

Salmon Recipes 101

By

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Alaska Bake

INGREDIENTS:

418 g Canned pink Alaska salmon

430 g Frozen broccoli cooked and drained

150 ml Dry white wine

2 tb Freshly chopped parsley

15 g Cornflour

175 g Gruyere or Edam cheese thinly sliced

PREPARATION:

Pre-heat the oven to 190C, 375F, Gas mark 5.

Drain the can of salmon and make the juice up to 150ml 1/4 pint with water for fish stock. Break the salmon into large chunks and arrange it with the broccoli in a single or 4 individual ovenproof dishes. Put the fish stock, wine, parsley and cornflower into a

saucepan and blend until smooth. Heat gently, stirring all the time until the sauce thickens. Pour over the salmon and broccoli.

Arrange the slices of cheese over the top of the dish and bake for 20 minutes or until the cheese has melted. Serve immediately.

Serves 4. Approx. 395 kcal per serving

Anchorage Baked Salmon

INGREDIENTS:

2 large onions

2 cups water

2 cups tomato juice

1 tablespoon catsup

1/2 cup firmly packed brown sugar

1/2 cup vinegar

2 tablespoons Worcestershire sauce

1 teaspoon garlic salt

1 teaspoon chili powder

2 bay leaves

4 whole cloves

4 (8 ounce) salmon steaks

PREPARATION:

Cut onions into 1/2-inch slices, and separate into rings. Combine onion rings and water in a saucepan; bring to a boil over medium heat. Reduce heat, and simmer, uncovered, 20 minutes. Add tomato juice and next 8 ingredients, stirring well; simmer 1 hour. Remove and discard bay leaves and cloves. Set sauce aside.

Brown salmon steaks on both sides in a large nonstick skillet. Place salmon in a 13 x 9-inch baking dish. Pour sauce over salmon, and bake at 350 degrees F for 30 minutes or until fish flakes easily when tested with a fork.

Yields 4 servings.

Avocado-Smoked Salmon Soup

INGREDIENTS:

2 avocados

2 tbsp fresh lemon juice

1/2 cup sour cream

3 to 3 1/2 cups chicken broth

1/4 tsp Tabasco

2 ounces smoked salmon

PREPARATION:

Peel and pit the avocados and in a blender blend them with the lemon juice, the sour cream, 3 cups of the broth, and the Tabasco until the mixture is smooth, adding enough of the remaining 1/2 cup broth to thin the mixture to the desired consistency.

Transfer the soup to a bowl, season it with salt and pepper, and chill it, its surface covered with plastic wrap, for 1 hour, or until it is cold. (The soup will discolor if kept for more than 6 hours.) Stir half the salmon, chopped, into the soup, divide the soup among chilled bowls, and garnish it with the remaining salmon, cut into strips.

BBQ Salmon Steaks with Green Ginger Sauce

INGREDIENTS:

2 tbsp light soy sauce

4 Salmon steaks

1/2 tsp sugar

Green ginger sauce:

1/2 cup parsley

2 tbsp capers

1/2 cup olive oil

1 hard cooked egg

1/2 cup chives, chopped rough

2 tbsp onion, chopped

1 tbsp lime juice

Black pepper, ground

PREPARATION:

Prepare the Green ginger sauce first:

Place the parsley, chives, capes and onion in the bowl of a food processor or blender. Process only until finely chopped. Add the olive oil, lime juice and egg. Puree until smooth, Add ground black pepper to taste. Set aside.

Prepare the salmon steaks next:

Combine the soy sauce and sugar. Brush each salmon steak with the soy sauce mixture. Barbecue (grill) on a solid plate (griddle), turning occasionally until the salmon is cooked. Serve hot with the Green ginger sauce.

Beer Batter Salmon with Cole Slaw

INGREDIENTS:

3/4 cup non-alcoholic beer

1 cup flour

1 cup tempura flour

8 (1-2 ounce) chunks fresh salmon

PREPARATION:

Place oil in deep fryer, according to the manufacturers instructions, and bring the temperature to 350 degrees F.

Combine the non-alcoholic beer with the flour to make a consistency similar to pancake batter.

Dredge the salmon in tempura flour and then dip into the non-alcoholic beer-flour mixture. Drop into the hot oil and cook for 3-4 minutes, or until done.

Serve with malt vinegar or cucumber dill sauce.

