

Inexpensive Eating

Lomi Lomi Pupu (Salt-cured Salmon Appetizers)

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¾ lb salmon fillet, skin and bones removed
1 C kosher salt or rock salt
1 med. red tomato, peeled, seeded, ¼" dice
1 med. yellow tomato, peeled, seeded, ¼" dice
1 med. jalapeño, seeded and finely chopped

6 scallions, ¼" dice
1 pint cherry tomatoes
1 English cucumber, cut into 1" thick rounds
1 medium pineapple, peeled, cored and quartered – cut into ¾" thick slices

Using a 13" x 9" glass baking dish, spread ½ of the kosher salt in an even layer. Place salmon fillet into pan and press firmly into the salt. Pour the remainder of the salt over the top of the salmon. Press firmly into the salmon flesh, making sure you cover all of the surfaces of the fish with salt, including the sides and ends. Cover with plastic wrap and place into the refrigerator for 6-8 hours.

The salt will extract large amounts of water from the salmon and the flesh will become firm. Once the salmon has cured, remove from baking dish and thoroughly rinse the fish under cool running water, making sure to remove all of the salt still clinging to the flesh.

To make it easier to finely chop the salmon, pat it dry with paper towels and place in the freezer for 20-30 minutes (*you do not want the fish to freeze completely, just to become firmer, making it easier to chop*).

As salmon rests in the freezer, place chopped red tomato, chopped yellow tomato, chopped jalapeño, and chopped scallions into a mixing bowl. Toss to combine. Set aside. Remove salmon from the freezer and cut into approximately ¼" dice. Combine with tomato & scallion mixture, using your hands.

Use a small paring knife to remove the tops of the cherry tomatoes. Slice around the inside flesh and scoop out, creating a vessel for the salmon mixture to fill. With a melon baller, scoop out the middle of each cucumber round. Make sure not to scoop all the way through, you want a bottom to hold the filling. To make them easier to stand, cut the bottom of each pineapple slice to create a flat bottom, using the slight curve of the removed core as a receptacle for the salmon mixture. Fill each receptacle with the salmon mixture

Serves 8-12 for appetizers

