

BC'S BEST
SALMON
RECIPES III

STARRING OCEAN-CAUGHT
BRITISH COLUMBIA SALMON



BC WILD SALMON – BRINGING IT HOME

Everyone has a favourite salmon recipe, especially in BC, the home of Pacific wild salmon. So what's cooking in the homes of BC's salmon fishing families and cooking enthusiasts? Check inside to share some of their favourite recipes in this our third mini-cookbook featuring wild BC salmon.

Delectable yet simple to prepare, these recipes reflect culinary influences as diverse as the cultural makeup of our province. BC sits at the gateway to the Pacific, and our tastes lean

more and more to the flavours of Asia. Ingredients such as fresh ginger, cilantro, chilies – once thought exotic, now commonplace – meld perfectly with the flavours and textures of wild BC salmon in a fresh fusion of flavours. The result, a new cooking tradition for a perennial favourite!

Wild BC salmon brings it all home – wonderful flavour, versatility and convenience – welcome it into your home today.

SAVOUR THE FLAVOURS OF SALMON

HERE'S THE INSIDE STORY...

While the five species of wild BC salmon share an outward resemblance, they are distinctive in flavour and vary greatly in flesh colour. Their flavours run the gamut from rich and full to light and mild. **Sockeye**, known for its deep-red, firm flesh, is the richest and most robust. By contrast, **chum** and **pink** are milder and more delicate while their flesh is lighter in colour.

Even within a species, the flesh colour can vary considerably. The firm flesh of richly flavoured **chinook**, for example, can range from ivory to deep red.

The choice is yours. Whether you prefer a robust flavour or one milder and more delicate, there's a salmon to suit your taste buds to a tee!

A BC TRADITION. Salmon fishing is the proud heritage of many generations of BC families who fully support fisheries conservation and habitat renewal to ensure the survival and continued health of our salmon resource.

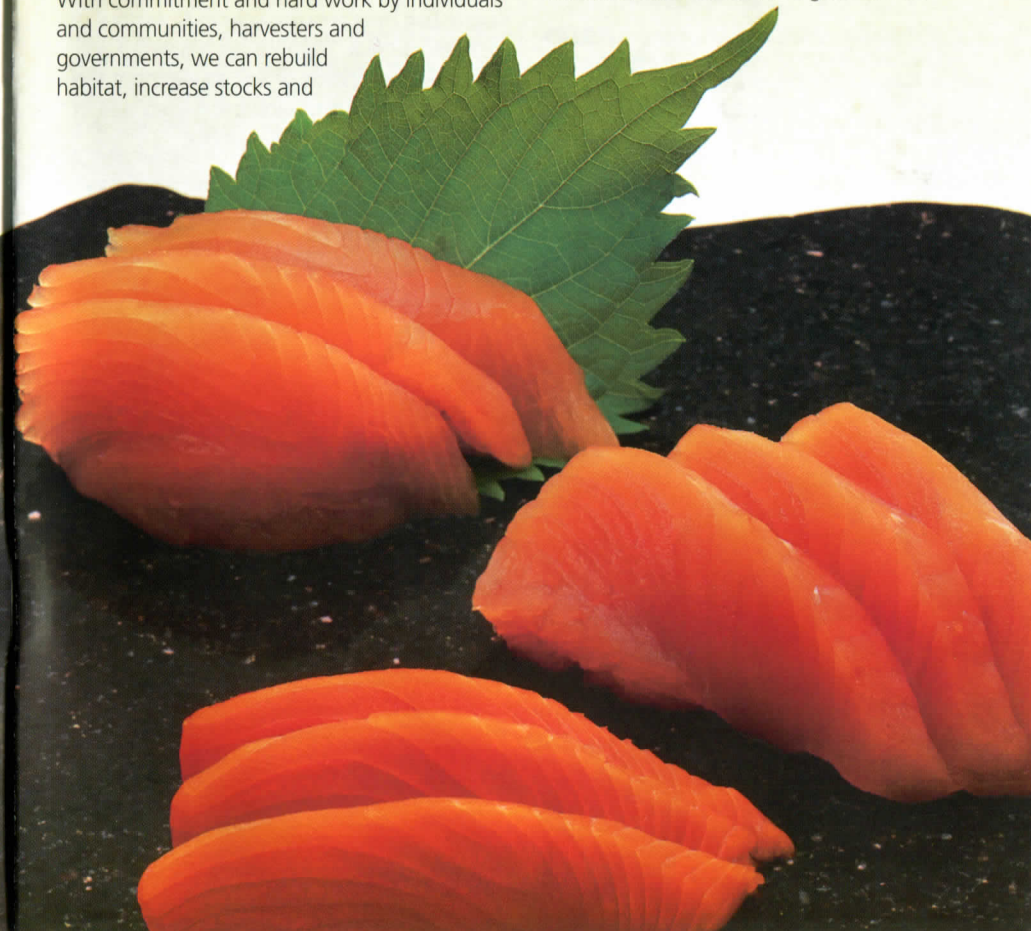
Starting in the late 1990s, the federal government introduced a new, more selective approach to fisheries management beginning a process of changes in where, when and how salmon are harvested. The commercial fleet now concentrates on sockeye, pink and chum while most coho and chinook are caught by recreational users with only small quantities sometimes available to restaurants and consumers. Fishing is strictly limited by time and area to ensure conservation goals are met and to continue the process of rebuilding stocks coastwide.

