***Salmon***

Salmon is a healthy food that rich in Omega 3.  Here is my way to cook it.  Hope you get   
to enjoy it during holiday season.  
  
**Ingredients:**A. 2 lb salmon sliced into 1 inch or so cubes,  
B. 1 tbsp cooking oil, olive oil would be the best  
C. 2 tbsp soy sauce, 2 tbsp vinegar (Chinese-style dark vinegar goes best), 1.5 tbsp of   
sugar, 2 tbsp cooking wine, 1 green onion cut to 1 inch long pieces, 3 slices of ginger   
shredded, 1 piece of garlic sliced, half cup of water.  
  
**Instruction:**1. put the cooking oil in a non-sticky pan with the salmon cubes  
2. stir the salmon gently until the color of the surface of the salmon changed to lighter,   
add all the ingredients in #C above into the pan and make them evenly distributed.  
3. lower the stove temperature to medium high, stir the salmon occasionally until   
almost all the sauce is absorbed into the salmon  
  
**Serves 4 people.**