

## Baked Alaskan Salmon with Mint Rosemary Raita Over Indian Spiced White Beans and Apple Salad

By Camine Pappas, July 2013

Serves 4

### INGREDIENTS:

4 salmon filets, patted dry  
1 can white northern beans or cannelloni  
beans, drained but NOT rinsed  
½ golden raisins  
1/3 small white onion chopped into thin  
slices  
1/3 C Sauvignon Blanc wine  
4 T olive oil  
Salt and pepper  
¼ t coriander powder  
1/8 t tumeric powder  
1/8 t cumin powder  
4 cloves of garlic divided, 2 chopped, 2  
whole  
4 sprigs rosemary -- take two sprigs chop  
the leaves for the raita, and 2 sprigs for cooking over the salmon  
Handful of chopped fresh mint (about 2 T)  
1/2 large jalapeno chopped finely  
Juice from one lemon  
1 8 oz small container of greek plain yogurt



### APPLE SALAD:

2 small fuji apples, sliced thin  
1 T honey  
1 T lemon juice just for the apples

### DIRECTIONS:

**RAITA:** In a small bowl, combine the yogurt, mint, the rosemary that is chopped, the jalepeno, lemon juice, 2 cloves of garlic finely chopped, and a bit of salt and pepper. Mix thoroughly and put in fridge.

**FISH:** In a square roasting dish, just big enough to cook the salmon filets without them overlapping, pour in 2-3 T EVOO, or more if desired. Place salmon on oil and flip around cover, then place skin side down. Cover with salt and pepper, 2 sprigs of rosemary, and nestle 2 whole peeled cloves of garlic. Cook uncovered at 400 degrees for 15 minutes until the tops are opaque. The fish will continue to cook after you remove so be careful! **THIS COOKS FAST!**

BEANS: In a 10 inch fry pan, heat 1 T olive oil on medium high heat, add the onion and saute for about 2 minutes until barely translucent. Add the raisins and toss and cook for about 2 more minutes. Add the tumeric, coriander and cumin powder and combine. Deglaze with the wine, and let reduce for about 2 minutes or so. Then add the drained beans and combine. Heat through, about a minute. Turn heat down and keep warm with lid on. Add a bit of salt and pepper to taste if you desire although it doesn't need it.

SALAD: In another small bowl, toss the apples with the honey and the lemon juice. Serve with the meal.

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