

BC'S BEST
SALMON
RECIPES

OCEAN - CAUGHT
British Columbia Salmon

10 WILD FISH STORIES FROM BC

Welcome to this first in a series of mini-cook-books, all about ocean-caught BC Salmon.

Born in the glacier-cooled streams of British Columbia and taken from the icy waters of the North Pacific, wild salmon is a delight to salmon lovers around the world.

And no one knows more about preparing this delicacy than the cooks, fishermen and barbecuers of British Columbia.

The following pages feature some of their favourite recipes — all designed to make you wild about the delicious taste and nutritious benefits of ocean-caught BC salmon.



MOUThWATERING SPECIES



Chinook

Chinook, the largest species, is very flavourful, with flesh colour ranging from ivory to deep red.



Chum

It is also known as Spring or King salmon and is sold fresh, frozen and smoked.



Coho

Chum is mild in flavour, delicate pink to medium red in colour, and is sold fresh and frozen in supermarkets. It is sometimes called Keta when canned.



Sockeye



Pink

Coho is full-flavoured and fine-textured with consistently red flesh and is sold fresh, frozen, canned and smoked. It is one of BC's most versatile salmon species.

Sockeye's name is derived from the Native word, Sau-kai, meaning chief. Its flavour is as rich as that of Chinook, and it has firm, small-flaked, deep red flesh. Once used principally for canning, Sockeye is now popular fresh, smoked and frozen as well.

Pink is the smallest species. Light coloured and delicate in flavour and texture, it is excellent value for money, fresh, frozen or canned.



QUALITY FROM OCEAN TO TABLE

The high quality of BC salmon begins with nature, in the sea. To maximize consumer satis-

faction, fishermen and processors follow strict handling, grading, quality assurance and food safety practices. All salmon processors are federally or provincially inspected.



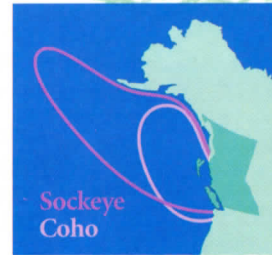
Whether sold fresh, frozen, or canned, the rigorous and consistent quality standards achieved by BC salmon prod-





ucts are internationally admired and respected.

AS NUTRITIOUS AS IT IS DELICIOUS

Specific nutritional values vary among ocean-caught BC salmon species, but they all offer a powerful low-fat, low-cholesterol package compared to other high protein foods. (See the chart below.) Plus, salmon is a good source of polyunsaturated omega-3 fatty acids, which some medical research suggests may reduce the risk of heart disease in some cases.

Migratory routes of BC Sockeye and Coho Salmon.



100 g broiled		 CHUM SALMON skin on	 CHICKEN skin on	 GROUND BEEF regular, well-done	 PORK LOIN lean, centre chop
Energy	Kcal	113	197	292	220
	kJ	473	824	1220	922
Protein	g	22.3	30	27	32
Fat	monosaturated g	1	not avail.	not avail.	not avail.
	polyunsaturated g	1	2	trace	1
	saturated g	.6	2	8	3
	total g	2.6	8	19	10
Cholesterol	mg	28.5	84	82	66

Sources: "Nutrient Value of some Common Foods", revised 1988, Health and Welfare Canada
 "Nutritional Analysis of British Columbia Fresh/Frozen and Cooked Salmon", 1988, University of British Columbia



SALMON CUTS

One lb. (500 g) serves 2-3.



DRESSED

Gills and entrails removed.



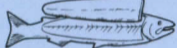
PAN-DRESSED

Head, tail, fins and scales removed. Ready to cook.



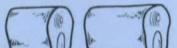
STEAKS

Cross-section slices of salmon. Ready to cook.



FILLETS

Pieces cut from the sides, usually boneless and often skinless. Ready to cook.



PIECES OR CHUNKS

Salmon centre section. Ready to cook.

A FRESH LOOK AT BUYING SALMON

Here's a simple, three-step freshness test:

1. LOOK – The eyes should appear bright, clear—almost alive; the gills reddish; the skin moist with shiny, tightly-adhered scales.

2. TOUCH – Fresh salmon will give slightly, then spring back into shape when gently pressed.

3. SMELL – It shouldn't smell fishy. A fresh fish aroma is never offensive.

Once you've brought your salmon home, wipe it with a

damp cloth, then tightly wrap it in plastic or foil and store in your refrigerator. (May be held for up to two days.) Frozen salmon can be thawed overnight in your fridge or cooked frozen, without losing flavour or nutrients. Uncooked salmon steaks and fillets should be moist and translucent; never dried out.