With commitment and hard work by individuals and communities, harvesters and governments, we can rebuild habitat, increase stocks and

manage the fishery to guarantee our salmon continue to "bring it home" for future generations.

NATURALLY NUTRITIOUS AND DELICIOUS

High in useable protein, low in saturated fat and cholesterol, wild salmon is ideal for the diet- and health-conscious. Not only that, but salmon is a good source of polyunsaturated omega-3 fatty acids, the "good fat" which medical research indicates may reduce the risk of heart disease. Don't forget canned salmon – it provides the same health benefits as fresh salmon plus the bonus of calcium from its bones. Softened during the canning process, these bones can be easily crushed and included undetected in many delicious salmon dishes. Did you know that a 3 oz (100 g) serving of canned salmon (including bones) contains almost as much calcium as a glass of milk?



BUYING, STORING, FREEZING AND COOKING

Buying 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, the skin moist and the scales shiny and tightly adhered.

Watch for flesh that's firm and moist without being watery. Try the touch test. 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 clean and sweet.

Save time and money by buying plenty when salmon's attractively priced. Most salmon dishes are excellent reheated so cook up a double recipe and enjoy it again the second time

around. Cold cooked salmon is wonderful in salads and sandwiches. For a quick meal, you can't beat canned salmon – fresh caught, sealed in cans, then cooked for perfect flavour – it's always ready to eat and so easy to build a meal around.

Storing salmon

When you get home from the market, unwrap your fresh salmon, rinse gently and pat dry. Put 2 or 3 slices of lemon on top of the fish and wrap tightly with cling-film. Store on the bottom shelf of the refrigerator for up to two days.

Freezing salmon

The trick to freezing fresh salmon is keeping the moisture in and the air out. For steaks and fillets, immerse in cold water in a heavy-duty freezer bag or other container (milk cartons are fine) and seal. Tightly wrap whole fish in moisture-proof plastic or foil; squeeze out the air. Properly wrapped salmon will keep well in a home freezer for 2 to 4 months.

To thaw frozen salmon 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 cool running water allowing about 30 min thawing time per lb (500 g). Or defrost in your microwave allowing 4–5 min/lb (500 g) with equal standing time between zaps.

Cooking salmon

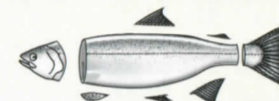
It's a snap when you know the basic rules. Salmon is fast food, cook it at a high heat for a short time. Follow the simple 10-minute rule. First measure the thickest part of the salmon (and its stuffing, if included). For each inch (2.5 cm) cook over high heat: 10 min if fresh or fully thawed; 10 to 12 min if partly thawed; 20 min if solidly frozen. If foil wrapped or in sauce, add 5 min to the total cooking time. If microwaving, see your manual.

The secret is do not overcook! Before the timer goes, use the touch test. Press salmon with a fork at its thickest part. It's cooked when it separates into moist sections when prodded and its flesh is opaque. Adjust cooking time accordingly. Perfectly cooked salmon is moist – not dried out!

SALMON CUTS



DRESSED Gills and guts removed. Allow 12 oz (350 g) per person.



PAN-DRESSED Head, tail, fins and scales removed. Ready to cook. Allow 6–8 oz (175–250 g) per person.



STEAKS Cross-section slices of salmon. Ready to cook. Allow 6–8 oz (175–250 g) per person.



