



MARCH 2006 - RECIPE OF THE MONTH:

Salmon w/ Cucumber, Dill & Pickled Cocktail Onions

Provided by Mel & Sheryl London

Fresh fish is indeed a fast food and this recipe not only proves it, but it's easy and elegant as well.

- 1 tablespoon olive oil
- 4 salmon fillets (farmed or wild), 1 inch thick, skin on, about 6 ounces each.
- Salt and pepper to taste
- 3 tablespoons butter
- 2 tablespoons tiny pickled onions plus 1 teaspoon pickling liquid (from the jar)
- 1/3 cup finely diced cucumber, either English or Kirby, unpeeled
- 1 tablespoon fresh dill, snipped with a scissor

Preheat the broiler. Add the olive oil to a heavy oven-to-table pan large enough to accommodate the fillets. Roll the fillets in the oil to cover and place them skin side down. Season with salt and pepper and broil for about 8 to 9 minutes or until the fish is opaque. (Test with the point of a knife.)

While the fish cooks, add the butter, pickled onions, liquid and cucumber to a small saucepan. Melt the butter and warm the ingredients over very low heat. Transfer the fish to serving plates, spoon some of the sauce over the fish and sprinkle with dill.

Serves 4

SUBSTITUTES: Arctic Char, Steelhead, Tasmanian Trout

MEL & SHERYL LONDON are the authors of eleven cookbooks, including "A Seafood Celebration" and "The Fish Lovers" Cookbook." They are winners of the James Beard Award and the Tastemaker Award and were finalists for the IACP Cookbook Award for "The Gourmet Garage Cookbook." They have been loyal and loving customers of The Lobster Place since the company first opened its doors in Chelsea Market.