NOW YOU'RE COOKING

It's easy. Here's a handy timing guide to getting it right without overcooking. For conven-

tional cooking methods, measure salmon at its thickest part (including stuffing, if used). For each inch (2.5 cm) thick, cook at high heat: 10 minutes if fresh or fully thawed; 10-12 minutes if partly thawed; 20 minutes if frozen solid. If salmon is foil-wrapped or heavily-sauced, add 5 minutes to the total. For microwave directions, refer to your manual.

Your salmon is cooked to perfection when the flesh is opaque, flakes readily and pierces easily with a fork.

CATCH IT IN YOUR KITCHEN CUPBOARD

Canned salmon is the easiest way to get the goodness of ocean-caught BC salmon anytime.

Since it's cooked in the can, in its own natural

juices, its flavour and nutrition are sealed in—ready to enjoy.

Canned Sockeye is sometimes labelled as red salmon; Coho as medium red; Chum as Keta. Sockeye's deep red colour makes beautiful salads, while all varieties are delicious in sandwiches and casseroles.

Wild BC Salmon

is what good, fast food is all about!

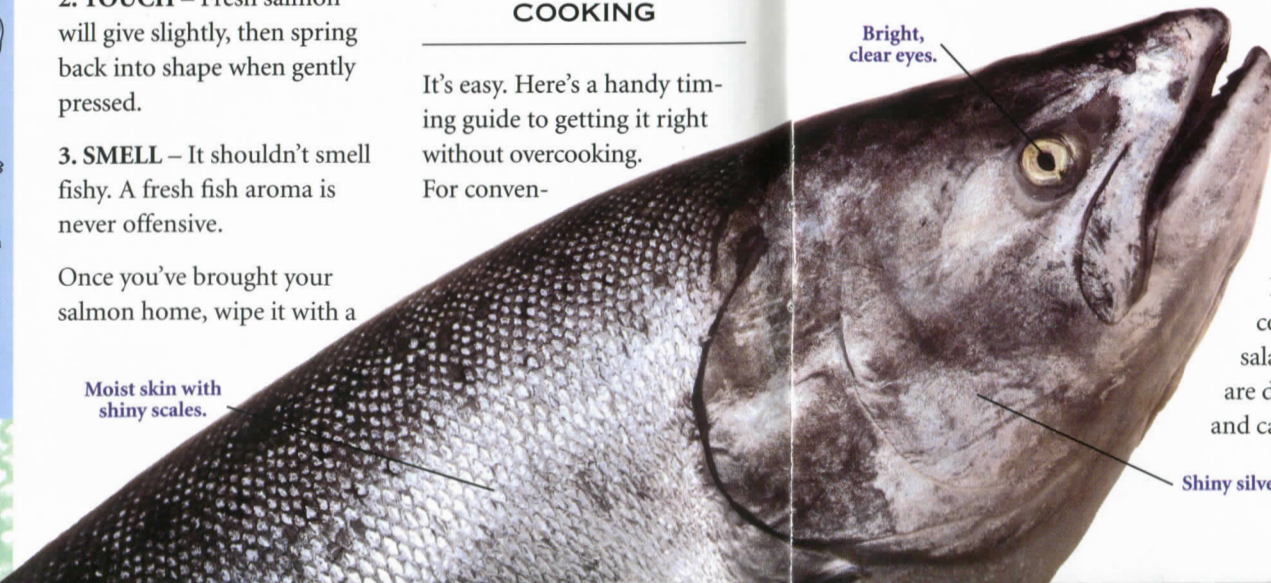
Ready in minutes, it's always a treat—broiled, pan-fried, baked, microwaved or barbecued!



Moist skin with shiny scales.

Bright, clear eyes.

Shiny silver head and skin.





MIKE MEDENWALDT'S SALMON TERIYAKI

No need to wait for summer to enjoy Mike's Salmon Teriyaki. It's a favourite for all seasons, barbecued or prepared stove top.