Cole Slaw

1/3 cup apple cider vine

3 tablespoons granulated sugar

2 cups green cabbage, finely shredded

3 tablespoons mayonnaise

1 1/2 tablespoons sweet pickle relish

1/2 teaspoon cracked black pepper

Mix together the vinegar and sugar and let the mixture sit for 30 minutes. Then toss the vinegar-sugar mixture with the cabbage and refrigerate for 2 hours.

Just prior to serving, add the remaining ingredients to the cabbage mixture and toss well.

Bisquick Salmon Crusty

INGREDIENTS:

2 cups salmon

1/4 cup mayonnaise

1/2 tablespoon minced onion

1/2 teaspoon salt

1/2 tablespoon chopped parsley

Pepper

PREPARATION:

Reserve 6 (one inch) chunks of salmon. Toss rest of salmon with mayonnaise mixture. Prepare 1 recipe of Bisquick biscuits. Take 2/3 of dough and roll to a 6 x 16-inch rectangle. Place salmon mixture down center of dough, bring sides up and pinch edges to seal. Place on baking sheet with sealed edge down. Shape into a ring. Make 6 diagonal slits in top of ring to insert reserve salmon in them. Top each with butter. Bake at 375 degrees F to 400 degrees F for 15 to 20 minutes.

Extra dough can make biscuits.

Bloody Mary Salmon

INGREDIENTS:

1 pound salmon fillets

Salt and pepper to taste

1 cup spicy bloody Mary mix

PREPARATION:

Place salmon fillets in a medium baking dish, and season with salt and pepper. Pour spicy bloody Mary mix over the fillets. Cover, and refrigerate at least 30 minutes.

Preheat the broiler. Broil approximately 7 minutes, until fish is easily flaked with a fork and surface is lightly browned.

Makes 2 servings.

Broiled Pacific Salmon Filet

INGREDIENTS:

Your Fish Filets

Earp's Western Steak and Dinner Sauce

PREPARATION:

Rule of thumb at the Earp's home... Never, never cook fish... Threaten it! Total broiling time for 1" thick filets should be about 10 minutes. (ours is a gas broiler)

Preheat broiler. Pat dry salmon filets and cut into serving portions. Place onto a broiling tray that has been coated with butter, skin side down. Drizzle additional butter over fish, salt and pepper if you wish.

Place under broiler for 5 minutes. Turn filets over and broil for an additional 3-4 minutes. Test with a fork for doneness. Just before fish is completely "threatened" brush on a coating of Earp's sauce.

Candied Salmon

INGREDIENTS:

1/4 cup butter

1 clove garlic, minced

4 (6 ounce) salmon fillets

3 large onions, thinly sliced

1 cup white vinegar

1 cup brown or white sugar

PREPARATION:

Preheat the oven to 350 degrees F (175 degrees C). Line a baking sheet with aluminum foil, and grease the foil with cooking spray.

Combine the onions, vinegar and brown sugar in a saucepan over medium heat. Cook, stirring occasionally until the sauce begins to caramelize, about 15 minutes.

Melt butter with garlic in a small skillet over medium heat. Lay salmon fillets on the prepared baking sheet, and brush with garlic butter. Pour the onion mixture over the fillets.

Bake for 20 to 25 minutes in the preheated oven, until the fish flakes easily. Cooking time may vary with the thickness of your fillets.

Caramelized Salmon with Cherry Salsa

INGREDIENTS:

1 1/2 pounds fresh or frozen salmon fillet with skin

3 tablespoons brown sugar

1 tablespoon grated orange peel

1/2 teaspoon coarsely ground pepper

1 ripe mango or papaya, seeded, peeled and chopped

1 cup frozen tart cherries, thawed, drained and halved*

2 tablespoons chopped fresh mint, basil or cilantro

2 teaspoons balsamic vinegar

1/4 teaspoon crushed red pepper

PREPARATION:

Thaw fish, if frozen.

Stir together brown sugar, orange peel and pepper. Place fish, skin side down, in a shallow pan. Rub sugar mixture over fish. Cover and refrigerate 2 to 8 hours.

Remove fish from pan, draining off any juices. Place salmon, skin-side down, on gas grill over medium heat or on charcoal grill 4 to 6 inches from medium-hot coals. Grill for 20 to 25 minutes, or until fish flakes easily. Do not turn fish.