FILLETS Pieces cut from the sides, usually boneless and often skinless. Ready to cook or to cut into cubes or slices. Allow 6 oz (175 g) per person.



PIECES OR CHUNKS Salmon centre section. Ready to cook. Allow 6–8 oz (175–250 g) per person.





MARKET SAUTÉ OF SALMON

1½ lbs	salmon fillet, skinned and cubed 1" (2.5 cm)	750 g
⅓ cup	sundried tomatoes in oil, slivered	75 mL
1 Tbsp	oil from sundried tomatoes	15 mL
2	garlic cloves, minced	2
1 cup	sliced mushrooms	250 mL
½	bunch asparagus, cut into 1" (2.5 cm) pieces	½
½ cup	sliced green onion	125 mL
¼ cup	chopped parsley	50 mL
6 cups	Salt and freshly ground pepper, to taste	
	cooked penne pasta	1.5 L

1. Heat a large non-stick skillet over medium-high heat; add sundried tomatoes, oil and garlic, and sauté for 1 minute. Add the mushrooms and asparagus and cook, stirring often, for 2–3 minutes. 2. Add salmon and green onions; sauté another 5–7 minutes. 3. Stir in parsley and add salt and pepper to taste. Serve over hot pasta.

Preparation time: 15 minutes. Cooking time: 15 minutes (including pasta). Serves 4 to 6.

THE MOOREHEADS

Former salmon fisherman, Jim Moorehead, and his sons, Dave and Scott, own and operate a retail salmon store in Vancouver's Granville Island Market. Originally a sideline to fishing, their store now supports the fishing industry—buying from fishing families and educating the public about salmon. They suggest this market medley for a healthy, quick meal solution.



MAHOGANY GLAZED SALMON

6–6 oz	salmon fillets, skin on	6–175 g
1	can (10 fl oz/284 mL) chicken broth, undiluted	1
½ cup	soy sauce	125 mL
⅓ cup	packed brown sugar	75 mL
1 Tbsp	grated fresh ginger	15 mL
1 Tbsp	cornstarch	15 mL
1	orange, juice and zest only	1

1. In a small saucepan whisk together chicken broth, soy sauce, brown sugar, ginger, cornstarch, orange juice and zest. 2. Bring to a boil over medium heat and cook 5 minutes, stirring often. Pour glaze into a 9 x 13 inch (22 x 34 cm) pyrex pan and let cool 20 minutes. 3. Place fillets skin side up in glaze, cover and refrigerate 1–8 hours. 4. Preheat barbecue to medium-high and oil the grill. Remove fillets from glaze and place on grill skin side up. Sear salmon for 2 minutes, turn over, cover and cook another 7–10 min until salmon just flakes when pressed with a fork. Alternatively, place salmon on grill skin side down and cook, covered, for 10–12 minutes. Be careful as glaze burns easily. 5. Pour remaining glaze into a small saucepan and boil 1 minute over medium-high heat. Serve salmon with the hot glaze.

Preparation time: 30 minutes (plus 1–8 hours refrigeration). Cooking time: 15 minutes. Serves 6.

CHARLOTTE DIAMOND

Charlotte, an award-winning recording artist, found inspiration for her song writing during idyllic fishing expeditions with her husband Harry and their two sons on their gillnetter "Papillon." Her songs "Earth, Water, Air and Fire" and "Listen to the Water" teach children the importance of marine life and ecological interdependence. Charlotte's family urges you to try this recipe—their favourite!





HONEY MUSTARD BASIL SALMON

4	salmon steaks, about 1" (2.5 cm) thick	4
2 Tbsp	olive oil	25 mL
2 Tbsp	lemon juice	25 mL
1 Tbsp	honey dijon mustard (or 1 Tbsp/15 mL dijon mustard mixed with 1 tsp/5 mL honey)	15 mL
2	garlic cloves, minced	2
¼ cup	chopped fresh basil	50 mL
	Salt and freshly ground pepper to taste	

1. Place salmon steaks in shallow baking dish. In a small bowl, mix together olive oil, lemon juice, mustard and garlic. Stir in basil. Season with salt and pepper to taste. Spread mixture over steaks. Place on a plate, cover loosely and allow to marinate refrigerated for 1 hour. 2. Bake at 375°F (190°C) for 12 minutes or until salmon just flakes when pressed with a fork.

