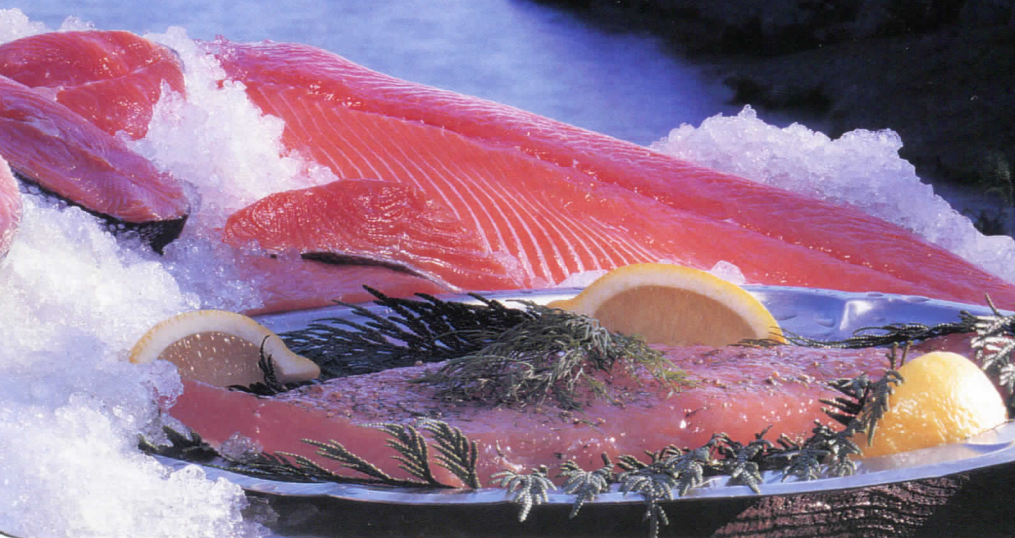


BC'S BEST
SALMON
RECIPES II
(The Sequel)

STARRING OCEAN-CAUGHT
BRITISH COLUMBIA SALMON



THE BC WILD SALMON STORY CONTINUES...

You loved our first mini-cookbook featuring wild BC salmon fresh-caught from the Pacific so here's another.

Few living creatures lead such an unusual life as the salmon. Born in BC's cold coastal and interior rivers, they swim to the open Pacific Ocean to mature, then return to their native waters. Fresh-caught and fast-chilled, salmon that lands on your table (or in your store) is often only hours from the Pacific.

These recipes come to you from those who know BC salmon best: the cooks, fishermen and keen barbecuers of British Columbia. Don't even think about salmon being good for you (which it is) – just enjoy its delicious versatility!

So jump on the boat and tuck into the wonderful flavour and nutritious benefits of ocean-caught BC salmon.

BC'S DELICIOUS DWELLERS OF THE DEEP



Chinook

Chinook Also called spring or king salmon, the largest of BC's salmon often running over 35 lbs. (18 kg) is much sought after by sports

firm, fine-textured flesh and full flavour makes it great fresh, frozen or smoked.



Chum

fishers. Its firm flesh can range from ivory white to deep red. Sold fresh, frozen or smoked.

Sockeye Known for its deep-red, firm flesh, sockeye is the richest and most sought-after of all BC's salmon. You'll find it delicious fresh, frozen, smoked or canned.



Coho

Chum Mild, delicate creamy pink to medium red. Look for it fresh or frozen. When canned it is sometimes called Keta.

Pink The smallest salmon is light in colour, delicately flavoured and easy on the pocketbook. Yours to enjoy fresh, frozen or canned.



