



BC'S BEST  
**Wild  
Salmon**  
RECIPES IV

Wild

# 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.

Some of BC's most highly regarded chefs with a passion for wild BC salmon have shared some of their favourite recipes that showcase the wonderful diversity of the different kinds of wild BC salmon. We invite you to enjoy these creations paired with our suggested BC VQA wines to savour the best that BC has to offer!

## 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!

- 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

### Wild BC Salmon Tests for Doneness

## The 5 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.

1	cedar cooking plank, soaked overnight or at least 1 hour	1
1/2 cup	Jack Daniel's Tennessee Whiskey	125 mL
1 cup	real maple syrup	250 mL
1 tsp	crushed hot red chilies	5 mL
1 Tbsp	butter at room temperature	15 mL
3 lbs	whole, boned wild BC salmon fillet, skin on	1.5 kg
	kosher salt and freshly ground black pepper	
1 tsp	granulated onion or onion powder	5 mL
2	lemons, halved	2
	parsley sprigs for garnish	
1 Tbsp	finely chopped flat-leaf Italian parsley	15 mL

## CEDAR PLANKED WILD BC SPRING SALMON WITH WHISKEY-MAPLE GLAZE

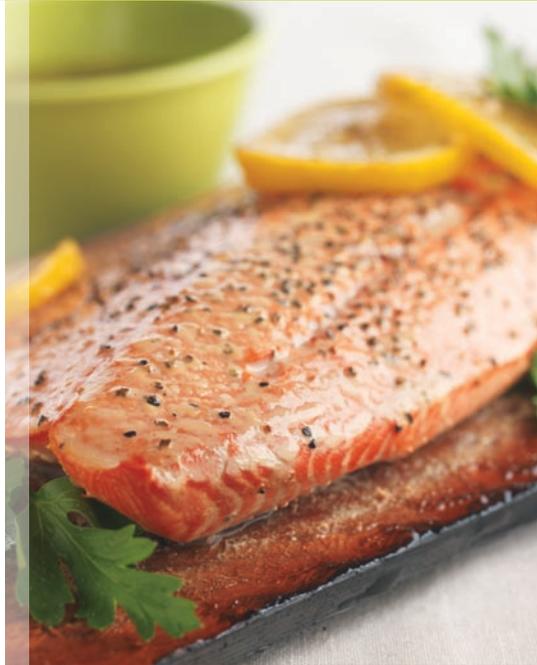
Provided by: **RON SHEWCHUK**

International Barbecue Champion and Cookbook Author  
North Vancouver, BC Canada

*Recipe adapted from PLANKING SECRETS – How To Grill With Wooden Planks For Unbeatable Barbecue Flavor® 2006 by Ron Shewchuk, published by Whitecap Books.*

1. To make the sauce, combine the whiskey and maple syrup in a small saucepan. Bring to low boil and reduce by about half, until you have a thick syrup that coats the back of a spoon. Remove from heat and add chilies and butter, stirring constantly until butter has melted into sauce. Set aside and keep warm on stovetop.
2. Season skinless side of wild BC spring salmon with salt, pepper and onion. Let salmon sit for 10 to 15 minutes at room temperature, until seasoning is moistened.
3. Preheat grill on med-high for 5 to 10 minutes or until the chamber rises above 500° F/260° C. Rinse plank and place on cooking grate. Cover grill and heat plank for 4 to 5 minutes, or until it starts to smoke. Reduce heat to med-low. Season plank with salt and place salmon, skin-side down, on plank.
4. Close cover and cook for 15 to 20 minutes or until the fish just flakes when pressed with a fork. Make sure plank doesn't catch fire, and spray burning edges with water if it does.
5. When done, squeeze half a lemon over top, garnish with parsley sprigs and remaining lemon cut into slices. Drizzle a spoonful of the sauce over each portion and sprinkle with parsley as serving.

SERVES 6 TO 8



Recommended BC VQA Wines:  
Pinot Noir (Reserve), Chardonnay (Reserve)

# WILD BC PINK SALMON BAKED WITH TARTAR SAUCE

Provided by: **ROBERT CLARK**  
Executive Chef of C Restaurant,  
Nu Restaurant and Raincity Grill  
Vancouver, BC Canada

## Tartar Sauce

1 cup	mayonnaise	250 mL
2 tsp	dried dill	10 mL
3 Tbsp	finely chopped cornichons (gherkins)	45 mL
1 Tbsp	finely chopped stuffed green olives	15 mL
1 Tbsp	finely chopped shallots	15 mL
1 Tbsp	finely chopped capers	15 mL
1 Tbsp	finely chopped fresh parsley	15 mL
2 Tbsp	lemon juice	30 mL
1 Tbsp	Dijon mustard	15 mL

4–6 oz boneless, skinless wild BC pink salmon fillets 4–175 g  
sea salt



1. Preheat the oven to 400° F/200° C.
2. Prepare the tartar sauce by combining the mayonnaise, dill, cornichons, olives, shallots, capers, parsley, lemon juice and mustard until well blended.
3. Season the wild BC pink salmon fillets with salt and let them sit for 10 minutes. Place the salmon on a lined baking sheet and spread a tablespoon of tartar sauce over each piece.
4. Bake at 400° F/200° C for 7 minutes until just slightly under done, or 10 minutes until salmon is cooked through and just flakes when pressed with a fork.
5. Serve with the remaining tartar sauce on the side.