4	salmon steaks	4
1/2 cup	brown sugar	125 mL
1/4 cup	soy sauce	60 mL
1/4 cup	water	60 mL
2 Tbsp	fresh lemon juice	30 mL
	Lemon slices	

Heat brown sugar, soy sauce, water and lemon juice in a frypan large enough to hold the salmon steaks snugly. Boil, uncovered, stirring occasionally, until the sugar is melted. Add salmon steaks, reduce heat, and cover. Simmer salmon steaks for 5-6 minutes per side. Remove the steaks and keep warm. Boil the sauce until thickened, about 4 minutes. Serve the salmon steaks drizzled with sauce and garnish with lemon slices.

TO BARBECUE:

Prepare sauce as directed above. Marinate steaks in sauce for 10 minutes. Cook on a well oiled barbecue over medium-high heat for about 4-5 minutes per side.

Preparation time: 10 minutes Cooking time: 15 minutes Serves 4



IAN TODD'S GINGER MUSHROOM SALMON

Fresh oyster mushrooms and ginger add a touch of the exotic to this flavourful offering. Serve with wild rice for a light summer supper or a leisurely Sunday brunch.

1	salmon fillet, about 1 1/2 lbs/750g	1
2 Tbsp	butter	30 mL
2 Tbsp	oil	30 mL
3/4 lb	fresh oyster mushrooms, thinly sliced	375 g
3	green onions, thinly sliced	3
	Salt and pepper	
1	finely chopped garlic clove	1
2 Tbsp	finely chopped ginger root	30 mL
2 Tbsp	fresh lemon juice	30 mL
1 Tbsp	light soy sauce	15 mL

Cut salmon into 4 serving pieces. Heat 1 Tbsp (15 mL) butter and 1 Tbsp (15 mL) olive oil in a frypan and saute the mushrooms and green onions for about 2 minutes, stirring well. Remove, sprinkle with salt and pepper, and keep warm in a dish. Add the remaining butter and oil to the frypan and saute the salmon pieces for about 4 minutes per side. Remove and keep warm in another dish.

Add garlic and ginger to the frypan, adding extra butter and oil if necessary, and cook for 1 minute. Return the mushroom and onion mixture to the pan, stir in the lemon juice and soy sauce and heat thoroughly. Spoon the mixture over the salmon pieces and serve immediately.

Preparation time: 10 minutes

Cooking time: 15 minutes

Serves 4

IAN TODD

Ian became a cook to avoid dish duty (the cook doesn't do dishes) in small field camps while working for the Canadian Department of Fisheries and Oceans. Now on staff with the Pacific Salmon Commission, Ian still doesn't do dishes. But, taste his recipe and you'll agree he remains a great cook.





JOE BRUSICA'S LIME-GRILLED SALMON STEAKS WITH TOMATO AVOCADO SALSA

This quick and easy grilled salmon with its Mexican flavour adds flair to any fiesta. It's perfect complemented with a black bean and corn salad. Ole!

4	salmon steaks, about 1" (2.5 cm) thick	4
1 tsp	grated lime zest	5 mL
1/4 cup	fresh lime juice	60 mL
1 Tbsp	olive oil	15 mL
1 tsp	minced fresh jalapeno pepper	5 mL

Marinate salmon steaks in lime zest, lime juice, olive oil, and jalapeno pepper in a shallow glass bowl at room temperature for 30 minutes or in the refrigerator for 1 hour.

Prepare the barbecue and oil the grill. Place the steaks on the grill at medium heat (or place under the broiler) and cook, turning once and basting with marinade, for 4-5 minutes per side or until the salmon flakes easily.

