

Online Extras

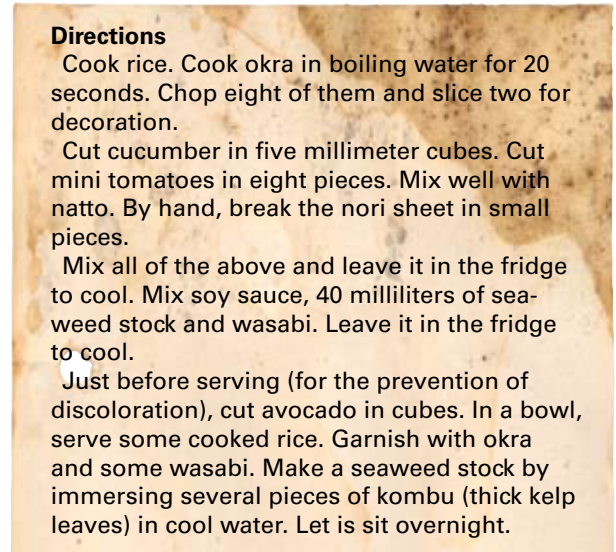
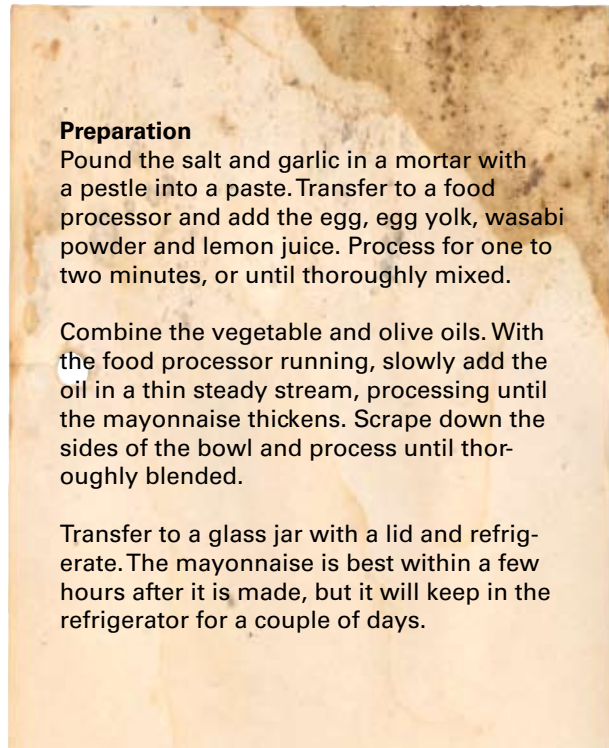
Wasabi Japonica

by Noucetta Kehdi

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Fresh wasabi is a highly prized culinary ingredient used mainly in elite restaurants and sushi bars in Japan. Before you undertake one of the following tantalizing wasabi recipes, I recommend visiting this website: <http://www.cityfarmer.org/wasabi.html>

Brought to you by Dr. Brian Oates, president and chief science officer of Pacific Coast Wasabi Ltd., this educational piece provides a background of wasabi along with tips for selecting the best quality wasabi for culinary purposes, how to prepare it properly and its nutritional value.



**Fresh Salmon and Lime
Cakes (www.recipezaar.com)**

500 gram salmon fillets, skin removed
1 egg white
3 tablespoons fine corn flour
3 kaffir lime leaves, shredded
1 tablespoon finely chopped ginger
1 teaspoon wasabi
3 tablespoons chopped flat leaf parsley
Oil, to shallow fry

Lime Dipping Sauce

¼ cup lime juice
¼ cup soya sauce
2 tablespoons brown sugar

Directions

To make the salmon cakes, remove any bones from the salmon and chop into 1/4 inch dice.

Combine the chopped salmon with the egg white, corn flour, lime leaves, ginger, wasabi paste and chopped parsley.

Mix it well and heat 1/2 inch of oil in frying pan over medium heat, to shallow fry the cakes.

Place two tablespoons of the mixture into the hot oil and cook for 35 to 45 seconds each side, or till golden brown in color.

Drain on kitchen towels, and keep warm in a low oven till you finish cooking up the batter.

To make the lime dipping sauce, combine all the ingredients.

Serve the dipping sauce with the warm salmon cakes.

