



HEALTHY FOODS, HEALTHY RECIPES

CHEF AMY'S ALASKAN SALMON PIE

PIE CRUST | Ingredients and preparation

- 2 1/2 cups of flour
- 1 teaspoon of salt
- 1 teaspoon of black pepper
- 1 pound butter (grated and frozen)
- 1/2 cup of ice cold water

Place the flour, salt, and pepper in the bowl of a food processor and pulse to combine. Add the butter and process until the mixture resembles coarse crumbs. While the machine is running, gradually drizzle in the water, processing until the dough comes together to form a ball. Split into 2 equal balls. Transfer the dough to a piece of plastic wrap, roll to make 2 discs and refrigerate overnight.

PIE FILLING | Ingredients and preparation

- 2 cups shredded cabbage
- 1 cup shredded carrots
- 1 cup small diced onions
- 1 clove garlic
- 1/4 teaspoon celery seeds
- 1/4 cup oil (preferably extra virgin olive oil)
- 2 cups cooked rice
- 2 pounds of salmon (smoked, fresh or canned)
- Salt and pepper to taste

In a sauté pan, add oil and combine cabbage, carrots, onions, garlic, and celery seed. Sauté until tender, add salt and pepper to taste. Allow to cool to room temperature and mix with cooked rice.

In a 9X13 pan, add the base raw pie crust, layer your cooked rice and vegetable mixture and top with your choice of salmon.