TOMATO AVOCADO SALSA

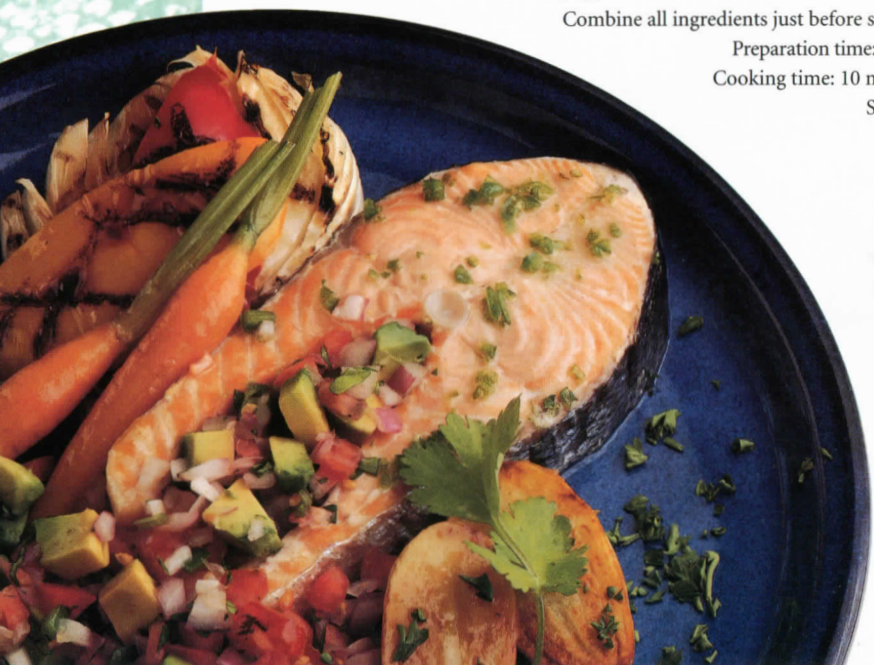
1	tomato, diced	1
1	ripe avocado, peeled and diced	1
2 Tbsp	fresh lime juice	30 mL
1/4 cup	minced red onion	60 mL
1 tsp	minced fresh jalapeno pepper	5 mL
2 Tbsp	chopped fresh cilantro	30 mL
	Salt and pepper, to taste	

Combine all ingredients just before serving.

Preparation time: 1 hour

Cooking time: 10 minutes

Serves 4



JOE BRUSICA

Gillnetter Joe Brusica started salmon fishing with his dad at age twelve. Now he fishes with his own twelve year old son and his daughter. He and his wife usually cook their salmon simply with a little brown sugar and orange juice – the fisherman's favourite recipe – but sometimes they like to experiment.



TERRY TASAKA'S SALMON MISO YAKI

Terry shares a family secret to create this traditional salmon recipe. A hint of miso and a splash of mirin make for a savory salmon entree. Miso, a paste made from soy beans, rice or barley, and mirin, Japanese cooking wine, can be found in health food stores and Oriental groceries.

1	salmon fillet, about 1 1/2 lbs/750 g	1
	OR	
4	salmon steaks	4
4 Tbsp	light miso	60 mL
1 tsp	sugar	5 mL
2 Tbsp	mirin, or sherry	30 mL
1 Tbsp	olive oil	15 mL
1 Tbsp	grated fresh ginger	15 mL

TO BROIL:

Preheat the oven to 400F/200C. Gently warm the miso, sugar, mirin, oil and ginger in a saucepan. Cut the salmon fillet into four serving pieces and place on a foil lined baking sheet (oil the foil to prevent it from sticking.) Place in the oven for just five minutes. Turn oven to broil and remove salmon. Brush on the miso mixture. Broil salmon until lightly browned and flesh flakes easily, about 1-2 minutes. Use the same procedure for salmon steaks.

TO BARBECUE:

Prepare the barbecue and oil the grill to minimize sticking. Brush salmon on both sides with the miso mixture. Place on the hot grill and cook for 4-5 minutes. (Salmon may stick to the grill, but this makes it deliciously crispy). Turn over and cook for a further 4-5 minutes, or until the salmon flakes easily.

Preparation time: 10 minutes

Cooking time: 10 minutes

Serves 4

TERRY TASAKA

Born in the historic fishing village of Steveston, BC, Terry is the daughter, wife and mother of fishermen. Terry's mother brought this traditional recipe from Japan at the beginning of the century.



DAVID VELJACIC'S "THE ONLY" BBQ SALMON

This prize-winning recipe will make you a champ with the guests at your next barbecue party. Hint: An abundance of garlic calls for a parsley garnish!

1	salmon fillet, about 1 1/2 lbs/750 g	1
8	large garlic cloves	8
1 tsp	salt	5 mL
4 Tbsp	finely chopped parsley	60 mL
2 Tbsp	finely minced sun dried tomatoes	30 mL
1/4 cup	olive oil	60 mL

Chop the garlic cloves finely, sprinkle with salt and grind together with the flat of a knife. Combine with the parsley, tomatoes and olive oil and store, covered, in the refrigerator overnight.