Sockeye

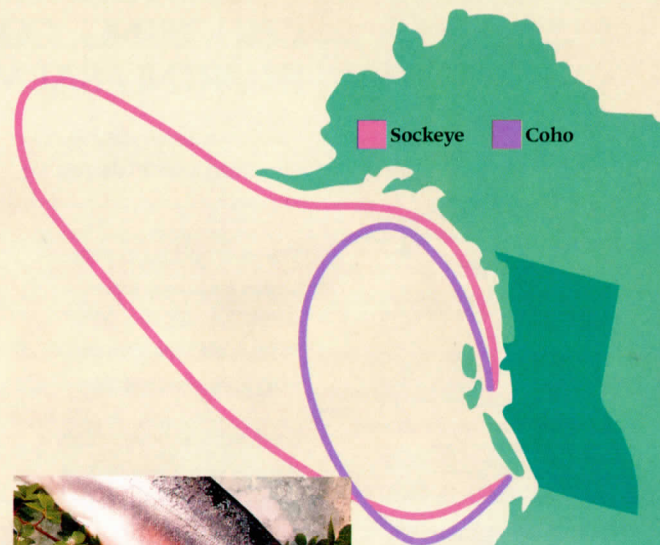
Coho Considered the most versatile of salmon, coho's



Pink

A TRADITION OF QUALITY

Your guarantee of the finest fish available is a result of years of perfecting the techniques of commercial salmon fishing. Whether troller, gillnetter or seiner, BC's commercial fishermen strive to deliver their catch to the processors in peak condition. Grading, cooling, handling practices, cleanliness and speed with which fish is processed and rushed to market all contribute to BC's unparalleled international reputation for top quality salmon whether fresh, frozen, smoked or canned.



NOT JUST GOOD BUT GOOD FOR YOU!

High in protein, low in saturated fat and cholesterol, ocean-caught salmon is ideal for the diet-conscious – just check out our chart. Not only that but salmon is a good source of polyunsaturated omega-3 fatty acids which medical research indicates may reduce the risk of heart disease.



	100g 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	1,220	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

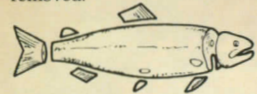
Sources: "Nutrient Value of some Common Foods", revised 1988, Health and Welfare, Canada. "Nutritional Analysis of British Columbia Fresh/Frozen and Cooked Salmon", 1988, University of BC.

SALMON CUTS

One lb. (500g) 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.

CHOOSING, COOKING AND STORING SALMON

Fresh salmon is easy to recognize. Here's what to look for:

The eyes should appear bright and clear, almost alive! The gills should be reddish and the skin moist, with tight, shiny scales.

Fresh salmon flesh will give slightly when you press it with a finger, then spring back into shape.

Fresh salmon never smells fishy, it smells...fresh.

When you get home from the market, unwrap your

fresh salmon, wipe it gently with a damp cloth, then tightly wrap in plastic or foil and store in the bottom of your refrigerator. Enjoy it within two days.

Choosing salmon steaks or fillets? Look for moist, translucent (never dried-out) flesh.

Cooking salmon is a snap when you know the basic rules. First measure the thickest part of the salmon (and its stuffing, if included). For each inch (2.5 cm) cook over high heat for ten minutes

if fresh or fully thawed, 10 to 12 minutes if partly thawed, 20 minutes if frozen. If foil wrapped or in sauce, add 5 minutes to the total. If microwaving, see your manual. Easier still, use the "feel" method: when done, cooked salmon pierces or parts easily when pressed with a fork.

Storing salmon is easy. Place the fish on a platter or pan with a double layer of paper towel underneath. Put two or three slices of lemon on the top of the fish, then dampen a tea towel with tap

water and lay over top. Wrap the fish and tray with plastic wrap and store on the bottom shelf of the refrigerator. Salmon will store well this way for up to two days.

Put some away! Well-wrapped salmon will freeze for up to two months in a refrigerator's freezer and three to four months in a deep freeze. Using lined freezer paper, wrap tightly with at least two layers of paper from head to tail. To thaw slowly, unwrap, place in pan, cover and leave for 24 hours in the refrigerator. To thaw faster, place the

whole fish in a sink with cold running water allowing about 1/2 hour thawing time per pound. Even faster: use the defrost cycle of your microwave allowing 2 to 5 minutes per pound with equal standing time in between zaps.

But the easiest way is to buy canned salmon, good year-round. Fresh caught, sealed in cans, then cooked for perfect flavour and always ready to eat.





