

# How to Prepare a Complete Salmon Dish:

## *A Step-by-Step Guide for Beginners*

### **Introduction**

Salmon is perhaps one of the best sources of protein to incorporate into your diet. Benefits such as improved heart health and abundant omega-3 fatty acids make it the perfect protein to prepare. Just pair it with rice and baked vegetables, and you have a sustainable, tasty meal. Whether you are a college student struggling with meal preparations for the week or an experienced cook, you will be able to easily follow along and prepare the salmon dish of your dreams.

This recipe is very hands-on and is perfect for those who enjoy efficiency, which the instructions are designed around. With clear, easy-to-understand instructions, this recipe provides a straightforward way to include a nutrient-rich meal into your day. It is important to note that this recipe may require some multitasking; follow the instructions and pace yourself.



*Figure 1: Complete Salmon dish*

## General Information

 ~25 minutes cooking time, 8 steps/checkpoints

 Can feed for 2-5 meals (salmon dependent)

## Caution! – Safety Instructions

This process requires the use of hot materials on the stovetop, sharp blades, and possible thawing. Follow the below instructions for best safety practice:

- Use oven mitts for handling the baking sheet
- Carefully cut/dice, there is no need to rush
- Raw fish may carry diseases like salmonella. Avoid rinsing meat to prevent the spread of bacteria. If salmon is frozen, thaw by leaving in the fridge or bowl of ice water.

## Ingredients list:

- 2 fillets of skinless Atlantic Salmon
- 1 cup chicken stock
- 1 cup of jasmine rice
- 2-3 tbsp. salted butter
- 4 cloves of garlic
- 1-2 medium heads of broccoli
- 5 cilantro branches
- Olive oil
- Lime juice, salt, pepper, and onion powder



Figure 2: List of ingredients laid out

## Kitchen tools and equipment:



Figure 3: All kitchen tools used

- Rice Cooker
- Cutting Board
- Kitchen Knife
- Strainer
- Measuring Cup
- Non-stick pan
- Non-stick baking sheet
- Spatula (or tongs)
- Thermometer

### Optional tools:

- Pan Cover

## Instructions:

**Outline** – This recipe has three phases:

- *Start* with rice prep, because it is easiest to keep heated after it is done cooking. You can simply leave it on the “warm” setting of the rice cooker or reheat it later.
- *Then* put your vegetables in the oven for 20 minutes, giving you enough time for the next phase.
- *Finally*, you can carefully prepare your salmon without rushing, it will all be ready at the same time.

### Step 1: Rice Preparation (1<sup>st</sup> part)

1. Fill 1 cup of jasmine rice.
2. Pour jasmine rice into strainer. Run water through strainer until water runs clear.
3. Empty the cleaned rice into the rice cooker container.
4. Grab measuring cup again. Fill 1 cup chicken stock and ½ cup of water. Add to rice cooker pot.
5. Add 1 teaspoon of olive oil.
6. Turn on the rice cooker with all food contents inside. Place on “cook” mode. Set aside, keep it on low heat setting if done before Step 4.



### Step 2: Vegetable Preparation

1. Set oven to bake at 400 °F (204.4 °C).
2. Grab medium broccoli heads, cutting board, and knife.
3. Cut the broccoli right below its head. Now left with two parts:
  - a. Broccoli head
  - b. Stem

4. Using hands, pry chunks of broccoli head off into smaller parts.
5. Slice the stem into thin long stalks
6. Prepare smaller broccoli heads and thin stalks for next step.



### **Step 3: Vegetable Baking**

1. Grab non-stick baking sheet, olive oil, 2x garlic cloves.
2. Lightly douse sheet with 2 tbsp. olive oil.
3. Mince<sup>1</sup> two cloves of garlic and toss parts evenly across sheet.
4. Place thin stalks and broccoli heads onto the sheet evenly.
5. Sprinkle 1 tbsp. salt, pepper. Lightly drizzle 2 tbsp. of oil across sheet.
6. Using gloves, place baking sheet onto top oven shelf. Set a timer for 20 minutes.



### **Step 4: Salmon Fillets Preparation**

1. Grab non-stick pan, put it on stove on medium-high heat.
2. Grab Salmon fillets, kitchen knife, cutting board salt, pepper, onion powder, and other preferred spices.
3. If working with a bigger fillet, cut down until you have 3-4-inch-wide salmon fillets.

4. Evenly sprinkle salt, pepper and onion powder across the fillets.
5. Bring prepared salmon over to the stovetop for next step.



### **Step 5: Salmon Pan Sear**

1. Pour ~3 tbsp. of oil into pan.
2. Mince 2 garlic cloves and toss into pan.
3. Once olive oil is smoking lightly, place 2 of your fillets into the pan.
4. Wait 2-3 minutes until first side is done and then flip to other side.
5. Prepare 2 branches of cilantro and 2.5 tbsp of butter.
6. Once prepared, continue to next step as the salmon cooks on other side.



### **Step 6: Salmon Baste<sup>2</sup>**

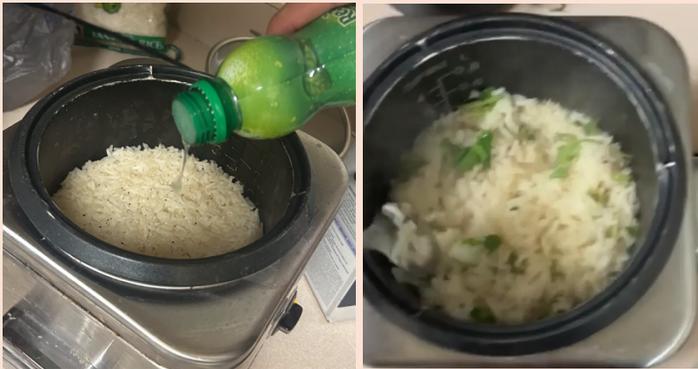
1. Throw butter and cilantro branches into the pan.
2. Let the butter melt, decrease stovetop heat to medium.
3. Toss butter/oil onto the salmon.
  - a. This step brings rich flavor from butter, oil, cilantro, and garlic onto the surface of the salmon as it cooks.

4. Cook for another 2-3 minutes until temperature reaches 135 ° F on the inside. During this time, begin Step 7.
5. Once ready, turn off heat and set aside fillets on a clean plate.



#### **Step 7: Rice Seasoning (2<sup>nd</sup> part)**

1. Unplug cooker.
2. Chop up 3 branches of cilantro and toss inside, add a pinch of salt and pepper, add a few dabbles of lime juice.
3. Mix.



#### **Step 8: Serve**

1. Once you are done mixing your rice, your salmon should be cooled enough to eat, and your 20-minute vegetables should be done.
2. Combine salmon, rice, and broccoli onto one plate. They should all be at similar temperatures.
3. Enjoy your hard work!

## **Glossary**

Mince<sup>1</sup>: In the case of garlic, crushing a clove into smaller bits, usually by using the flat side of a knife.

Baste<sup>2</sup>: To moisten foods (especially meats) at intervals with a liquid (such as melted butter) to add flavor.

## **Conclusion**

This recipe covers only one meal portion, simply multiplying the number of meals times the ingredients list for multiple meals. One issue that can be encountered is undercooking of the insides. Because of the medium-high heat, the outside can get cooked quickly and neglect the inside, turning down the heat and intermittently using a pan cover can effectively cook the inside and keep it juicy. Now that you know this recipe, feel free to add small changes to suit your tastes.