



♥ *Your Health!*
Go Wild!
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GO WILD! BC Salmon

BC's Best Wild Salmon Recipes V

Go Wild... Naturally!

Wild salmon from British Columbia, Canada is one of the most spectacular seafood products in the world. Created and nourished by nature's goodness, wild BC salmon is an integral part of BC's natural environment and plays a significant traditional role in the lives of all British Columbians. It is recognized internationally as a premium quality, highly nutritious, natural product that is harvested and processed with great pride to ensure a sustainable resource for all.

With five species of wild BC salmon available, each offers its own unique characteristics presenting a remarkable variety of flavours and textures. From delicate and light to rich and full, wild BC salmon is perfect for every preparation method and palate.

Cooking Tips

Cooking enthusiasts often ask how long to cook wild BC salmon and how to know if it is done. The traditional rule of thumb has been to measure the thickest part of the salmon (and its stuffing, if included) and cook for 10 minutes per inch (2.5 cm) if the fish is fresh or fully thawed. However, the secret is not to overcook wild BC salmon. So chefs today suggest cooking salmon until it is not quite done – about 8 minutes per inch (2.5 cm). The flesh will still be translucent on the inside. Then let it rest off of the heat for up to 5 minutes, loosely tented with foil. This will allow the fish to continue cooking and the juices to settle, ensuring a moist and tender texture. Simply succulent and delicious – every time!

Wild BC Salmon Tests for Doneness

- Flakes easily into moist sections when pressed with a fork at its thickest part
- Flesh is opaque
- Feels springy to the touch (if it's soft, it is not done and if it feels firm, it's overcooked)
- Reaches an internal temperature of 125° F/52° C to 135° F/57° C

The Five Kinds of Wild BC Salmon

Chinook: (*spring, king*) Wild chinook is the largest of BC's wild salmon. Its flesh is firm and ranges in colour from deep red to ivory. Prized by many as the most flavourful and richest of all salmon.

Chum: (*silver-brite, keta* when canned) Chum has a creamy pink to medium red flesh colour. It is prized for its milder, more delicate flavour and low fat content.

Coho: (*silver, medium red salmon* when canned) Wild coho is favoured for its firm, fine-textured, consistently red flesh with versatile flavour.

Pink: (*humpback, humpie*) Wild pink salmon is the smallest of the wild salmon species. With a delicate flavour, softer texture and lighter colour, it is also low in fat.

Sockeye: (*red salmon* when canned) Wild BC sockeye salmon is a popular choice for its rich flavour and deep-red, firm flesh.



Executive Chef
Ned Bell
YEW seafood + bar

Ned's Awesome BBQ Sockeye Salmon

Grilled Avocado, Lemon & Lime BC Blueberry & Honey Relish

Ingredients:

- 4-5 oz pieces of your fave fresh fish (Ocean Wise™ Sockeye Salmon, Halibut or albacore tuna are the best!)
- Grilled or BBQ'd for about 3-4 minutes per side, seasoned with sea salt & cracked black pepper
- 1 Whole Avocado, pitted and peeled, seasoned with S & P, rubbed in EVOO and grilled! Delish

Lemon & Lime BC Blueberry 'Jam'

This can be made with any local fresh seasonal fruit, but BC Blueberries Rock!

- 4 cups fresh BC blueberries
- 1/2 cup honey
- 1 tbsp sea salt
- 1 tbsp cracked black pepper
- 2 whole lemons & limes, zested and juiced!

Method:

Cook everything together in a small pot for 15 minutes, cool and serve! This is great on grilled fish, Ocean wise seafood or grilled meats. Also great on cheese plates! And over Vanilla Ice Cream!!!!



Tom Yum Salmon Soup

Time: 30 mins

Serves: 2 as a main course, or 4 as a starter

Ingredients:

- 2 Ocean Wise™ salmon filets
- 2 lemongrass sticks
- 2 inch piece of ginger
- 8 kaffir lime leaves
- 6 mushrooms
- 1 onion
- 4 cloves garlic
- 8 green onions
- 2 tomatoes
- 1 bunch cilantro
- 2 tbsp chili paste
- 1 tbsp sugar
- 1 tsp salt
- 8 tbsp lime juice (about 4 limes)
- 8 tbsp coconut milk
- 2 small red chilies (optional)
- 800ml water

Method:

1. Remove the skin from the salmon and cut into large chunks.
2. Slice the lemongrass diagonally about half a centimeter in thickness. Slice ginger into thick slices. Thickly slice the garlic.
3. Cut the onion into 1cm chunks. Trim & cut the green onions into pieces about 3-4cm. Cut the mushrooms into quarters. Cut the tomatoes into quarters and coarsely chop the cilantro.
4. Bring the water to the boil. Add the chili paste, sugar and salt and stir well. Add the lemongrass, ginger, kaffir lime leaves, mushrooms, onion and garlic and cook for about 2-3 minutes.
5. Add the lime juice and stir well. Then add the green onion, tomato, cilantro and coconut milk and stir well. Cook for another 2-3 minutes. If you like the dish spicy, crush the small red chilies and add to pot. Taste the liquid – the flavours are yours to adjust. Add more salt, sugar, lime or chili according to your taste. Add the salmon and cook for 2-3 minutes, stirring gently until the salmon is cooked.
6. Remove from heat. Remove lemongrass and lime leaves. Serve in large bowls either on its own or with steamed rice.

