

FIVE-SPICE SALMON

A simple fragrant paste of ginger, spring onions and five-spice powder enhances the rich meat of salmon. It is also good on poultry (especially poussin and dark meat chicken or turkey) and pork.

INGREDIENTS:

- ☐ 1 tablespoon grated fresh ginger
- ☐ 1 tablespoon five-spice powder
- ☐ 3 green onions, thinly sliced
- ☐ 1 tablespoon dark soy sauce
- ☐ 1 tablespoon lemon juice
- ☐ 4 salmon steaks
- ☐ Vegetable oil for brushing, if needed

INSTRUCTIONS: Mix together ginger, five-spice powder, green onions, soy sauce and lemon juice. Rub onto salmon; let marinate at room temperature for 30 to 60 minutes. Brush the salmon with oil, then barbecue over hot coals until the fish feels slightly firm to the touch.

Serves 4.

© 1994 by Marlena Spieler

PER SERVING: 245 calories, 31 g protein, 0 g carbohydrate, 12 g fat (2 g saturated), 99 mg cholesterol, 75 mg sodium, 0 g fiber.