

## Salmon Rice Bowl

### Cucumber Salad:

2 cucumbers, washed and sliced in rounds  
1 tablespoons rice vinegar  
1 tablespoon white sugar  
1/2 teaspoon salt  
1/2 small red onion sliced thin  
1 tablespoon oil

### Salmon:

4 fillets of salmon

Salt and pepper

### Marinade:

2 tablespoons sugar  
2 tablespoons soy sauce  
1 tablespoon lemon juice  
2 1/4-inch slices peeled ginger, diced  
2 garlic cloves, finely chopped  
1 tablespoon canola or mild olive oil  
additional 2 tablespoons oil for frying pan

### Bowl garnish:

2 cups cooked rice (brown or white) [Simple Basic White Rice](#) or my [Excellent Basic Brown Rice](#)  
2 chopped scallions  
1 tablespoon sesame seeds  
1 nice avocado , peeled and sliced thinly

### Directions:

In a bowl, place sliced cucumbers, rice vinegar, white sugar, salt, sliced red onion, and oil. Stir well together - set aside to marinate. Have your cooked rice ready (doesn't have to be hot, room temp is fine, or you have time to cook it while you marinate the salmon), and your avocado, as well as the scallions and sesame seeds.

Mix sugar, soy sauce, lemon juice, ginger, garlic, and sesame oil together in a bowl or a ziploc bag either stirring or shaking gently till sugar is dissolved. Place salmon into bowl or bag with marinade. Set aside for about 20 minutes and every so often, flip bag over. If in a bowl, just check it's more or less submerged in the liquid.

Take a frying pan and coat bottom with the oil (usually needs 2 tablespoons) and bring to high heat. Remove fish from marinade *AND SAVE THE MARINADE FOR USE SHORTLY, DO NOT DISCARD!!!* shaking excess liquid off fish. Lay the fillets skin side UP, i.e. top down into oil and leave untouched about 3-4 minutes on high heat, watching carefully so it doesn't burn, till fish is nicely browned and you can see the salmon cooking about midway up the fish. Carefully flip to other side and now pour your marinade over the fish and continue cooking about 2 minutes, spooning marinade over fish until fish is done to your preferred level. It should not need more than 4 minutes total on the flipped side, i.e. 8 minutes to be cooked through. Want it rarer? Cook for less. Now assemble your bowls. Place rice on bottom, avocado on one side, cucumbers and onions on the other (leave liquid behind in bowl) and lay fish in the middle. Sprinkle the lot with the sesame seeds and chopped scallions and dig in.

P.S. If you cook it on medium heat your fish won't brown as well and it will take longer to cook through, fair warning!!