



Salmon Tartare

BON APPÉTIT TEST KITCHEN BON APPÉTIT MAY 2011

INGREDIENTS

- 1.
- 1 8-ounce boneless salmon fillet, skinless
- 1/4 cup finely diced, seeded cucumber
- 1 tablespoon fresh lime juice
- 1 1/2 teaspoons minced fresh chives
- 1 1/2 teaspoons minced fresh cilantro
- 1 1/2 teaspoons grapeseed or vegetable oil
- 1 1/2 teaspoons minced, seeded jalapeño
- 1 1/2 teaspoons minced shallot
- 3/4 teaspoon minced peeled fresh ginger
- 1/4 teaspoon (scant) lime zest
- 1/2 teaspoon Asian sesame oil
- Kosher salt and freshly ground black pepper
- Thick-cut potato or tortilla chips

PREPARATION

- 1.
1. Place salmon on a plate; freeze until well chilled, about 20 minutes.
2. Thinly slice salmon lengthwise into 1/8"-wide sheets. Cut each sheet into 1/8"-long strips. Cut strips crosswise into 1/8" cubes. Place salmon in a medium bowl. Add cucumber and the next 9 ingredients and toss to combine. Season tartare to taste with salt and pepper. Transfer tartare to a bowl and serve with chips.

Per serving: 181 calories, 9 g fat, 0.1 g fiber