olive oil) to the platter

- they should go on the grill first, as they can

take 30 or more minutes.

Suggested Wine: We prefer red wine with this.

Categories: Picnic, Salads

Carolyn T's Blog:

<http://tastingspoons.blogspot.com>

Per Serving (excluding unknown items): 441 Calories;

22g Fat (44.4% calories from fat); 42g Protein; 20g

Carbohydrate; 6g Dietary Fiber; 98mg Cholesterol;

481mg Sodium. Exchanges: 0 Grain(Starch); 5 1/2

Lean Meat; 3 Vegetable; 3 Fat; 0 Other

Carbohydrates.

Notes: This is really a fairly simple dish. Everything can be done ahead except grilling the fish.

Preparation Time: 15 minutes

Start to Finish Time: 35 minutes

1. Heat a non-stick pan and toast the sesame seeds, stirring occasionally, until golden brown. They tend to burn quickly, so stir often when they start to brown.

Salad: wash well the bunches of watercress and pull the small stems off and discard the large stems. Dry in a towel. Place watercress and red onion in a plastic bag and keep until ready to serve.

2. Vinaigrette: combine the oil, sugar, soy sauce, ginger, vinegars, olive oil and salt and pepper to taste. It is best if this is allowed to sit for a few hours, refrigerated, before dressing the salad.

3. If using vegetables, prepare them, oil them, then grill to your taste, being careful not to burn. Move to the side before they're completely done and add the salmon.

4. Fish: Spray the top of the salmon with olive oil spray. Using either heavy-duty foil, or two layers of regular foil, spray the foil with olive oil spray, then place fillet on foil and curl up edges to make a sort of a "pan." Place on grill for 12-20 minutes, or until the inner juices of the salmon have begun to bubble up in the meat (whitish fluid).

5. Immediately before serving, in a large bowl combine the watercress and onion and add most of the vinaigrette to taste - really, taste it to make sure it's right. Sometimes I add green and/or red leaf lettuce to the salad mixture as well. Pour the salad out onto a large platter and place the hot, grilled fish on top. Pour the remaining vinaigrette over the top of the salmon and sprinkle with the toasted sesame seeds and serve. It says this is excellent served cold although we've never done it that way.

6. NOTE: This is also excellent made with halibut or swordfish. The salmon is the best, however.