



main course

The secret to successful salmon cookery is Do Not Overcook! Whichever cooking methods you choose, your salmon will be cooked to perfection when the flesh becomes opaque, flakes readily, and is easily pierced with a fork. Storing salmon is easy. Place the fish on a platter or pan with a double layer of paper towels 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 with cling-wrap and store on the bottom shelf of the refrigerator. Salmon will store well this way for up to two days.

Cedar Plank Salmon

SERVES 4

1-1/2 lb	salmon fillet	680 g
1/4 cup	olive oil	60 mL
1	lemon or orange juice and zest	1
1 tbsp	fresh basil chopped	15 mL
1/2 tsp	salt	2 mL
1 tsp	fresh 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 450°F (230°C) heated oven for 5 to 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.

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.

SERVES 2

1 lb	salmon fillet	454 g
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MARINADE

3/4 cup	bourbon	175 mL
2 tbsp	honey	30 mL
1/2 tsp	ginger minced	2 mL
1/2 cup	brown sugar	125 mL
2 tsp	soy sauce	10 mL
	pepper to taste	

Honey Bourbon Salmon

Combine marinade ingredients and pour over salmon; marinate for 1 hour.

Preheat then oil grill rack. Grill salmon for 2–3 minutes on each side.

SERVES 4

8 oz	smoked salmon sliced	250 g
1/4 cup	black olives chopped	60 mL
2 tbsp	olive oil	30 mL
1	small onion chopped	1
1 cup	cream	250 mL
	fresh basil leaves	
1 tbsp	brandy	15 mL
8 oz	pasta	250 g

Creamy Royal Tasmanian Smoked Salmon & Pasta

Heat oil and sauté onion until soft. Add olives to pan with cream and brandy. Bring to boil and cook until thickened slightly. Chop basil and stir into cream. Cut smoked salmon slices into strips and fold into cream. Cook pasta and drain. Pour sauce over the top of pasta and serve.

Cedar Plank Salmon



Gold Medal Grilled Tequila Salmon

SERVES 6–8

2 lbs	salmon fillets	908 g
2 tbsp	butter	30 mL
1	lime zest and slices for garnish	1

LIME TEQUILA MARINADE

1/2 cup	olive oil	125 mL
6 tbsp	lime juice	90 mL
6 tbsp	Tequila	90 mL
2	jalapeño peppers minced	2
2 tbsp	lime zest	30 mL
1 tsp	chili powder	5 mL
2 tsp	sugar	10 mL
1 tsp	coarse salt	5 mL

Mix marinade ingredients in bowl; let stand 15 minutes or longer. Marinate salmon in mixture for 1 to 2 hours in refrigerator.

Drain marinade and set aside. Place salmon steaks, skin side down, on a large piece of greased foil. Place over low heat on barbecue, with lid closed for 10 minutes. Brush generously with marinade. Close lid again and turn heat to medium. Grill about 8 minutes longer. Do not overcook.

Meanwhile, boil remaining marinade in heavy saucepan about 5 minutes. Whisk in butter. Drizzle over grilled salmon. Garnish with lime zest and lime slices.

Crystal Palace Poached Salmon

SERVES 1

1	salmon fillet	1
1	orange	1
2 tbsp	olive oil	30 mL
	crushed black pepper	
	dash of ginger powder	
	fresh parsley, to taste	
1/2 cup	fish stock	125 mL
1/2 cup	white cooking wine	125 mL
1	garlic clove finely chopped	1
2 tbsp	butter	30 mL

Cut 2 slices of orange and squeeze the rest of the orange on top of the fish. Add olive oil, crushed pepper and ginger powder. Let the fish marinate for 15 minutes. While the fish is marinating, turn on a burner to medium heat and put 1/2 cup (125 mL) of fish stock in a pan and add wine. Bring the mixture to a boil. Reduce the heat to a simmer. Add the marinated fish and put the 2 orange slices on top of the fish. Cover pan with a lid. Simmer until the fish is done. Remove fish to a platter, leaving the liquid in the pan. Reduce the liquid by boiling it to half and then add butter. Stir and pour over fish.

Mahogany Glazed Salmon

In a small saucepan, whisk together chicken broth, soy sauce, brown sugar, ginger, cornstarch, orange juice and peel. Bring to a boil over medium heat and cook 5 minutes, stirring often. Pour glaze into a 9 x 13 inch (22 x 33 cm) Pyrex pan and let cool 20 minutes.

Place fillets skin side up in glaze, cover and refrigerate for 1 to 8 hours. 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 to 10 minutes until salmon just flakes when pressed with a fork. Alternatively, place salmon on grill skin side down and cook, covered, for 10 to 12 minutes. Be careful as glaze burns easily. Pour remaining glaze into a small saucepan and boil 1 minute over medium-high heat. Serve salmon with the hot glaze.

Peking Salmon

Place the salmon steaks in a Pyrex baking dish. Whisk together the mustard, soy sauce, orange juice and oil in a bowl. Pour the sauce over the salmon steaks and marinate for 2 to 3 hours. When ready to serve, place the salmon under a hot grill. Baste with the marinade, and grill for 4 minutes per side. Transfer to a platter and serve.

