



Wild, Natural & Sustainable®

**Japanese style grilled marinated wild Alaska sockeye salmon with fresh mint
& tomato chutney**



Alaska salmon are wild, sustainable and unparalleled in taste and flavour. In this delicious Japanese style recipe by top chef Phil Vickery, the natural flavours of the salmon complement the powerful, minty flavours of the chutney, and the fragrant, oriental marinade. Wonderfully simple to make, blend together the ingredients to make the marinade, pour over the salmon and leave overnight to best absorb all the delicious flavours. Grill and serve with the mint and chilli chutney for a fresh, exotic dish.

Serves 4

4 x 175g fillets of Wild Alaska Sockeye Salmon
200mls mirin (sweet fermented Japanese rice liquer)
150mls soy sauce
1 tbsp brown miso paste
1 tbsp toasted sesame oil
2 tbsp castor sugar
2 tbsp sherry vinegar

Chutney

60g fresh mint leaves, washed well and chopped finely
2 large, ripe tomatoes chopped
2 heaped tsp green chilli, chopped
2 cloves of garlic, peeled and finely chopped
2 tbsp olive oil
finely grated zest and juice from 1 large lime
salt
freshly milled pepper

Cooking instructions...

- Place the mint, tomatoes, chilli, garlic, lime juice and zest and olive oil into a bowl and mix well.
- Spoon into a bowl, season with salt and pepper to taste.
- Place the mirin, soy, miso paste, sesame oil, sugar and vinegar together into a saucepan, mix well, and then bring to the boil.
- Turn down the heat and simmer the sauce until you have about 150mls.
- Remove from the heat and cool.
- Once cooled, pour half over the salmon and leave to marinate, best overnight in the fridge. But at a pinch 1 hour.
- To cook the salmon, pre heat the grill to its hottest setting.
- Lift out the salmon, leaving a little sauce on the fish, then place onto a grilling tray or dish.
- Cook for 6-8 minutes, depending on the temperature of the grill, or until the salmon is **JUST** cooked, best left undercooked.
- Meanwhile boil the rest of the marinade that is left, and serve with the salmon as a dipping sauce.
- Serve the salmon with the sauce and the chutney.

Alaska is home to the greatest salmon runs in the world, providing as much as 95% of North America's wild salmon. Alaska has one of the few governments truly dedicated to sustainability. The country's long-term involvement has ensured continuous, wild and healthy harvests. It has guaranteed that stocks of wild-caught and sustainable seafood meet the needs of today's population as well preserving them for many generations to come.

In Alaska, marine habitats are protected from harmful fishing methods, unnecessary human disturbance, industrial activities and pollution. This protects more than just the wild-caught seafood you enjoy. Whales, sea lions, otters and birds are also ensured safe, clean habitats. Wild Alaska salmon is incredibly versatile, making it an excellent choice for smoking, grilling, roasting, sautéing or poaching. For delicious, natural and environmentally sustainable salmon look for chilled, frozen, canned and smoked, wild Alaska salmon, which are all widely available.