

BAKED XAXLI'P SALMON

*In his new book, *Cooking with the Wolfman*, indigenous chef David Wolfman offers this recipe for salmon with a seaweed crust, inspired by his mother. Substitute local hazelnuts for the pine nuts for a Salish Sea Diet twist, and look for smoked sea salt from Vancouver Island Sea Salt. Serve it on a bed of local green pea puree or spaghetti squash.*

SERVES 6

INGREDIENTS

4 coho salmon fillets (each 4 oz/120 g), skin on
 ½ tsp (2.5 mL) crushed black peppercorns
 ½ tsp (2.5 mL) smoked paprika
 ½ tsp (2.5 mL) smoked sea salt

CRUST

1 cup (250 mL) crushed breadcrumbs
 2 tablespoons (30 mL) dried seaweed, chopped fine
 (preferably purple laver)
 1 tablespoon (15 mL) pine nuts, roasted and chopped
 (or almonds)
 1 teaspoon lemon zest
 ¼ teaspoon (1 mL) coarse salt

GLAZE

2 egg whites
 2 Tbsp (30 mL) butter, melted
 2 tsp (10 mL) Dijon mustard
 1 Tbsp (15 mL) maple syrup

*Optional: sprig of fresh cedar and/or
 sea asparagus for garnishing*

PREPARATION

Preheat oven to 375°F (190°C).

Season the salmon with the pepper, paprika and salt on a parchment-paper-lined baking sheet or cast iron pan and let stand for 30 minutes. In a blender, combine the bread crumbs, seaweed and nuts. Pulse a couple of times. Add the lemon zest and coarse salt.

Prepare the glaze for the salmon by whisking together the egg whites, mustard, butter and maple syrup in a small bowl. Brush glaze over the top of each piece of salmon.

Evenly coat the top of each salmon fillet with the seaweed crust.

Bake fish for 10 to 15 minutes, depending on the thickness of the fillets. (A good rule of thumb is to bake for 8 minutes per inch of thickness at the thickest part of the fish.)

Serve hot with a garnish of fresh cedar.







PORK AND SHRIMP BURGER

with Banh Mi Slaw and Avocado Wasabi Aioli

These burgers are a fusion of some of the most popular Asian flavours found in pot stickers, Banh Mi sandwiches and spicy wasabi. The layering of these distinctive tastes creates a balanced combination of sweet, savoury and spicy in every bite. Double the patty or serve as a single burger and add garnishes as you please.

MAKES 6 BURGERS.

FOR THE PATTIES

500 g or 1 lb ground pork
 150 g or ½ lb prawns, peeled and chopped
 2 cups shredded cabbage
 2 Tbsp soy sauce
 2 Tbsp red wine
 1 Tbsp sesame oil
 2 tsp ground fresh ginger
 2 cloves garlic, crushed
 1 Tbsp anchovy paste
 1 cup panko or breadcrumbs

FOR THE BAHN MI SLAW

½ cup rice vinegar
 ¼ cup sugar
 ¼ cup water
 1 cup finely sliced daikon radishes (to bok)
 1 cup finely sliced carrots
 1 red onion, finely sliced

FOR THE AVOCADO WASABI AIOLI

½ cup of mayo
 1 avocado
 ½ - 1 Tbsp wasabi paste
 ¼ cup fresh cilantro leaves
 1 garlic clove, crushed
 Juice of one lime

TO MAKE THE PATTIES

Combine all ingredients in a large bowl, let mixture rest 10 minutes or refrigerate till ready to use.

With your hands or a hamburger press, shape the meat into six patties.

TO MAKE THE BAHN MI SLAW

In a small saucepan, combine vinegar, water and sugar, stirring well. Cook over medium-high heat until the sugar dissolves, about 2 minutes; let cool. Combine daikon, carrots and onion in a bowl. Add the vinegar mixture and refrigerate 30 minutes.

TO MAKE THE AVOCADO WASABI AIOLI

In a small food processor, add all ingredients and puree until smooth. Refrigerate until ready to use.

GARNISHES

Pea shoots, optional
 Halloumi cheese, optional

TO MAKE THE BURGERS

Preheat the grill, setting the burners to medium-high. Oil the grate.

Grill the patties for 3 to 4 minutes on each side, or until an instant-read thermometer indicates a Food Safe internal temperature of 160°F (70°C). Toast the buns, if desired.

For a single patty burger, spread aioli on the bottom half of the bun, then layer with garnishes, if desired, a patty and slaw. Close with the top half of the bun. For a double patty burger, spread aioli on the bottom half of the bun, then layer with pea shots, a patty, cheese, another patty and slaw. Close with the top half of the bun.

Serve with pickled beets and shrimp crackers and your choice of buns or wrapped in lettuce leaves for a gluten-free option.

Pair with Sea Cider's Kings & Spies cider or Salt Spring Wild's pear cider.