Preparation time: 5 minutes (plus 1 hour refrigeration).

Cooking time: 15 minutes. Serves 4.

ELNA MACDONALD

Elna's interest in fishing is a family affair! Her fisherman father-in-law built the 42' troller that Elna and her husband, Neil Davies, operate. Neil's two brothers and their families are fishermen as well. When the Davies clan are not fishing, they are busy with salmon enhancement programs. And when they take time out from their hectic life for a family get-together, Elna often prepares this, one of her favourite time-saving recipes!



THAI-STYLE SALMON IN RED CURRY

1½ lbs	salmon fillet, skin on, cut on the bias into ½" (1.25 cm) thick slices	750 g
1 Tbsp	vegetable oil	15 mL
1 Tbsp	chopped shallots or onions	15 mL
1	Japanese eggplant, halved lengthwise, then cut into ½" (1.25 cm) slices	1
2 Tbsp	red curry paste*	25 mL
2 tsp	minced fresh ginger	10 mL
1	can (13.5 fl oz/400 mL) coconut milk*	1
2 Tbsp	fish sauce (<i>nam pla</i>)* or to taste	25 mL
1 Tbsp	sugar, or to taste	15 mL
1	red or yellow sweet pepper, julienned	1
4	kaffir lime leaves* very thinly sliced	4
8-10	Thai basil leaves* coarsely chopped	8-10

STEPHEN WONG

If Stephen is not away on an Asian trade mission to help Canada promote its food exports, he might be demonstrating recipes from one of his three cookbooks or writing an article on lemon grass for national publication. Stephen's passion is fusion cooking, so for a taste of "East meets West" try his Thai-Style Salmon in Red Curry!

1. Heat a large heavy skillet or wok over medium-high heat until hot. Add oil, shallots and eggplant and stir-fry until golden, about 2 minutes. Remove and set aside. 2. Add curry paste, ginger and coconut milk to skillet, stir and bring to a boil for 1 minute. Season with fish sauce and sugar. 3. Reduce heat to medium, add peppers, cover and simmer for 2 minutes or until peppers are tender. 4. Add salmon and cook for 3 to 4 minutes or until salmon just flakes when pressed with a fork. Be careful not to over-cook. Add kaffir lime leaves and Thai basil and gently stir to mix well. Serve immediately with steamed rice or cooked rice noodles. Preparation time: 20 minutes. Cooking time: 10 minutes. Serves 4 to 6.

*Available at Asian markets or the specialty food section of most large supermarkets. Substitute zest of a lime for kaffir lime leaves if necessary.





BARBARA-JO McINTOSH

With over 20 years' experience in the food and hospitality industry, Barbara-jo owned a popular Vancouver eatery before opening "Barbara-Jo's Books to Cooks," in Vancouver's fashionable Yaletown district. This recipe, from her hugely successful cookbook, "Tin Fish Gourmet," is a delicious adaptation of an entree served when she worked for restaurateur Umberto Menghi years ago.

BRAISED SALMON AND FENNEL

- | | | |
|--------|--|-------|
| 1 | can (7.5 oz./213 g) salmon, drained | 1 |
| 1 Tbsp | butter | 15 mL |
| 1½ tsp | olive oil | 7 mL |
| 1 | garlic clove, sliced | 1 |
| 1 | small bulb fennel, sliced (reserve fronds for garnish) | 1 |
| 1 | small red pepper, cut into chunks | 1 |
| 4 | small tomatoes, cut into quarters | 4 |
| 2 | green onions, sliced | 2 |
| 30 | spinach leaves | 30 |
| | Salt and freshly ground black pepper, to taste | |

1. Melt butter and olive oil together in a saucepan over medium heat. Put sliced garlic and fennel in the pan. Soften for ½ minute.
2. Add red pepper and tomatoes. Cover, lower heat and simmer for 10 minutes.
3. Remove from heat. Add green onions, spinach and chunks of salmon.
4. Put back on element, cover and heat thoroughly for about 1 to 2 minutes. Add salt and pepper to taste.

Preparation time: 15 minutes. Cooking time: 15 minutes. Serves 2 to 3.



ROGER ARNET

A salmon seiner since he was 15, Roger is part of a new breed of commercial fishermen who create and market value-added salmon products. In less than two years, Roger has successfully marketed his family's holiday favourite – pickled salmon – to supermarkets, specialty food shops and at gift shows. Roger's pickled salmon is a big hit and so is his Chili Grilled Salmon recipe!