UMBERTO'S "SALMONE FRESCO MARINATO"

2-1 lb	salmon fillets, fresh, skin on	2-500 g
2 Tbsp	coarse salt	30 mL
1 Tbsp	white peppercorns, crushed	15 mL
2 Tbsp	sugar	30 mL
1 Tbsp	gin	15 mL
2 Tbsp	olive oil	30 mL
1 bunch	fresh dill	1 bunch
	garnish: lemon wedges and dill sprigs	

*This dish is cured rather than cooked so use top-quality ingredients. In any cured or raw salmon dish, fresh wild salmon should first be frozen for 48 hours then thawed; alternatively purchase previously frozen wild salmon.

1. Rinse salmon fillets with cold water and pat dry with paper towel. 2. Mix the salt, peppercorns and sugar in a bowl. Rub this mixture into the salmon. Then rub the salmon fillets with the gin and olive oil. 3. Line a cookie sheet with a large piece of tin foil. Place one fillet skin side down on foil and cover top with fresh dill. Place the other fillet on top of the first, flesh side down. Top with another sheet of foil. Fold up foil to enclose salmon tightly. Place another cookie sheet on top of salmon and weigh it down with several large cans of tomatoes or other weights (10 lbs). Refrigerate for 48 hours, turning foil package every 8-12 hours. 4. Remove from refrigerator, remove weights, place fillets skin side down on cutting board and slice very thinly on the bias. Garnish with lemon and dill. Leftover salmon may be kept refrigerated for up to 5 days.

Preparation time: 20 minutes plus turning time. Marinating time: 2 days. Serves 8-10.

Recipe adapted from *Umberto's Kitchen* © 1995 by Umberto Menghi, published by Douglas & McIntyre.

UMBERTO MENGHI
 Born in Florence and formally trained in the restaurants of Rome, Paris and London, Umberto came to Canada to work at EXPO '67 in Montreal. From a standing start, he has opened eight restaurants in Vancouver and Whistler and the latest Villa Delia Cooking School in Tuscany which is a hotel and a cooking school. Try his marinated salmon. You'll be delighted!



BROILED SALMON WITH BLACK BEAN SAUCE

2 Tbsp	spicy black bean paste*	30 mL
2 Tbsp	grated fresh ginger	30 mL
2	garlic cloves, minced	2
2 tsp	olive oil	10 mL
1/2 cup	red wine	125 mL
1 tsp	butter	5 mL
	salt and freshly ground pepper, to taste	
6	salmon steaks, 1" (2.5 cm) thick	6

1. In a small saucepan whisk together the bean paste, ginger, garlic, olive oil and wine, bring to a boil, lower heat and simmer for 5 minutes, reserve. 2. Butter a broil pan, season both sides of salmon with salt and pepper and place on pan. 3. Brush steaks with reserved bean sauce and broil for 5 minutes brushing with more sauce frequently. Turn salmon steaks over and repeat process, broiling salmon for another 5 minutes or until salmon flakes easily when pressed with a fork.

Preparation time: 10 minutes. Cooking time: 10 minutes. Serves 6.

* Available at Asian markets and the Oriental food sections of large supermarkets.

HELEN FIAMENGO

Helen and her fisherman husband love to create new recipes and to make the best of old favourites. Why not? They are both avid winemakers, starting with fresh grapes, hand-pressed and bottled for the pleasure of themselves and friends. Try her salmon steak recipe. Imagine their wine. Wonderful!



LEMON GRASS & APRICOT STUFFED BBQ SALMON

1/4 cup	unsalted butter, softened	50 mL
2 Tbsp	finely chopped fresh lemon grass (inner stalks)*	30 mL
1 Tbsp	fresh lemon juice	15 mL
	salt and freshly ground pepper, to taste	

1. Beat all ingredients together until well blended. 2. Spoon butter onto a sheet of waxed paper and roll to 1" (2.5 cm) in diameter. Twist the ends closed and refrigerate until firm, about 1 hour.

