



SPOTLIGHT RECIPE

SORREL-GLAZED SALMON WITH ESCOVITCH VEGETABLES AND BAKED YAMS

This dish is a vibrant, flavorful fusion of Caribbean-inspired dish modern culinary trends. The tangy-sweet sorrel-glazed salmon, pickled veggies and baked yams create a balanced meal with sweet, savory and spicy notes perfect for lunch and dinner.

SERVES 6



For ingredients and cooking directions, please scan the QR code.

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SORREL-GLAZED SALMON WITH ESCOVITCH VEGETABLES AND BAKED YAMS

INGREDIENTS

- 1 cup water
- 1/3 cup ginger, chopped
- 1/3 cup molasses
- 3/4 cup honey
- 1 tablespoon soy sauce
- 2 1/4 teaspoons Worcestershire sauce
- 2 teaspoons ground mustard
- 3/4 teaspoon garlic powder
- 3/4 teaspoon onion powder
- 1 teaspoon red pepper chili flakes
- 1 tablespoon liquid smoke
- Six 6-ounce salmon fillets
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 3/4 cup sorrel
- 3/4 cup vinegar
- 1 teaspoon sugar
- 1 cup water
- 1 each carrot, julienned
- 1 each red, yellow and green pepper, julienned
- 1 each onion, julienned
- 1/2 teaspoon allspice, ground
- 1/2 teaspoon Worcestershire sauce
- 6 each yams, medium
- 1 tablespoon oil

DIRECTIONS

Add the water, sorrel and ginger to a pot. Place over high heat and bring to a boil. Reduce the heat to low and let simmer for 5 minutes. Remove from the heat and steep for about 30 minutes. To make the glaze, strain the liquid into a saucepot, and then add the molasses, honey, soy sauce, Worcestershire sauce, mustard powder, granulated garlic, onion powder, red pepper flakes and liquid smoke.

Place the pot over low heat and let simmer for 30 minutes. Remove from the heat and let cool.

Lay out the salmon fillets on a baking sheet. Season the salmon with the salt and black pepper and place in the oven. Let the salmon cook for 5 minutes, remove from the oven and brush each fillet with 1 tablespoon of sorrel glaze.

Return to the oven and let cook for 5 minutes. Remove from the oven and keep hot until ready to serve.

In a pot, add the vinegar, sugar, water, carrots, pepper, onions, allspice and Worcestershire.

Bring to a boil and turn off the heat. Set aside for service.

Preheat the oven to 350 F. Rub the yams with the oil and wrap in foil paper. Add to a sheet pan and bake for 30 to 40 minutes.