CHILI GRILLED SALMON WITH MANGO SALSA

- | | | |
|--------|---|-------|
| 1½ lbs | salmon fillet, skin on | 750 g |
| 2 Tbsp | chili oil (or substitute 2 Tbsp olive oil plus hot pepper sauce to taste) | 25 mL |
| 2 Tbsp | lime juice | 25 mL |
| 2 Tbsp | finely chopped cilantro | 25 mL |
| 1 Tbsp | grated fresh ginger | 15 mL |
| 2 | garlic cloves, minced | 2 |

1. Preheat barbecue to medium–high, oil the grill.
2. Mix together all ingredients except salmon in a small bowl.
3. Reserve 1 Tbsp (15 mL) of this mixture to season the salsa (see below). Smear remaining mixture over the flesh side of the salmon.
4. Sear salmon, flesh side down for 3 minutes, turn over, cover grill and cook another 7–10 min until salmon just flakes when pressed with a fork. Alternatively, place salmon on grill skin side down and cook, covered, for 10–12 minutes.

Preparation time: 5 minutes.
Cooking time: approx. 10 minutes.
Serves 4.

Fresh Mango Salsa:
Combine just before serving:
1 tomato, diced; 1 mango, peeled and diced; ¼ cup (50 mL) chopped green onion; 2 Tbsp (25 mL) chopped cilantro; 1 Tbsp (15 mL) reserved chili oil mixture (see above); salt and freshly ground pepper to taste.





SMOKED SALMON WRAPS

Wraps:			
1	package (7 oz./200 g) smoked salmon, pre-sliced	1	
1/3 cup	cream cheese	75 mL	
2 tsp	minced fresh ginger	10 mL	
1 tsp	minced lemon zest	5 mL	
1	green onion, minced	1	
1	garlic clove, minced	1	
	Dash hot pepper sauce		
	Salt and freshly ground pepper, to taste		
4	8" (20 cm) flour tortillas		
8	whole butter lettuce leaves, washed	8	

Salad:			
3 Tbsp	rice wine vinegar	50 mL	
3 Tbsp	vegetable oil	50 mL	
2 tsp	honey	10 mL	
1 tsp	wasabi or mustard powder	5 mL	
	Salt and freshly ground pepper, to taste		
8 cups	salad greens, washed and chilled	2 L	

1. In a small bowl, combine the cream cheese, ginger, lemon zest, green onion, garlic and hot pepper sauce. Add salt and pepper to taste. **2.** Spread each tortilla evenly with 1/4 of the cream cheese mixture, cover each with 2 lettuce leaves then 1/4 of the smoked salmon slices. Roll up tightly and place on a plate seam-side down. Cover and chill for 1 hour. **3.** Whisk together rice wine vinegar, vegetable oil, honey and wasabi. Add salt and pepper to taste. Just before serving, toss salad greens with dressing and divide among 4 plates. **4.** Trim ends of each wrap and slice diagonally into 8 pieces. Arrange wrap sections around outside edge of salads and serve.

Preparation time: 20 minutes (plus hour for chilling). Serves 4.

HEIDI REYNOLDS

Heidi and her husband Adrian own and operate a smokehouse and retail store on Granville Island in Vancouver where tourists and locals flock to buy freshly smoked salmon. Having enjoyed salmon specialties for many years in Europe, Heidi and Adrian jumped at the chance to combine their entrepreneurial instincts with their passion for salmon and bought a smokehouse upon their arrival in Canada in 1966. Try Heidi's recipe for smoked salmon with a modern twist!



ROASTED SPICY SALMON

3-4 lbs	whole salmon, dressed	1.5-2 kg	
1	bunch cilantro, chopped	1	
1/4 cup	chopped parsley	50 mL	
2 Tbsp	chopped mint leaves	25 mL	
2	jalapeno peppers, seeds removed	2	
1 Tbsp	minced fresh ginger	15 mL	
2	garlic cloves, chopped	2	
2 Tbsp	fresh lemon juice	25 mL	
2 Tbsp	vegetable oil	25 mL	
2 tsp	cumin seeds, toasted	10 mL	
1 tsp	salt	5 mL	
1/2 cup	diced tomato	125 mL	

GORDIE JOHNSON

A gillnetter since he was 16, Gordie loves the independent and flexible lifestyle of commercial fishing. When not fishing for salmon, herring or halibut, he is diversifying his business by developing and marketing value-added products such as smoked salmon wrapped in bacon. Diversify your menu with Gordie's delicious recipe for Roasted Spicy Salmon!