2 Tbsp	butter	30 mL
1	small onion, finely chopped	1
1	garlic clove, minced	1
1/4 cup	finely chopped mushrooms	50 mL
2 Tbsp	finely chopped fresh lemon grass (inner stalks)*	30 mL
1/4 cup	chopped dried apricots	50 mL
1 cup	cooked rice, preferably basmati	250 mL
1/4 tsp	cayenne powder	1 mL
	salt and freshly ground pepper, to taste	

3-4 lbs	whole salmon , dressed	1.5-2 kg
1 Tbsp	olive oil	15 mL

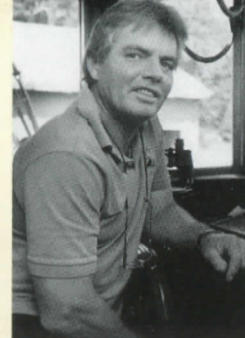
1. Sauté the onion and garlic in the butter for 2-3 minutes, add mushrooms, cook another 5 minutes. Add lemon grass, apricots, rice, cayenne, salt and pepper to the mushroom mixture. Stir and cook another minute. Remove from heat and cool. 2. Stuff the salmon and close with skewers. Place the salmon in a barbecue fish holder or wrap in chicken wire (or aluminum foil). Brush salmon with olive oil. 3. Place the salmon on hot grill, cover and cook for 12-15 minutes, turn fish over and cook covered for another 10-15 minutes or until flesh is opaque and just beginning to flake. Remove and let stand for 5 minutes. 4. Top each serving with butter mix cut into "coins". Preparation time: 20 minutes. Cooking time: 30 minutes. Serves 6-8.

* Available fresh or dried (use half the amount) in Asian markets or the Oriental food section of large supermarkets.

HONEY LIME BBQ KEBOBS

3 lbs	salmon fillet , skin on, cut into 1" (2.5 cm) chunks	1.5 kg
1	green bell pepper, cut into 1" (2.5 cm) squares	1
1	red onion, cut into 1" (2.5 cm) squares	1
2 cups	halved mushrooms	500 mL
1	lime, juice and zest	1
1/2 cup	light soy sauce	125 mL
1/4 cup	creamed honey	50 mL
2	garlic cloves, minced	2
	salt and freshly ground pepper, to taste	
12-16	long bamboo skewers, soaked in water	12-16
2	limes, juice	2
1/4 cup	creamed honey	50 mL

1. Place salmon and vegetables into a large flat dish. In a small bowl whisk together the lime juice and zest, soy sauce, honey and garlic until honey is dissolved; pour over salmon and vegetables. Season with salt and pepper, toss everything gently together, cover and refrigerate for 6 hours. 2. Preheat barbecue to medium-high and oil the grill. Alternate the marinated salmon and vegetables onto the soaked skewers. 3. In a small bowl, whisk together the lime juice and honey. 4. Place skewers on hot grill and cook 10 minutes basting often with honey mixture, and turning once. Preparation time: 20 minutes (plus 6 hours marinating). Cooking time: 10 minutes. Serves 6-8.



