

Salmon with Blueberry Sauce

Recipe from The Allergic Kid

<http://allergickid.blogspot.com/>

Salmon:

1/2 tsp kosher salt
1/2 tsp garlic powder
1/2 tsp ground cumin
1/2 tsp ground cinnamon
1/4 tsp ground nutmeg
1 1/2 lbs salmon fillet, skin removed
2 Tbs olive oil

Sauce:

1 pint fresh blueberries, washed
thumb size piece of fresh ginger, peeled and grated
1 C coconut milk
juice of a lemon (about 3 Tbs)

Combine salt, garlic powder, cumin, cinnamon and nutmeg in a small bowl. Place salmon fillet on a large cutting board. Gently spread seasonings onto both sides of the salmon. (Technically it's a rub, but a light patting motion works better than a full on massage.) Cut salmon into four, roughly equal sized pieces.

Heat olive oil in a large skillet or fry pan over medium to medium high heat. Saute salmon a few minutes on each side until cooked through. Remove fillets from pan and set aside. (You may want to cover salmon to keep it warm.)

Keep pan on heat, and add blueberries and ginger. Cook while stirring until blueberries begin to burst open. Stir in coconut milk, then lemon juice and watch the color explode.

Serve salmon and sauce immediately over rice.