Salmon Tartare
A Recipe by Chef Walter Staib
Serves 16 (appetizer portions)

8 ounces fresh wild salmon fillets, deboned and skin removed
3 teaspoons Marukan rice wine vinegar
2 tablespoons red onion, finely chopped
2 teaspoons chives, finely chopped
1 teaspoon Gourmet Garden lemongrass or fresh chopped lemongrass
1 teaspoon Gourmet Garden ginger or fresh chopped ginger
2 pinches red pepper flakes
½ teaspoon freshly ground pepper
½ lemon, freshly squeezed
2 bulbs Belgium Endive
4 squares pumpernickel bread, sliced thin
parsley for garnish

Working with very clean equipment, finely chop the salmon. Put chopped salmon in a clean bowl and put in refrigerator. Meanwhile, combine the vinegar, red onion, chives, lemongrass, ginger, red pepper flakes, ground pepper and lemon juice in a medium size bowl.
Mix in the salmon and dressing and mix well, being sure not to break up the salmon too much. Put back in the refrigerator and chill for 30 minutes to let the flavors combine.
Meanwhile, separate the leaves of the Belgium Endive. Soak them in water with a squeeze of lemon juice for 10 minutes. Carefully dry the leaves.
To serve, place one tablespoon salmon tartare on Belgium endive leaves or on pumpernickel pieces. Garnish with parsley.

Nutritional Breakdown – Salmon Tartare

Recipes	Total # serv	Cals	Total Fat g	Sat Fat g	Chol mg	Sodium mg	Fiber g	Carbs g	Pro g
Original using Endive instead of Pumpernickel Bread									
HH Salmon Tartare using Endive	**16**	22	0.9	0.1	8	10	0.2	1	3
HH Salmon Tartare using Pump Bread	**16**	61	1.4	0.2	8	118	1	8	4