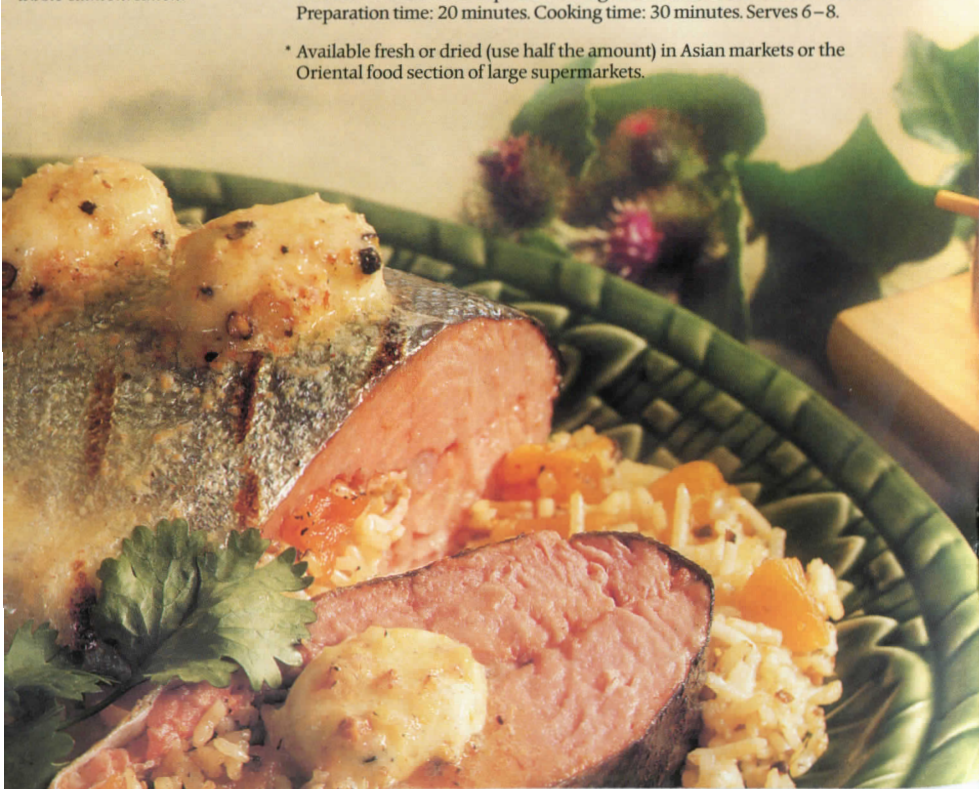
HARVEY GIFFORD

Harvey lives the free life of the troller, often out fishing the Pacific salmon for three weeks at a time on his 47-foot Pacific Princess, a state-of-the-art flash-freezer vessel. Never relaxing indoors, he works on his boat, his new house or goes bunting. You can eat as well as his crew and friends: try his honey-lime kebobs and see.



ERIC POWELL

Eric is a native of BC and an ordained Anglican priest: his life was immortalized in the book, "I Heard The Owl Call My Name." Eric is also an honorary chief of a coastal native band and currently lives near Qualicum Beach where he perfected this heavenly recipe for barbecued whole salmon. Amen.





YOO-SAH or SOCKEYE MULLIGAN STEW

3	medium potatoes, peeled and cubed 1" (2.5 cm)	3
4 cups	cold water	1 litre
1/2 tsp	salt	2 mL
1 cup	sliced carrots	250 mL
1 cup	chopped red onion	250 mL
1 1/2 lbs	sockeye fillet , skinned and cubed 1" (2.5 cm)	750 g
1 cup	snow peas, trimmed	250 mL
1/2 cup	chopped dried seaweed*	125 mL
1/4 cup	chopped fresh cilantro*	50 mL
	salt and freshly ground pepper, to taste	

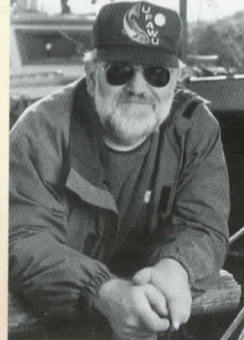
1. Place potatoes, water and salt in a large pot with a tight cover, bring to a boil over high heat. Boil potatoes for 5 minutes. 2. Add carrots and onions, reduce heat and simmer partially covered for another 10 minutes until potatoes are just tender. 3. Add salmon cubes, stir gently, scatter snow peas on top, cover and cook 5 minutes. Gently stir in seaweed and cilantro. Add salt and pepper to taste, serve.

Preparation time: 20 minutes. Cooking time: 25 minutes. Serves 4.

* Available at Asian markets or the Oriental food section of most large supermarkets.

FLORA SEWID (1911–1996)

Born on an island in the Nimpkish river, Flora saw her father, one of the first Native Indian seine boat owners, head to sea many times during the river's legendary salmon runs. Today many of Flora's grandchildren fish the coast of BC. Her family is happy to share this recipe with us and we are pleased to present this tribute to one of the great ladies of the coast.



