

Baked Salmon with Lime and Coconut

Yields: 4 servings

Ingredients:

1 ¼	lb	Skinless salmon filet or other desired fish
1	tsp	Fresh lime juice
1	Tbsp	Vegetable oil
1 ½	C	Chopped leek (white and pale green parts only; about 1 large)
2		Garlic cloves, minced
½	C	Canned unsweetened coconut milk
1	tsp	(packed) Grated lime peel

1/3	C	Chopped fresh cilantro
1	C	Shredded coconut
		Nuts, chopped: peanuts, macadamia, almonds (optional)

Procedure:

- 1) Preheat oven to 350°F. Sprinkle fish with salt and pepper; place in 11x7x2-inch glass baking dish and par bake for 4 minutes.
- 2) Heat oil in small saucepan over medium heat. Add leek and garlic, sauté until translucent. Add coconut milk and fresh lime juice; boil until thick, about 4 minutes. Stir in lime zest. Allow sauce to reduce to a nappe. Adjust seasoning.
- 3) Combine cilantro and shredded coconut then place on top of parbaked fish then return to oven to cook to desired doneness.
- 4) Transfer to fish fillets to desired plate or platter. Gently ladle sauce around fish preserving the nicely toasted coconut topping.

Note: the desired protein could also be in a grilled presentation.