Grilled Tropical Salmon

with Coconut Rice

Serves 4 to 6

Ingredients

1 side salmon filet, skinned (Alaskan Wild)

1 cup pomegranate juice

1 cup balsamic vinegar

1tsp grated fresh ginger

Olive oil spray

1 cup whole roasted pistachios

1 ½ cup chopped pistachios

2 ½ cups long grain white rice

2 ½ cups unsweetened coconut milk

2 ½ cups of water

½ cup white sugar

3 cups shredded coconut

Preheat oven to 325 degrees.

In a saucepan combine pomegranate juice, balsamic vinegar and ginger and reduce over low heat until 1/3 of original liquid remains. Finished sauce should have the consistency of a syrup.

Rinse rice in cold water. In a sauce pan, cook water, coconut milk, sugar and rice on high heat until boiling, then reduce heat and simmer.

Toast coconut on sheet pan in hot oven for 5 minutes or until brown.

Heat grill. Heavily coat salmon with olive oil spray to keep it from sticking to grill. Mark salmon by dropping on hot grill and cook 2 to 3 minutes. Then quarter turn to create a cross hatch pattern. Put salmon grilled side up on a sheet pan and finish in the oven, cooking for another 10 to 15 minutes or until done.

Put rice on a large platter and push whole pistachios through the rice. Top with ¾ of the toasted coconut. Put finished salmon on top of rice, apply pomegranate-ginger glaze and garnish with the remaining coconut and crushed pistachio.

Lemon Mint Tilapia

Serves 4

Ingredients

4 tilapia fillets (US farmed)

3 whole lemon cut in to slices (1/8th inch rounds)

1 stick of butter

4 sprigs of mint

2 small shallots finely diced

2 cloves of garlic finely minced

Coarse black pepper

8 12"x12" sheets of tin foil

Lay flat 2 pieces of tin foil, one on top of each other.

Layer lemon rounds on tin foil. Place tilapia fillet on top of the lemons.

Top with garlic and shallots. Add ¼ stick of butter on top. Sprinkle with black pepper. Top with one or two leaves of fresh mint.

Tightly fold up tin foil and seal top. This fish is now ready to cook.

It can be cooked on the grill, or in the oven or even steamed!

Cook for about 10 minutes, then serve.