Prepare the barbecue and oil the grill to help prevent the salmon from sticking. With a sharp knife cut two lengthwise slits in the fillet, being careful to cut to, but not through, the skin. Spread half the garlic mixture over the fillet and into the slits. Place skin side down on the barbecue grill at low temperature. Close the lid. Barbecue for 10-15 minutes. Spread remaining garlic mixture over the fillet, close the lid, increase the temperature to medium, and cook another 15 minutes or until the flesh separates into natural moist sections when pressed with a fork.

Preparation time: Overnight

Cooking time: 20-30 minutes

Serves 4



DAVID VELJACIC

A Vancouver fireman, David Veljacic began barbecuing competitively seven years ago. He has captured prizes internationally for his BBQ Salmon recipe and, in 1991, he was the Canadian Barbecue Champion.



JAMES BARBER'S PAN ROASTED SALMON WITH SWEET PEPPERS AND GARLIC

A colourful vegetable mixture accompanies succulent salmon steaks for a quick and easy dish. Great with steamed rice.

2	salmon steaks	2
1 Tbsp	olive oil	15 mL
2	medium red or yellow sweet peppers (or combination), coarsely diced	2
3	cloves garlic, thinly sliced	3
1 Tbsp	wine vinegar	15 mL
1/3 cup	dry white wine	80 mL
1/2 tsp	dried thyme	2 mL
	Pinch cayenne pepper	
	Salt and pepper	
	Chopped fresh parsley	

Heat the oil in a large frypan and saute the peppers and garlic over high heat for 1 minute, stirring constantly. Add the vinegar, cook 1 minute more, still stirring. Push the peppers to the side of the pan, lay in the salmon, cook 30 seconds, then turn over. Add wine. Sprinkle with thyme, cayenne, salt and pepper, and spoon peppers over salmon. Put the lid on the frypan and cook over medium heat for 6 minutes or until salmon flakes when fork-tested. Sprinkle with parsley and serve.

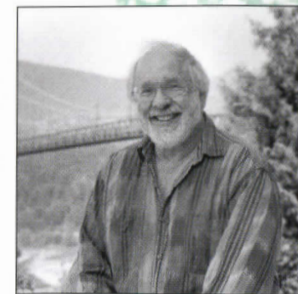
Preparation time: 10 minutes

Cooking time: 10 minutes

Serves 2

JAMES BARBER

Star of the top rated cooking show, *The Urban Peasant*, TV and radio personality James Barber is the best-selling author of nine cookbooks. He believes that anyone can cook and likes this recipe for its Italian influence and because it's quick, easy and pretty to look at.



DEBBIE DOBRILLA'S HERB MUSTARD SALMON

Delicious Pacific salmon, dressed up with a delicate herb mustard sauce. This dish is ideal for casual entertaining and takes only minutes to prepare in the microwave. Wonderful with a melange of garden vegetables.

4	salmon steaks approx. 1" (2.5 cm) thick	4
1	green onion, finely chopped	1
1 Tbsp	chopped fresh parsley or dill	15 mL
1/2 cup	dry white wine	125 mL

SAUCE

2 Tbsp	butter	30 mL
2 Tbsp	Dijon mustard	30 mL
1 Tbsp	honey	15 mL
1 Tbsp	lemon juice	15 mL
1/2 tsp	dried tarragon leaves	2 mL
2	green onions, very finely chopped	2
	Freshly ground black pepper to taste	

Make sauce by melting butter in a small microwaveable bowl, at High (100%) for 20 to 30 seconds. Stir in remaining sauce ingredients until smooth. Set aside. Place salmon steaks in a single layer in a shallow microwaveable dish. Arrange thicker portions towards outer edges of the dish. Sprinkle with green onion and parsley or dill. Pour wine over and cover with vented plastic wrap. Microwave at High (100%) for 6 to 8 minutes or until salmon is opaque and flakes easily when tested with a fork. Rotate dish part way through cooking, if necessary. Let stand about 3 minutes. Place salmon steaks on individual plates and serve with sauce.