BAKED SALMON STEAKS WITH GINGER RATATOUILLE

1 Tbsp	olive oil	15 mL
1	small onion, sliced thinly	1
2	garlic cloves, minced	2
2 Tbsp	finely chopped fresh ginger	30 mL
1/2 cup each	diced eggplant, zucchini and red pepper	125 mL each
1	large tomato, seeded and diced	1
	salt and freshly ground pepper, to taste	
1 tsp	butter	5 mL
4	salmon steaks , about 1" (2.5 cm) thick	4
2 tsp	fresh lemon juice	10 mL
2 Tbsp	chopped fresh parsley	30 mL

1. Preheat oven to 350°F (180°C). 2. In a large skillet heat oil over medium-high heat; add onion, garlic and ginger, and cook, stirring, until onions are soft. Add the eggplant, zucchini and peppers, lower heat and cook gently for another 7–8 minutes until vegetables are just tender; stir in tomatoes, season with salt and pepper, set aside. 3. Butter a shallow baking dish and place salmon steaks so they are not touching, pour lemon juice over salmon. Spoon reserved ratatouille over and around the salmon steaks; cover dish tightly with foil. 4. Bake for 20 minutes or until salmon flakes easily when pressed with a fork. Garnish with parsley.

Preparation time: 15 minutes. Cooking time: 35 minutes. Serves 4.

JOE BAUER

A fisherman and marine biologist, Joe has spent 42 years as a gillnetter and sbrimp trawler because for him it's the best lifestyle imaginable! For a change in his life, Joe once went fishing in Belize, Central America for five years. For a change in your menu: try Joe's baked salmon steaks.





CURRIED SALMON ON DILLED FETTUCINE

1/2 cup	white wine	125 mL
1 Tbsp	butter	15 mL
	salt and freshly ground pepper, to taste	
1 1/2 lbs	salmon fillet, skinned and cut in 4 pieces	750 g
1 cup each	finely chopped onions and sliced mushrooms	250 mL each
1 tsp each	curry powder and flour	5 mL each
2 cups	light cream	500 mL

1. In a skillet bring wine, butter and seasonings to a boil, add salmon, cover and poach for 3 minutes. Turn salmon, cover and cook another 2 minutes. Remove salmon to a plate, cover with foil and reserve. 2. Stir onions and mushrooms into the poaching liquid and cook over medium-high heat for 5–6 minutes. 3. Sprinkle curry powder and flour over mushroom mixture, and cook stirring for 1 minute. Slowly stir in cream, gently bring to a low boil and let thicken for 2–3 minutes. Cover and reserve. 4. When pasta is ready put the reserved salmon and any juices back into the curry sauce to reheat.

1 lb	fresh spinach fettucine	500 g
1/4 cup	butter	50 mL
2 Tbsp	chopped fresh dill	30 mL
2 Tbsp	fresh lemon juice	30 mL

1. In a large pot of boiling salted water cook the pasta for 2–3 minutes. 2. Heat the butter in a small skillet over high heat until butter turns nut brown, remove from heat and add dill and lemon juice. 3. Drain pasta, toss with dill butter. Serve on heated plates with salmon and sauce spooned on top. Preparation time: 10 minutes. Cooking time: 25 minutes. Serves 4.

PAULA CONFORTIN

Paula's interest in fish is full-time. An avid outdoors person, camper and fly fisher, she is an 18-year employee in the fish-processing industry and is the vice-chair of the BC Salmon Marketing Council. Her poached salmon is to die for.



ROASTED SALMON MEDITERRANEAN

4 6–8 oz.	salmon fillets, centre-cut, skin on	4 175 g–225 g
1 Tbsp	olive oil	15 mL
1 Tbsp	fresh lemon juice	15 mL
1 Tbsp	chopped fresh rosemary	15 mL
	freshly ground pepper, to taste	
1 tsp	olive oil	5 mL
	salt, to taste	

1. Pat salmon dry with paper towel. Whisk together the oil, lemon juice, rosemary and pepper. Rub onto salmon, covering all sides, place on a plate, cover loosely and allow to marinate refrigerated for 1 hour. 2. Preheat oven to 425 F (220 C). If your non-stick skillet does not have an oven-proof handle double-wrap it in aluminum foil. 3. Brush skillet with olive oil and preheat on stove top. 4. Remove salmon from fridge and season with salt. 5. Place salmon flesh-side down in very hot pan to sear for 1 minute. Turn salmon. Immediately place hot pan with salmon into the hot oven and roast for 8 minutes. 6. Test for doneness. Salmon should flake easily when pressed with a fork.

