Cajun Spiced Salmon Pumpkin Cakes

serves 3- 4 people

1 14.75 ounce can wild Alaskan salmon
½ cup canned pumpkin
1/3 cup oat flour made from rolled oats
1 Tablespoons finely chopped onion
1 Tablespoon fresh squeezed lemon juice
1 teaspoon cajun seasoning (recipe below)
1 tablespoon finely chopped Sun-dried tomatoes in oil
1 large egg
Salt and pepper to taste
Olive oil to cook

Drain the canned salmon and remove any visible bones or skin, don’t worry if you miss some!

Combine all the ingredients except olive oil, mix just until combined. Form cakes with a ¼ cup measuring cup and set aside.

Heat a pan, preferably nonstick, over medium-high heat, coat pan with oil and once hot cook cakes about 2- 3 minutes per side, or until golden brown. Serve salmon cakes warm.

Ginger Scallion Oven Steamed Whole Fish

Serves 2- 3

1 whole striped bass or sea bass (about 1 ½ lbs/680g)
salt
3 tablespoons fresh ginger, finely julienned
2 scallions
2 tablespoons canola oil, or other mild tasting oil
1 teaspoon sugar or mirin
1/4 cup light soy sauce
Fresh ground white pepper to taste
24 sprigs fresh cilantro, roughly chopped as garnish (optional)

Preheat your oven to 450 degrees.

Fold four pieces of parchment in half, they should be able to hold the whole fish. Starting at the bottom tip of halved paper, draw half a large heart shape. Cut along lines; open.

Pat fish dry with paper towels, lightly score fish on both sides, and season fish with salt and place fish on one half of the parchment. Add half of the ginger and scallions in the cavity of the fish, then add the remaining ginger and scallion on top of the fish.

In a bowl, whisk together, oil, salt sugar, soy sauce, and white pepper.
Pour half the mixture in the cavity of the fish, and the other half over the top of the fish.

Fold other half of parchment over fish. Starting at the top of each parchment half-heart, make small, tight, overlapping folds along outside edge to seal packet; twist tail ends tightly to seal completely. Place packets on a large rimmed baking sheet; steam in oven for 20-25 minutes, the fish should easily flake when poked with a fork, test with one packet, don’t open all.

Remove packets from oven and slit tops with a knife; gently open and sprinkle with cilantro.
*you can also steam on the stove for about 20 minutes.

Pan-seared fish with quick lemon caper sauce

serves 4

1 1/2 lb thick-cut cod fillet, cut into 4-5 pieces
2-3 tbsp olive oil
1 tablespoon unsalted butter
5 medium cloves garlic, chopped
2 tablespoon capers
1/2 cup dry vermouth, or dry white wine
1/2 cup chopped fresh parsley (garnish)
4 tablespoon fresh lemon juice

Seasoned Flour

1/2 cup all-purpose flour
1 teaspoon Italian seasoning
1 teaspoon kosher salt
1/4 teaspoon fresh ground black pepper

In a small bowl, combine all the ingredients for the seasoned flour, mix well. Take each piece of fish and coat with flour mixture, patting well to remove excess.

Heat olive oil and butter in a pan and once the butter has melted cook fish on both sides until golden brown, about 1-2 minutes per side. Remove fish from pan and add more oil to the pan if needed and add in garlic and capers, cook for 30 seconds, then deglaze the pan with vermouth of wine. Bring to a boil, return fish to pan, coat fish with sauce and then turn off the heat, pour lemon juice over the top and garnish with parsley, serve immediately.