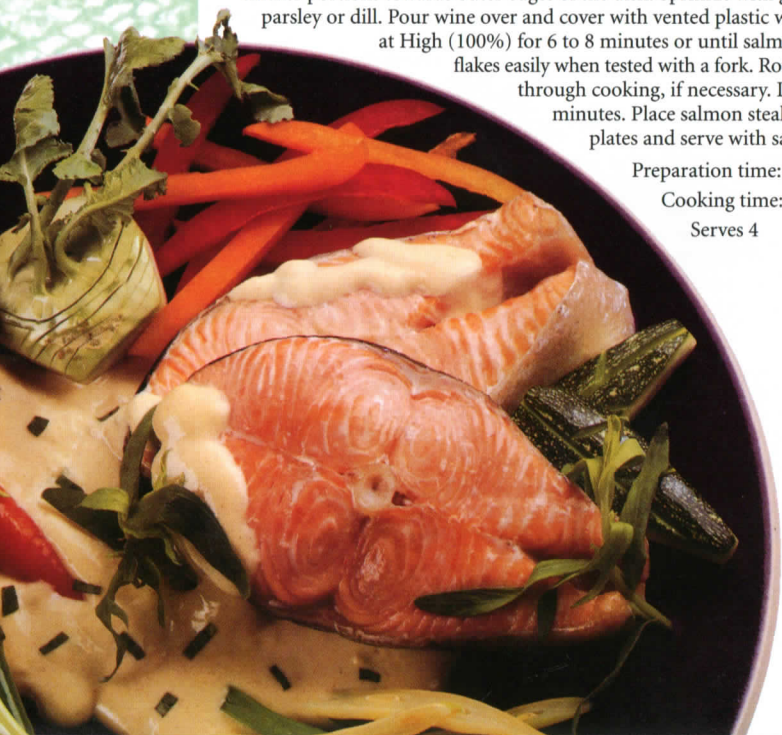
Preparation time: 10 minutes

Cooking time: 10 minutes

Serves 4



DEBBIE DOBRILLA
Debbie says the key to a great salmon recipe is to keep it simple, and she should know. The Dobrilla family has been in the fishing business for four generations, and Debbie sells the family's wild caught salmon year round at Superior Fish, her store in Ladner, BC.



LEN OLSZEWSKI'S WHOLE BBQ SALMON WITH CUCUMBER DILL SAUCE

Wholly impressive without a whole lot of preparation, this is a great recipe for beginners.

1	whole salmon, dressed, 2 lbs/1 kg or larger	1
1	orange, sliced	1
1	lemon, sliced	1
1 cup	chopped fresh dill	250 mL

Stuff the whole salmon with orange and lemon slices, and half the chopped dill. Set aside 1 teaspoon (5 mL) of the dill for the sauce and sprinkle the rest around the outside of the salmon. Double wrap in aluminum foil, making sure the seams are double folded, and place on hot barbecue grill. Turn occasionally. When the foil wrap puffs up, the salmon is done. If you wish to debone the salmon, make vertical cuts on both ends of the spine, insert flat of knife parallel to the body and lift the flesh away from the bone; turn and repeat for the other side. Otherwise, just serve in sections.

CUCUMBER DILL SAUCE

1	(6 oz/175g) container plain yogurt	1
1	medium cucumber, peeled and chopped	1
1 tsp	fresh dill	5 mL
1 tsp	brown sugar	5 mL
1/2 tsp	salt	2 mL
1/4 tsp	pepper	1 mL
1/2 tsp	Tabasco sauce	2 mL

While the fish is cooking, combine sauce ingredients in a bowl. Serve with cooked salmon.

Preparation time: 15 minutes

Cooking time: 20-30 minutes

Serves 4 - 8 (depending on size of salmon)

LEN OLSZEWSKI

A weekend fisherman and communications consultant to the BC Salmon Marketing Council, Len caught his first salmon at a supermarket in Lynn Valley, BC. He's been working on this "perfect" barbecued salmon recipe ever since.





RON BENEDET
Ron inherited his love of fishing and a seine boat named "Belina" from his Italian father. A test fisherman for the Pacific Salmon Commission, Ron loves to cook, eat and make wine.

RON BENEDET'S BARBECUED SALMON FILLETS

Perfect for barbecue lovers without a barbecue. The secret's in the sauce. Great served with parslid potatoes and a fresh green salad.