Ginger Miso Marinated Grilled Salmon

Total Time: 55 min

Prep: 15 min | Inactive: 30 min | Cook: 10 min

Serves 4

Ingredients:

- 1/4 cup white miso (fermented soybean paste)
- 1/4 cup mirin
- 2 tbsp rice vinegar
- 2 to 3 tbsp soy sauce
- 2 tbsp minced green onions
- 1 1/2 tbsp grated fresh ginger
- 2 tsp sesame oil
- 4 Ocean Wise™ salmon filets, 8 ounces each
- Salt and freshly ground pepper
- Lime juice, for drizzling, optional

Method:

Whisk together the miso, mirin, vinegar, soy sauce, green onions, ginger, and sesame oil in a small bowl. Place the salmon in a baking dish, pour the marinade over, and turn to coat. Cover and marinate for 30 minutes in the refrigerator.

Heat grill to high. Remove the fish from the marinade and season with salt and pepper. Grill the salmon, skin side



down, with the cover closed, until golden brown and a crust has formed, about 3 to 4 minutes. Turn the salmon over and continue grilling for 3 to 4 minutes for medium doneness. Drizzle with a little lime juice, and serve.



Salmon Corn Chowder

Serves 4

This soup is creamy, yet low fat. It's easy to make and requires only one pot. The salmon comes out tender and sweet. Use your favourite cheese, but gouda is extra special. Add 1/4 tsp chili paste if you like it spicy!

Ingredients:

- 1 tbsp olive oil
- 1 chopped onion
- 1/2 cup chopped celery
- 2 garlic cloves, crushed
- 2 cups diced potatoes
- 2 carrots, diced
- 2 cups milk
- 2 cups chicken broth
- 3/4 cup corn
- 1/2 cup water
- 2 tbsp cornstarch
- 1 – Ocean Wise™ salmon filet, cut into cubes
- salt and pepper
- 1 cup shredded cheese

Method:

Heat the olive oil in a large saucepan over medium heat and sauté the onions, garlic and celery for 3 minutes.

Add the potatoes, carrots, milk, chicken broth and cook stirring occasionally, for 20 minutes. Add the corn last 5 minutes.

Stir cornstarch with water; add to chowder to thicken it.

Add salmon and let it poach a few minutes being careful not to overcook it.

Serve in bowls and sprinkle with your favourite cheese.

Sesame Salmon with Chili Pappardelle

Total time: 30 min. | Prep: 15 min. | Cook: 15 min. | Serves 4

Ingredients:

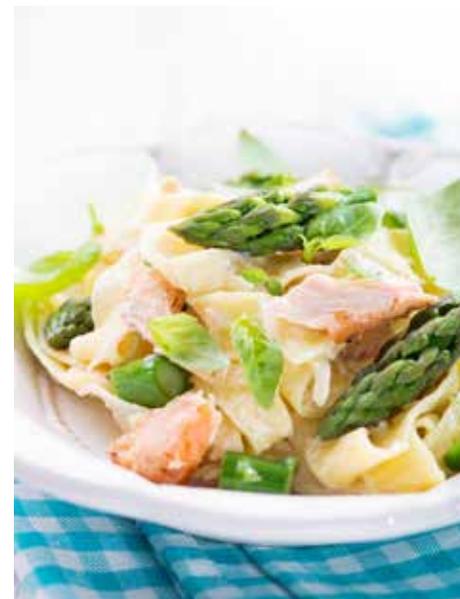
- 375g Pappardelle
- 2 bunches asparagus cut diagonally into 2 inch pieces
- 1/4 cup sesame seeds
- 2 – Ocean Wise™ salmon steaks (about 200g each)
- 1 small red onion, halved, finely chopped
- 1 garlic clove, crushed
- 2 fresh red Thai chillies (or to taste), finely chopped
- 1 1/2 tbsp fresh dill, coarsely chopped
- 2 tbsp fresh lemon juice
- 2 tbsp drained capers, coarsely chopped
- Salt & freshly ground pepper
- Lemon wedges, to serve

Method:

Cook the pasta according to package directions until al dente. Add the asparagus in the last 3 minutes of cooking. Drain. Return to the pan.

While pasta is cooking, heat a large frying pan over medium heat. Add the sesame seeds and cook, stirring, for 1-2 minutes or until toasted, and set aside.

Turn the heat to medium-high, add salmon and cook for 2



minutes each side, or until cooked to your liking. Transfer to a plate, and use a fork to coarsely flake. Add to pasta.

Add the onion, garlic, chili, dill, lemon juice and capers to pasta mixture, and gently toss until combined. Season with salt and pepper.

Divide pasta among plates and sprinkle with sesame seeds. Serve immediately with lemon wedges.

Try a Pink!



BC's Pink Salmon are running Wild this summer!

- Sustainably caught
- Mild flavour
- Rich in Omega 3 fatty acids
- High in protein
- Takes any kind of seasoning beautifully
- Great BBQ'd whole
- Similar in taste & texture to Wild Trout and Steelhead

Wild Salmon from British Columbia, Canada

For more information about wild BC Salmon contact:



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Quality
is in our **nature**



Supported by the Province of British Columbia



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