



## EPISODE 38

### Salmon with Mango Citrus Salsa

*Adapted from TasteofHome.com*

#### INGREDIENTS

- 1 medium lemon
- 1 large navel orange
- 2 tablespoons olive oil
- 1 tablespoon capers, drained and coarsely chopped
- 1-1/2 teaspoons minced fresh mint
- 1-1/2 teaspoons minced fresh parsley
- 1/4 teaspoon crushed red pepper flakes
- 1/8 teaspoon plus 1/2 teaspoon salt, divided
- 1/8 teaspoon plus 1/4 teaspoon pepper, divided
- 1 medium mango, peeled and chopped
- 1 green onion, thinly sliced
- 4 salmon fillets (6 ounces each)
- 1 tablespoon canola oil

## **DIRECTIONS**

1. For salsa, finely grate enough peel from orange to measure 2 teaspoons; finely grate enough peel from lemon to measure 1/2 teaspoon. Place citrus zest in a small bowl. Cut lemon crosswise in half; squeeze 2 tablespoons lemon juice and add to bowl.
2. Cut a thin slice from the top and bottom of orange; stand orange upright on a cutting board. With a knife, cut off peel and outer membrane from orange. Cut along the membrane of each segment to remove fruit.
3. Add olive oil, capers, mint, parsley, pepper flakes and 1/8 teaspoon each salt and pepper to lemon juice mixture. Gently stir in mango, green onion and orange sections.
4. Sprinkle salmon with the remaining salt and pepper. In a large skillet, heat canola oil over medium heat. Add salmon; cook 5-6 minutes on each side or until fish just begins to flake easily with a fork.

Serve with salsa.

## **Pineapple Coconut Upside Down Cake**

### **INGREDIENTS**

- 1 can (20 ounces) unsweetened sliced pineapple, drained
- Maraschino Cherries (optional)
- 3/4 cup unsalted butter, softened
- 1/4 cup coconut oil
- 1-1/2 cups sugar
- 2 large egg yolks, room temperature
- 1 teaspoon coconut extract
- 3 cups cake flour
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 1 can (13.66 ounces) coconut milk
- 6 large egg whites, room temperature
- 1/8 teaspoon cream of tartar
- Toasted sweetened (or unsweetened) shredded coconut, optional

## DIRECTIONS

- Preheat oven to 350°. Arrange pineapple in a single layer in a well-seasoned 12-in. cast-iron or other ovenproof skillet. If desired, place a cherry in the center of each pineapple.
- In a large bowl, cream butter, coconut oil and sugar until light and fluffy, 5-7 minutes. Add egg yolks, 1 at a time, beating well after each addition. Beat in coconut extract.
- In another bowl, whisk flour, baking powder and salt.
- Add the dry mixture into the creamed mixture alternately with coconut milk, beating well after each addition.
- With clean beaters, beat egg whites and cream of tartar on high speed just until stiff but not dry.
- Fold a fourth of the egg whites into batter, then fold in remaining egg whites. Spread over the pineapples.
- Bake until a toothpick inserted in the center comes out clean, 55-60 minutes. Cool 10 minutes before inverting onto a serving plate.
- Serve warm, with toasted coconut if desired.