Michael’s Lomi Salmon

This dish is historically linked to the Pacific Northwest in that the Hawaiians came to this area hundreds of years ago and returned to the islands with salmon – Salted in order to cure and preserve the product.

Ingredients
- 2 pounds skin-on salmon fillet, pin bones removed
- Kosher Salt
- 2 pounds tomatoes, seeded and chopped
- 1 pound yellow sweet onion, chopped
- ¼ pound green onion, chopped

Directions
1. Generously salt both sides of the salmon and massage into the fillet. Wrap tightly in food-film and cure a minimum of 8 hours in the refrigerator.
2. Remove from refrigerator and soak salted salmon in ice water for one hour, changing water after 30 minutes.
3. Remove skin and chop salmon into small pieces – approximately ¼”.

Notes
- Best when made ahead to allow flavors to blend and the acidity of the tomatoes to penetrate the salmon.
- The addition of several other ingredients can give this dish your own flair. Here is a small list of some of the ingredients I have seen and/or used to accentuate Lomi Salmon:
  - Lime Juice
  - Hot Sauce
  - Radishes
  - Cucumber
  - Different varieties of tomato
The Slow Food movement began 30 years ago in Italy. Today, as the movement grows, we continue to inspire individuals and communities to change the world through Slow Food’s core values. These values assert that food must be:

**GOOD**
Believe in delicious nutrition as a right for everyday life  
Cultivate joyful connections to community and place  
Advocate for diversity in ecosystems and societies

**CLEAN**
Protect natural resources for future generations  
Help people and the environment depend on each other  
Promote food that is local, seasonal, and sustainably grown

**FAIR**
Build local cooperation and global collaboration while respecting all laws  
Require no prerequisite or credential for participation  
Fight for dignity of labor from field to fork

Slow Food USA is part of the global Slow Food movement creating dramatic change in more than 160 countries. In the US, there are more than 150 local chapters and 6,000 members. Join us to connect the pleasures of the table with a commitment to the communities, cultures, knowledge, and environment that make this pleasure possible.