

Name of Dish: Yukon Salmon Fillets

Various species of wild salmon have been at the heart of the Native Alaskan diet for millennia, long before they were dubbed a “superfood” by contemporary nutritionists. Many native villagers in Alaskan villages along the Bering Sea and along the Yukon River continue to rely on their annual catch of salmon for their survival. Traditionally, salmon is smoked and dried to help preserve it for long periods of time. If we eat salmon this Lent, let us be mindful that they are an increasingly fragile species, relying on us to care for the environments that sustain their life, so that they may ultimately exist to sustain ours. As Pope Francis’ says, “we are profoundly united with every creature.” Below is a salmon recipe sourced from a Native Catholic leader in an Alaskan Village.

Prep Time: 20 minutes

Cook Time: 25 minutes

Total: 65 minutes

Servings: 6





Ingredients:

- 6 (6 oz) skinless salmon fillets
- Scallions, sliced for garnish

Ingredients for marinade:

- freshly ground black pepper
- 4 teaspoons olive oil
- 4 garlic cloves, minced
- ½ tablespoon ginger root, minced or grated
- 1 ½ tablespoon brown sugar
- 2/3 cup soy sauce

Directions:

Step 1

Preheat oven at 375 degrees Fahrenheit.

Step 2

Combine first 7 ingredients for marinade in a bowl. Mix well and set aside.

Step 3

Pat-dry the salmon fillets and place in a shallow dish and pour marinade over the salmon. Cover and place in refrigerator to marinate up to 24 hrs., if desired.

Step 4

Remove salmon fillets from the refrigerator and allow to rest at room temperature, about 10 minutes.

Step 5

Bake in the oven uncovered for 25 minutes or until meat is flaky but not dry.

Step 6

Garnish with sliced scallions. Serve immediately.