

The only Duwamish River seafood safe to eat is Salmon.

In the Duwamish River, chemical pollution that you cannot see gets into the bottom fish, shellfish, and crab that spend their entire lives in the river.

These chemicals can harm the growth and development of babies and young children.

Salmon spend only a short time in the river. They are nutritious and good for your heart and brain.



Trained Community Health Advocates partner with the program agencies to conduct community-based health education.

FUN TO CATCH
TOXIC TO EAT

THE ONLY DUWAMISH SEAFOOD SAFE TO EAT IS SALMON

Public Health
Seattle & King County



For more information:
<https://goo.gl/Xwjr49>
206-263-0906

Khmer Amok Salmon

INGREDIENTS (5-6 servings),
must be prewashed:

- 1 Slice of galangal root,
chopped finely
- 1 medium turmeric root,
chopped finely
- 3 to 4 kefir lime leaves, sliced
- 2 stalks of lemon grass, sliced
- 3 to 4 cloves of garlic
- ½ tsp of shrimp paste
- ½ tsp of sugar
- 1 tsp of honey
- Organic chicken flavor
- ½ tsp of salt
- 1 can of coconut cream
- ½ Salmon, filleted
- Banana leaves
- 2 egg yolks, beaten
- ¼ of red bell pepper (finely
sliced)

DIRECTIONS

Blend sliced galangal roots, turmeric roots, kefir lime leaves, lemon grass, garlic to make paste.

Boil the coconut cream in sauce pan to reduce. Pour in blended ingredients, heat on low, then add the sugar, shrimp paste, salt, honey, organic chicken flavor. Remove from heat.

Slice the filleted salmon into 2 in. pieces. Gently combine with other ingredients in sauce pan and let marinate for 2 minutes.

Cut banana leaves to make cone or boat, using tooth pick to support. Then put the 2 pieces of marinated salmon with sauce in the banana cones.

Spoon beaten egg yolks on top salmon in banana cone, add 2 fine slices of red bell peppers on top for decoration. Steam banana cones with salmon in steamer with boiling water for about 5 to 8 minutes. Serve hot or cold, with rice or just by itself.

***Note: Kale leaves can be used instead of banana leaves, line bottom of steamer basket or rack with leaves, place marinated salmon right on top and steam. You can eat the steamed kale as well.**

Recipe by: Sophorn Sim