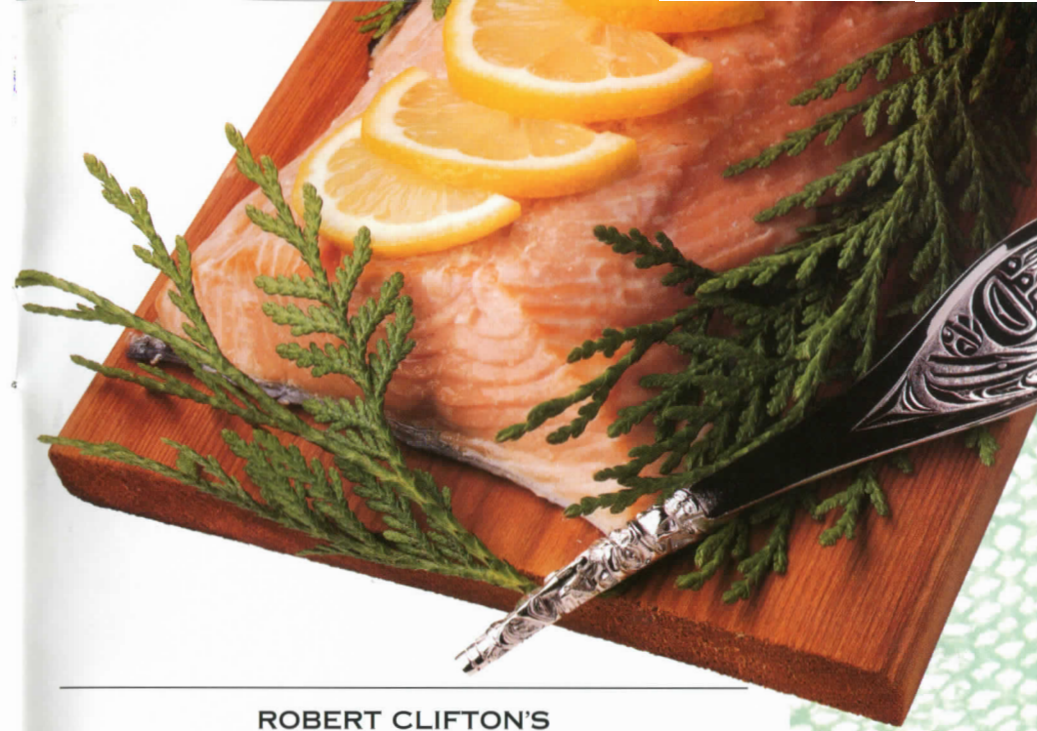
1	salmon fillet, about 1 1/2 lbs/750g	1
2 Tbsp	butter, melted	30 mL
2 Tbsp	lemon juice	30 mL
2 Tbsp	tomato ketchup	30 mL
1 Tbsp	Worcestershire sauce	15 mL
2 Tbsp	minced onion	30 mL
1 Tbsp	brown sugar	15 mL
1/2 tsp	dry mustard	2 mL
1 tsp	salt	5 mL

Cut the salmon fillet into four serving pieces and place on a greased, foil lined baking sheet. Mix together the rest of the ingredients, heat gently in a saucepan and pour over the salmon. Place under a broiler, or on a well-oiled barbecue, and cook on one side only, allowing about 10 minutes per inch/2.5 cm thickness of fish.

Preparation time: 10 minutes

Cooking time: 10 minutes

Serves 4



ROBERT CLIFTON'S CEDAR PLANK SALMON

Baked on a cedar plank, this original recipe is steeped in flavour and aroma... a true taste of BC. The plank should be a little longer and wider than the fillet.

1	salmon fillet, about 1 1/2 lbs/750g	1
1/4 cup	olive oil	60 mL
1	lemon or orange, juice and zest	1
1 Tbsp	chopped fresh basil	15 mL
1/2 tsp	salt	2 mL
1 tsp	freshly ground black pepper	5 mL

Marinate the salmon in remaining ingredients. Meanwhile, soak a piece of untreated cedar plank in cold water for about 2 hours (weighting it with something heavy), then place in a 450F/220C heated oven for 5-10 minutes. Remove the salmon from the marinade and bake on the plank until cooked, allowing about 10 minutes per inch/2.5 cm thickness of fish.

TO BARBECUE:

Soak the plank as above. Place salmon on plank. Put the plank directly on the barbecue grill. Close the lid and cook over medium-high heat for about 20 minutes.

Preparation time: 2 hours

Cooking time: 10 minutes (20 minutes to barbecue)
depending on thickness of salmon

Serves 4

ROBERT CLIFTON
Retired fisherman Robert Clifton and his wife Hazel like to prepare their salmon in the time-honoured Native way: threaded on cedar stakes and cooked on an open fire. But this adapted recipe works very well.

