

Grilled Sockeye Salmon with Barley, Cucumber, Persimmon & Mint Salad

Summer is an excellent time to find fresh wild salmon for purchase. There is also excellent year-round availability.

The U.S. Pacific Northwest, west coast of Canada, and Alaska offer an abundance of wild salmon from May-September. Alaska's Copper River salmon is said to be the finest salmon in the world due to the fast-running river water. This causes the salmon that spawn, every year, in that river, to have very high amounts of omega fatty acids. Salmon cooks quickly, so be careful to not overcook. Here is a website offering more details for Copper River Salmon, you won't be disappointed.

<https://www.copperriversalmon.org/>

Servings: 4

Portioning Information: 3 oz salmon, 7 oz salad

Nutritional Information: Calories 460, Fat 12g, Carbohydrate 23 g, Protein 27 g, Sodium 128 mg, Cholesterol 52 mg, Omega-3s DHA & EPA 730 mg

Salmon Grilling Procedure

4 each, Sockeye Salmon, skinless, pin bones removed (3 oz portion or larger if you like)

As needed, olive oil to brush the salmon filets before grilling

Pinch Black Pepper, Ground

Pinch Kosher Salt

1 each lemon, split for squeezing over cooked salmon

-Preheat a charcoal or gas grill to medium hot (350 deg F) and brush the grates with cooking oil to prevent salmon from sticking.

-Brush the salmon filets with olive oil and place on the grill at 45-degree angle for 2-3 minutes, rotate the filet 45-degrees, for nice grill marks, and cook another 2 minutes. Flip the salmon and keep grilling until slightly firm to the touch or 135 deg F internal temperature.

-Place salad onto serving dish and top with grilled salmon filet, with the nice cross marks showing up. Squeeze lemon across salmon filet.

Barley, Cucumber, Persimmon & Mint Salad

10 oz Pearl barley, cooked & cooled (See barley cooking note below)

8 oz Tomato, ripe as possible, seeded, small dice, approx. 2 each

8 oz Cucumber, peeled, seeded, small dice, approx. 1 each

8 oz Persimmon, ripe, medium dice (Meyer Lemon with pinch of sugar can be substituted)

2 oz Onion, sweet Texas 1015, fine chop
¾ oz Mint leaves, rough chop
2 oz Italian parsley leaves, rough chop
10 fl oz Extra virgin olive oil
2 fl oz Lemon juice, fresh squeeze, approx. 2 lemons
Lemon zest from 2 lemons
To taste Ground black pepper
1 tsp or to taste Kosher salt
½ tsp Sugar, granulated
-Gently toss all ingredients and reserve for serving with grilled salmon

Cooking Barley: Bring 1 ½ cup water to a boil; season generously with salt. Add ½ cup barley; reduce heat to a **low, steady simmer**. Cover and cook, stirring occasionally, until chewy and tender, **55 to 60 minutes**. Cool barley by spreading out onto a small tray or dinner plate and refrigerate. Do not rinse with excess water to avoid “washing” away vitamins.

Resources

Techniques of Healthy Cooking. (2013). In *Techniques of healthy cooking* (4th ed.). Hoboken, NJ: Wiley.