Preparation time: 10 minutes (plus 1 hour marinating). Cooking time: 10 minutes. Serves 4.

JANICE KARIOTAKIS

Janice owns and operates a salmon retail store in Vancouver's Granville Island Market where she sells fish caught by her fishermen family on the coast of BC. Her Greek heritage challenges her to find new recipes for ocean-caught BC salmon and contributed to the special Mediterranean-inspired recipe included here.





MINTED SALMON & ASPARAGUS STIRFRY

2 Tbsp	Asian fish sauce*	30 mL
2 Tbsp	oyster sauce*	30 mL
2 Tbsp	water	30 mL
2 tsp	brown sugar	10 mL
1	fresh red chili, seeded and minced	1
2 Tbsp	olive oil	30 mL
1 1/2 lbs	salmon fillet, skin on, cut into 4 pieces	750 g
2	garlic cloves, minced	2
1 bunch	thin asparagus, cut into 1" (2.5 cm) pieces	1 bunch
1/2 cup	chopped fresh mint	125 mL

1. In a small bowl whisk together the fish sauce, oyster sauce, water, sugar, and chili, set aside. 2. Heat the oil over medium-high heat in a wok or large skillet. Place salmon in hot oil and sprinkle with garlic, cook 1 minute, turn and cook 2 more minutes. 3. Add the cut asparagus and reserved sauce mixture, bring to a boil, cover, reduce heat to medium and simmer for 3-5 minutes until salmon just flakes and asparagus is crisp-tender. 4. Stir in mint and serve.

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

* Available at Asian markets or the Oriental food section of most large supermarkets.

KIM NGUYEN

Besides sharing recipes, Kim keeps a busy schedule: she raises four children, is an active member of the BC Vietnamese Fisherman's Association and works as a translator. Kim arrived in Canada in 1980 where she met her husband, a gillnetter. Kim's time-saving recipe is a treat any time.



SMOKED SALMON & FENNEL POTATO PIZZA

2 Tbsp	olive oil	30 mL
1	medium onion	1
2 cups	finely chopped fresh fennel bulb	500 mL
	salt and freshly ground pepper, to taste	
1/2 cup	white wine	125 mL
3	medium potatoes, peeled	3
1/2 cup	minced chives or green onion	125 mL
1 Tbsp	cornstarch	15 mL
	salt and freshly ground pepper, to taste	
2 Tbsp	olive oil	30 mL
1/2 lb	smoked salmon, sliced	250 g
2 Tbsp	minced chives or green onion	30 mL
3 Tbsp	sour cream, stirred	45 mL
	freshly ground pepper, to taste	

1. Pour oil into a hot frypan, add onions and fennel, sauté for 5 minutes. 2. Season with salt and pepper, add wine, lower heat and simmer for 10-15 minutes until vegetables are tender and liquid has evaporated. 3. While fennel is cooking, grate potatoes onto a clean tea towel, roll towel up and squeeze grated potatoes dry, transfer to a bowl. 4. Add chives, cornstarch, salt and pepper, toss well to mix. 5. Heat a large 10"-12" (25.5 cm-30 cm) frypan over medium-high heat, add oil, then the potato mixture. Using a large spatula, press potatoes down to cover bottom of pan evenly, keep pressing down and cook for 5-6 minutes; carefully flip over and continue pressing and cooking for another 5-6 minutes until crusty and golden. 6. Slide onto a platter, spread with the warm fennel, top with smoked salmon and chives, drizzle with sour cream and finish with lots of freshly ground pepper. Serve immediately.

Preparation time: 10 minutes. Cooking time: 25 minutes. Serves 4-6.

TODD HARMON

Good smoked salmon is like fine wine, says Todd: properly chosen it complements the mood of the occasion. He should know. For 15 years he has marketed his smoked salmon around the world. At home on Vancouver Island, he loves to create exciting new recipes. Todd's friends urge you to try this recipe - their favourite!