1. Cut diagonal slashes about 4" (10 cm) long, 1 1/2" (4 cm) apart and 1/2" (1 cm) deep on each side of salmon. **2.** In bowl of food processor place cilantro, parsley, mint, peppers, ginger, garlic, lemon juice, vegetable oil, cumin and salt; pulse to make paste. Transfer to a small bowl and fold in tomato. **3.** Stuff spice mixture into slits and belly cavity of the fish. Cover and refrigerate 1-4 hours. **4.** Preheat oven to 425°F (220°C). Transfer salmon to a lightly oiled roasting pan. For cooking time, measure the thickest part of the salmon and allow 10 minutes per inch (2.5 cm) of thickness. Or cook until fish flakes easily along both sides of backbone at thickest point when tested with a fork.

Preparation time: 15 minutes (plus 1-4 hours refrigeration). Cooking time: approx. 40 minutes. Serves 6.





SALMON WITH CRAB SAUCE

1½ lbs	salmon fillet, skin on, cut into 4 pieces	750 g
2 tsp	lemon pepper, divided	10 mL
2 Tbsp	butter	25 mL
2 Tbsp	flour	25 mL
2 cups	homogenized milk	500 mL
4 oz	light cream cheese, cubed	125 g
1	lemon, juice and zest only	1
1	green onion, thinly sliced	1
1	can (4½ fl.oz./128 mL) crabmeat or ¼ lb fresh crab meat	1

- Season salmon with 1 tsp (5 mL) of the lemon pepper, set aside.
- Melt butter in a saucepan over medium–low heat. Stir in the flour and let cook, bubbling gently, for 1 minute. Gradually whisk in milk and add remaining 1 tsp (5 mL) lemon pepper. Cook, stirring often, until sauce has thickened, about 12 minutes.
- Remove sauce from heat. Whisk in cream cheese until melted. Stir in lemon juice, zest, green onions and crab (with juices if using tinned).
- Keep sauce warm over very low heat, stirring occasionally.
- Broil or pan-fry seasoned salmon for 3–5 minutes per side until salmon just flakes when pressed with a fork. Or, to barbecue, place salmon skin side down on an oiled grill and cook, covered, for 10 minutes or until salmon just flakes when pressed with a fork. Top with crab sauce.

Preparation time: 5 minutes. Cooking time: 30 minutes. Serves 4.

CHRISTINE HUNT

Christine, a member of the Kwakiutl First Nation and third generation fisherman, keeps a busy schedule. She is the mother of three, a special advisor to the BC Fisheries Minister and serves on many other fishing industry boards and panels. For a change of pace, Christine's favourite pastime is getting out on her seine boat. Her recipe is a delicious salute to seafood!



STEAMED SALMON ASIAN STYLE

4–6 oz	salmon fillets, preferably centre cut, skin on	4–175 g
2 Tbsp	soy sauce	25 mL
2 Tbsp	water	25 mL
2 tsp	sesame oil	10 mL
1	garlic clove, minced	1
1 tsp	minced fresh ginger	5 mL
2 tsp	sugar	10 mL
	Dash hot pepper sauce	
2	bunches spinach, washed and stemmed	2

- In a small bowl combine soy sauce, water, sesame oil, garlic, ginger, sugar and hot sauce; set aside.
- Place salmon fillets on an oiled rack skin side down over 1–2 inches (2.5–5 cm) of rapidly boiling water. Cover with a tight-fitting lid and steam for 8–10 minutes while keeping water at a constant boil. Remove cooked fillets to a platter, keep warm.
- Steam spinach for 2–3 minutes and drain off excessive liquid, if necessary.
- Arrange spinach on individual warmed plates, top each with a piece of salmon and a little of the reserved sauce. Serve with any extra sauce and rice or noodles.

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

TINA O'CONNOR

Fishing is a dominant theme in Tina's family history—from her great-grandfather, who opened a shipyard to build fishing boats, to her grandfather and father who both fished and worked for packing companies. Tina continued the family tradition, starting her career as a deckhand on her dad's boat then continuing to work in the industry for over 15 years. Her quick and easy recipe's a sure-fire taste treat!

