



HEALTHY FOODS LOCAL FARMERS

Alaskan Wild Salmon Maple Sugar Cured and Cedar Planked From The Oceanaire Seafood Room Executive Chef Rick Kimmes

This is one of my favorite recipes that I use for the grill during the summer. I will serve it as an entrée, on a small salad of fresh vegetables or as a simple appetizer. You can leave it on the plank for a great presentation for a buffet. I will sometimes add BBQ Sauce, Pickapeppa Sauce or a simple glaze of chipotle peppers and maple syrup before cooking. Pair it with a fresh fruit relish such as “Blueberry Pico de Gallo” or a classic fresh salsa then add some fresh tortillas and your set. Enjoy!!!

Yield: 1 Salmon side 4-6 people

Ingredients:

Salmon Fillet, Trimmed PBO 1 Side (2.5-3#)

Cedar Plank, big enough to fit the fillet 1 each (clean and unfinished – soak in cool water for 3 hrs)

Brine:

Water 1 qt
Sugar, Brown 1/2 #
Maple Syrup 2 cups
Salt, Kosher 1 ½ cup
Sugar, granulated ½ cup
Rosemary or thyme, fresh 3 sprigs

Preparing the Fish:

Prepare the Brine for the salmon.

- a. Bring water, brown Sugar, Maple Syrup, salt and granulated sugar to a boil to dissolve sugars.
- b. Add fresh herbs and chill brine.
- c. Once brine is chilled add the side of salmon and marinate for 1-hour.
- d. Remove from brine, discard brine and pat salmon dry.

Preheat oven to 450–Degrees or grill to high heat.

Season fish with salt and pepper.

Place fish on the plank, then in a heated oven or on charcoal grill for about 15 minutes or until fish is cooked to desired doneness.

Serve on plank garnished with fresh lemon wedges or transfer to a serving platter.



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*Chipotle Maple Glaze, Take three chipotle peppers from a can along with 2 to 3 tbsps of the sauce. Puree in a small blender with 1 cup of real maple syrup. You can add more or less of the chipotle peppers and sauce to make it more or less spicy.

Blueberry Pico de Gallo

Yield: 4 cups

Ingredients:

Blueberries, fresh, washed 2 cups
Cucumber, seeded and diced 2 cups
Jalapeno, fresh minced 6 large
Onion, Red, diced small 1 large
Lime, Juice and zest 2 large
Olive Oil, Extra Virgin ½ cup
Cilantro, fresh, minced ½ bunch
Salt and FGBP TT

Preparing the Salsa:

Mix all ingredients and let sit at room temperature.

After 3 hours adjust seasoning and serve. Serve room temperature.