



Recipes

FOR SALMON SEEKERS

PECAN CRUSTED BAKED SALMON

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| 1/2 cup (125 mL) packed dark brown sugar | 1 cup (250 mL) chopped toasted pecans |
| 1/2 cup (125 mL) Scotch whisky or bourbon | 1 tbsp (15 mL) butter, melted |
| 1/4 cup (50 mL) soy sauce | 1/4 tsp (1 mL) salt |
| 1 tsp (5 mL) freshly ground pepper | 1/4 tsp (1 mL) freshly ground pepper |
| 3 1/2 lb (1.75 kg) salmon fillet | |

To prepare marinade, combine brown sugar, Scotch, soy sauce and 1 tsp (5 mL) pepper in an extra-large heavy freezer bag. Add salmon and squeeze bag to coat salmon with marinade. Seal bag and place on a tray. Refrigerate, turning bag occasionally, for 2 - 3 hours. Line a large rimmed baking sheet with parchment paper. Remove salmon from marinade; discard marinade. Place salmon, skin side down, in prepared pan. Combine pecans, melted butter, salt and 1/4 tsp (1 mL) pepper. Gently press pecan mixture evenly on top of salmon. Bake at 425°F (220°C) for 40 - 45 minutes or until fish flakes easily with a fork. Using parchment paper as an aid, carefully slide salmon onto a serving platter. Serves 8 - 10.

SALMON WITH CAPER AND TARRAGON CRUST

This crispy-topped salmon is fabulous even without the sauce.

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| 1/2 cup (125 mL) fine dry bread crumbs | 1 tsp (5 mL) tarragon, crumbled |
| 1/4 cup (50 mL) finely chopped fresh parsley | 1/4 tsp (1 mL) salt |
| 3 tbsp (40 mL) drained capers, finely chopped | 1/4 tsp (1 mL) freshly ground pepper |
| 3 tbsp (40 mL) butter, melted | 3 1/2 lb (1.75 kg) salmon fillet |
| 2 tsp (10 mL) grated lemon peel | Mustard Cream Sauce, recipe follows |

Line a jelly-roll pan with parchment paper. Combine first 8 ingredients (bread crumbs through pepper); set aside. Place salmon, skin side down, in prepared pan. Pat bread crumb mixture on top of salmon. Bake at 425°F (220°C) for 40 - 45 minutes or until fish flakes easily with a fork. Using parchment paper as an aid, carefully slide salmon onto a serving platter. Serve with Mustard Cream Sauce. Serves 8 - 10.

Mustard Cream Sauce

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| 1/2 cup (125 mL) sour cream | 1/4 tsp (1 mL) salt |
| 3 tbsp (40 mL) Dijon mustard | 1/4 tsp (1 mL) freshly ground pepper |
| 1 tbsp (15 mL) prepared horseradish | 1/2 cup (125 mL) whipping cream |
| 2 tsp (10 mL) fresh lemon juice | |

Combine sour cream, mustard, horseradish, lemon juice, salt and pepper; set aside. Using medium speed of an electric mixer, beat whipping cream until soft peaks form. Add sour cream mixture and beat until blended. Cover and refrigerate for at least 30 minutes or up to 4 hours. Makes about 1 1/3 cups (325 mL).

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SALMON WITH BALSAMIC GLAZE

1/2 cup (125 mL) balsamic vinegar	1/4 tsp (1 mL) salt
1 tbsp (15 mL) oil	1/4 tsp (1 mL) freshly ground pepper
1/2 tsp (2 mL) packed brown sugar	2 lb (1 kg) salmon fillet
1/4 tsp (1 mL) thyme, crumbled	

Combine vinegar, oil, brown sugar, thyme, salt and pepper in a small saucepan; bring to a boil. Reduce heat; simmer until reduced and slightly thickened, about 5 minutes. Line a jelly-roll pan with parchment paper. Place salmon, skin side down, in prepared pan. Brush salmon with vinegar mixture. Bake at 425°F (220°C) for 30 - 35 minutes or until fish flakes easily with a fork. Using parchment paper as an aid, slide fish onto a serving platter. Serves 4 - 6.

OVEN PLANKED SALMON

1/2 cup (125 mL) maple-flavoured pancake syrup	1 clove garlic, chopped
2 tbsp (25 mL) soy sauce	Oil
2 tbsp (25 mL) fresh lemon juice	1 untreated cedar plank (8x16 inches/20x40 cm)
1 tbsp (15 mL) grated fresh ginger	2 lb (1 kg) salmon fillet
	Soy Ginger Mayonnaise, recipe follows

Combine syrup, soy sauce, lemon juice, ginger and garlic in a saucepan; bring to a boil. Reduce heat; simmer until slightly thickened, about 10 - 15 minutes. Set aside and cool. Lightly oil cedar plank on all sides; place on cookie sheet. Heat plank at 350°F (180°C) for 15 minutes. Place salmon, skin side down, on plank. Brush salmon with syrup mixture. Bake at 350°F (180°C) for 40 - 45 minutes or until fish flakes easily with a fork. Serve salmon from plank with Soy Ginger Mayonnaise. Do not reuse cedar plank for cooking. Serves 6.

SOY GINGER MAYONNAISE:

1/2 cup (125 mL) mayonnaise	1/2 tsp (2 mL) ginger
2 tbsp (25 mL) marmalade	1/4 tsp (1 mL) salt
1 tbsp (15 mL) soy sauce	Dash hot pepper sauce

Combine all ingredients. Soy Ginger Mayonnaise may be refrigerated for up to 24 hours. Makes about 1/2 cup (125 mL).

CRANBERRY CRUSTED SALMON WITH THYME

2 cups (500 mL) fresh bread crumbs	1 tsp (5 mL) thyme, crumbled
1/2 cup (125 mL) finely chopped dried cranberries	1/4 tsp (1 mL) salt
1/4 cup (50 mL) finely chopped green onion	1/4 tsp (1 mL) freshly ground pepper
1/4 cup (50 mL) butter, melted	3 1/2 lb (1.75 kg) salmon fillet
2 tsp (10 mL) grated lemon peel	Horseradish Cream, recipe follows

Line a jelly-roll pan with parchment paper. Combine first 8 ingredients (bread crumbs through pepper). Place salmon, skin side down, in prepared pan. Pat bread crumb mixture on top of salmon. Bake at 425°F (220°C) for 40 - 45 minutes or until fish flakes easily with a fork. Using parchment paper as an aid, carefully slide salmon onto a serving platter. Serve with Horseradish Cream. Serves 8 - 10.

Horseradish Cream: Combine 3/4 cup (175 mL) sour cream, 1/4 cup (50 mL) mayonnaise, 2 tbsp (25 mL) prepared horseradish, 2 tbsp (25 mL) chopped fresh basil or 1/2 tsp (2 mL) dry basil, crumbled, 1 tbsp (15 mL) fresh lemon juice, 1 tsp (5 mL) soy sauce and 1/4 tsp (1 mL) salt. Cover and refrigerate until serving or for up to 24 hours. Makes about 1 1/4 cups (300 mL).