SERVES 6

6	salmon fillets skin on, 6-oz (175-g)	6
1	can chicken broth (10 oz/284 mL)	1
1/2 cup	soy sauce	125 mL
1/3 cup	packed brown sugar	75 mL
1 tbsp	fresh ginger grated	15 mL
1 tbsp	cornstarch	15 mL
1	orange juice and peel only	1

SERVES 4–6

4	salmon steaks 3/4-inch thick	4
2 tbsp	soy sauce	30 mL
2 tbsp	oil	30 mL
1/4 cup	hot mustard	60 mL
2 tbsp	orange juice	30 mL



Honey Lime BBQ Kebobs

Honey Lime BBQ Kebobs

SERVES 6 – 8

3 lbs	salmon fillet skin on, cut into 1-inch chunks	1362 g
1	green pepper cut into 1-inch squares	1
1	red onion cut into 1-inch squares	1
2 cups	mushrooms halved	500 mL
1	lime, juice and zest	1
1/2 cup	light soy sauce	125 mL
1/4 cup	creamed honey	60 mL
2	garlic cloves minced	2
salt and fresh ground pepper, to taste		
12-16	long bamboo skewers soaked overnight	12-16
2	limes juice	2

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.

Preheat barbecue to medium-high and oil the grill. Alternate the marinated salmon and vegetables onto the soaked skewers.

In a small bowl, whisk together the lime juice and honey. Place skewers on hot grill and cook ten minutes, basting often with honey mixture and turning once.

MAIN COURSE

Salmon with Crab Sauce

Season salmon with 1 teaspoon (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 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, peel, 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 to 5 minutes per side until salmon just flakes when pressed with a fork. 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.

SERVES 4

1-3/4 lbs	salmon fillets skin on, cut into 4	795 g
2 tsp	lemon pepper divided	10 mL
2 tbsp	butter	30 mL
2 tbsp	flour	30 mL
2 cups	whole milk	500 mL
1/2 cup	light cream cheese cubed	125 g
1	lemon juice and peel only	1
1	green onion thinly sliced	1
1/4 lb	fresh crabmeat	135 g

Seared Salmon with Caramelized Onions

Heat 2 tablespoons (30 mL) of butter in pan and sear salmon over a high heat, keeping the fish slightly undercooked, 3 minutes each side. Remove from pan and keep warm. Melt the remainder of butter in same pan, add the ginger, dill and onion and cook until darkened. Add soy sauce, red wine vinegar and white wine, cooking for 5 minutes to give a thick onion mixture. Return salmon to pan and heat through. Serve salmon with onion on top and juices around the edge of the plate.

SERVES 4

4	3-oz (85-g) portions of salmon skin on	4
4 tbsp	butter divided	60 mL
1	small onion thinly sliced	1
1/4 tsp	ginger chopped	1 mL
1/2 cup	white wine	125 mL
1 tsp	red wine vinegar	5 mL
1/4 cup	fresh dill chopped	60 mL
1 tsp	soy sauce	5 mL

Salmon Steaks with Spinach Pesto

SERVES 4

4	salmon steaks	4
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SPINACH PESTO SAUCE

1/4 cup	pine nuts	60 mL
1 cup	olive oil	250 mL
2 cups	fresh spinach leaves lightly packed	500 mL
1 cup	fresh basil leaves lightly packed	250 mL
1 cup	Parmesan cheese grated	250 mL
3	small garlic cloves	3
1/2 tsp	coarse salt	2 mL
1/4 tsp	pepper	1 mL

Lightly grill salmon steaks until just cooked. Salmon will continue cooking after removing from heat. Drizzle spinach pesto sauce over salmon steak before serving.

Spinach Pesto Sauce

Toast pine nuts in heavy skillet over medium-high heat until pale golden brown, stirring constantly, about 4 minutes. Transfer nuts to processor. Add olive oil, and remaining ingredients. Blend until nuts, spinach, basil and garlic are finely ground, adding more oil if necessary to obtain texture of soft mayonnaise, about 2 minutes. Heat and drizzle over cooked salmon.

Hartness House Hazelnut Braised Salmon

SERVES 4

4	8 oz salmon fillets	4
2 cups	hazelnuts finely chopped	500 mL
1/4 cup	butter	60 mL
1/2 cup	water	125 mL
1 tbs	shallots chopped	15 mL
1/2 cup	Frangelico liqueur	125 mL
2 cups	whipping cream	500 mL
salt and pepper, to taste		

Press the salmon fillets into the hazelnuts, lightly coating the fish. Preheat a sauté pan with butter and sear the salmon on both sides, about 30 seconds each, or until light brown. Transfer to a baking dish and add water. Bake in a 350°F (175°C) oven for 10 to 15 minutes or until the salmon is firm to the touch.

In a saucepan, reduce the shallots and liqueur by half. Add whipping cream and reduce by half again, stirring continuously. Continue to reduce until the sauce begins to thicken. Add salt and pepper to taste. Ladle 4 tablespoons (60 mL) of sauce on each serving plate; place a salmon fillet on the sauce and serve.

