
YooSah or Sockeye Mulligan Stew

1½ lbs	salmon filet, skinned and cut into 1”(2.5 cm)	750 g
3	medium potatoes, peeled and cubed 1”	3
4 cups	cold water	1 L
½ tsp	salt	2 mL
1 cup	slice carrots	250 mL
1 cup	chopped red onion	250 mL
1 cup	snow peas, trimmed	250 mL
½ cup	chopped dried seaweed*	125 mL
¼ cup	chopped fresh cilantro	50 mL
	salt and freshly ground pepper to taste	

- 1 Place potatoes, water and salt in a large pot with a tight cover, bring to a boil over high heat. Boil potatoes for 5 minutes.
- 2 Add carrots and onions, reduce heat and simmer partially covered for another 10 minutes until potatoes are just tender.
- 3 Add salmon cubes, stir gently, scatter snow peas on top, cover and cook 5 minutes. Gently stir in seaweed and cilantro. Add salt and pepper to taste. Serve.

*Available fresh or dried (use half the amount) in Asian markets or the Oriental food section of large supermarket.

Preparation time: 20 minutes

Marinating time: 6 hours

Cooking time: 25 minutes

Serves: 4