SERVES 4

Recommended BC VQA Wines:  
Pinot Blanc, Sauvignon Blanc

## Soy Wasabi Glaze

2 Tbsp	fresh lime juice	30 mL
3 Tbsp	soy sauce	45 mL
1 Tbsp	prepared wasabi	15 mL
6 Tbsp	cold unsalted butter, cut into small pieces	90 mL
	vegetable oil	
4–6 oz	wild BC chum salmon fillets	4–175 g
	sea salt and freshly ground black pepper	
3	green onions, thinly sliced	3

## WILD BC CHUM SALMON WITH SOY WASABI GLAZE

Provided by: **KAREN BARNABY**  
Executive Chef of The Fish House in Stanley Park  
Vancouver, BC Canada

1. Combine the lime juice, soy sauce and wasabi in a small saucepan.
2. Preheat the oven to 350° F/180° C.
3. Lightly oil a baking dish. Season the wild BC chum salmon to taste, place in baking dish and bake for about 8 to 10 minutes or until salmon is opaque in the center and just flakes when pressed with a fork.
4. While the salmon is cooking, heat the soy mixture over low heat, stirring until smooth. Remove from the heat and add the butter, whisking constantly until the butter is emulsified.
5. Serve the salmon immediately, drenched with the sauce and sprinkled with the green onions.

SERVES 4



Recommended BC VQA Wines:  
Pinot Gris (Reserve), White Meritage

# BAKED WILD BC SOCKEYE SALMON STUFFED WITH FRESH BASIL AND FENNEL

Provided by: **EDWARD TUSON** and **SINCLAIR PHILIP**  
Chef and Inn Keeper of Sooke Harbour House  
Sooke, Vancouver Island, BC Canada

1/4 cup	opal basil leaves*	50 mL
1/4 cup	cinnamon basil leaves*	50 mL
1/4 cup	globe basil leaves*	50 mL
1/4 cup	finely chopped fresh fennel	50 mL
1/2 cup	cold, unsalted butter, cut into 1/2-inch/1.25 cm cubes	125 mL
	sea salt and freshly ground black pepper	
	organic canola oil for oiling the pan	
4–6 lbs	whole, head-on wild BC sockeye salmon	2–3 kg



1. Preheat the oven to 375° F/190° C.
2. Mix the basil leaves, fennel, and butter cubes in a small bowl. Season to taste.
3. Place the wild BC sockeye salmon onto an oiled, rimmed baking sheet. Stuff the mixture into the belly cavity of the salmon and bake for 40 minutes or until firm to the touch and the flesh is opaque and just beginning to flake.
4. To serve, spoon additional stuffing onto each portion and drizzle with the pan juices.

*\*You can use one type of basil instead of the three different varieties.*

SERVES 6 TO 8

Recommended BC VQA Wines:  
Pinot Blanc, Unoaked Chardonnay

12	limes, juiced	12
2	grapefruits, juiced	2
2 tsp	finely grated fresh ginger	10 mL
3 Tbsp	fresh tarragon leaves, chopped	45 mL
1 lb	boneless, skinless wild BC coho salmon fillet	500 g

### Fennel, Bean and Potato Salad

4–6	new potatoes, washed	4–6
1	sprig of fresh mint	1
	sea salt	
1/2 lb	green and yellow beans, trimmed, cooked and cooled	250 g
1	bulb fennel, green fronds removed, trimmed, cored and thinly shaved	1
6 Tbsp	extra virgin olive oil	90 mL
	juice of 1 lemon	
1 tsp	grainy mustard	5 mL
4 Tbsp	coarsely chopped Italian parsley	60 mL
	freshly ground black pepper	
	Maldon sea salt	
	cold pressed grapeseed oil or extra virgin olive oil	

- Mix the citrus juice, ginger and tarragon together. Using a sharp knife, thinly slice wild BC coho salmon into 1/8-inch (0.3 cm) thick slices and transfer to a 9 x 13-inch (23 x 33 cm) glass baking dish. Pour the citrus juice mixture over salmon, cover and refrigerate for one hour.
- Place potatoes and mint in a pot. Cover with water and add salt to taste. Bring to simmer and cook until tender. Drain, discarding mint, and let cool. Dice potatoes and add to beans along with fennel.
- Mix olive oil, lemon juice, mustard and parsley together. Toss with potatoes, beans and fennel. Season to taste.
- To serve, remove salmon from citrus juice, divide equally onto each plate, placing slices flat. Sprinkle with Maldon sea salt and drizzle with oil. Place salad on top of salmon and serve.

SERVES 4 TO 6 AS AN APPETIZER OR LIGHT MEAL

## CITRUS AND TARRAGON CURED WILD BC COHO SALMON WITH FENNEL, BEAN AND POTATO SALAD

Provided by: **MICHAEL ALLEMEIER**

Winery Chef, Mission Hill Family Estate Winery  
Westbank, Okanagan Valley, BC Canada



Recommended BC VQA Wines:  
Pinot Grigio, Riesling



## Wild Salmon from British Columbia, Canada

For more information regarding wild BC salmon,  
please contact:

British Columbia Salmon Marketing Council  
Suite 1100 – 1200 West 73rd Avenue  
Vancouver, British Columbia  
Canada V6P 6G5

Phone 604.267.3030  
E-mail [bcsmc@bcsalmon.ca](mailto:bcsmc@bcsalmon.ca)  
[www.bcsalmon.ca](http://www.bcsalmon.ca)

Printed in Canada



Canada

Quality  
is in our nature



*Go Wild!*  
BC salmon



WINES OF  
BRITISH COLUMBIA