Meanwhile, toss together mango or papaya, cherries, mint, vinegar and red pepper. Spoon fruit salsa over warm fish. Serve immediately.

Makes 4 servings.

* 1/2 cup dried tart cherries can be substituted for frozen tart cherries.

NOTE: To bake salmon instead of grilling, spray a baking dish with nonstick cooking spray. Put salmon, skin-side down, in pan. Rub with sugar mixture. Cover with foil and refrigerate 2 to 8 hours. Bake, covered, in a preheated 350 degree F oven for 25 minutes. Remove cover and bake 5 to 10 minutes, or until fish flakes easily. Prepare fruit salsa as directed above. Spoon over warm fish. Serve immediately.

Crescent Salmon Loaf

INGREDIENTS:

1 can salmon, drained and deboned

1/2 cup sour cream

3/4 cup cooked rice

1 teaspoon lemon juice

1 teaspoon salt and pepper

1 teaspoon dill seed

1/4 cup melted butter

1 package crescent rolls

2 hardboiled eggs

PREPARATION:

Mix together all but the crescent rolls and eggs. Roll out crescent rolls into one large rectangle. Put 1/2 of ingredients on top of crescent roll. Sprinkle hard-boiled eggs (chopped) over mixture. Then put remaining 1/2 of mixture over eggs; bring up sides of crescent roll to form loaf. Pinch together and place on cookie sheet. Bake at 375 degrees F for 20 to 25 minutes. Serve with creamed peas.

Dilled Sour Cream Salmon

INGREDIENTS:

1 (14 3/4 ounce) can salmon

1 tablespoon lemon juice

1/2 teaspoon salt

Dash of black pepper

1 cup commercial sour cream

1/2 teaspoon dried dill weed

1 medium onion, thinly sliced

1 tablespoon chopped parsley

PREPARATION:

Preheat oven to 350 degrees F.

Drain salmon liquid into a mixing bowl. Add lemon juice, salt, pepper, sour cream and dill weed. Mix to a smooth sauce. Break salmon into large chunks, removing skin and bones, and put in a buttered 1-quart casserole dish. Pour dilled sour cream sauce over the top. Place onion slices evenly over top, and sprinkle with parsley.

Cover and bake for 30 minutes.

Yield: 4-6 servings

Firecracker Grilled Alaska Salmon

INGREDIENTS:

8 (4 ounce) fillets salmon

1/2 cup peanut oil

4 tablespoons soy sauce

4 tablespoons balsamic vinegar

4 tablespoons green onions, chopped

3 teaspoons brown sugar

2 cloves garlic, minced

1 1/2 teaspoons ground ginger

2 teaspoons crushed red pepper flakes

1 teaspoon sesame oil

1/2 teaspoon salt

PREPARATION:

Place salmon filets in a medium, nonporous glass dish. In a separate medium bowl, combine the peanut oil, soy sauce, vinegar, green onions, brown sugar, garlic, ginger, red pepper flakes, sesame oil and salt. Whisk together well, and pour over the fish. Cover and marinate the fish in the refrigerator for 4 to 6 hours.

Prepare an outdoor grill with coals about 5 inches from the grate, and lightly oil the grate.

Grill the fillets 5 inches from coals for 10 minutes per inch of thickness, measured at the thickest part, or until fish just flakes with a fork. Turn over halfway through cooking.

Ginger Peppered Salmon

INGREDIENTS:

4 ounces fresh ginger root, peeled and diced

2 cups dry red wine

3 shallots, minced (about 1/3 cup)

2 tablespoons corn oil margarine

1/8 teaspoon salt

1 pound fresh salmon fillets

4 teaspoons cracked black peppercorns

2 tablespoons olive oil

PREPARATION:

Put diced ginger in a saucepan and cover with water. Bring to a boil and simmer for 15 minutes. Drain and repeat two times. Drain thoroughly and puree ginger in a food processor until smooth and paste like; set aside.

Combine wine and shallots in a heavy saucepan and bring to a boil. Simmer until only 1/2 cup wine remains. Add margarine, a little at a time, stirring constantly. Add salt, mix well, and cover to keep warm.

Remove skin from salmon and remove any little vertical bones with tweezers; cut into 4 equal portions. Spread a thin layer of the ginger puree on top of each portion and

sprinkle evenly with cracked peppercorns.

Heat oil in a skillet large enough for all 4 portions of salmon. When skillet is very hot, sauté the salmon, ginger-side down, for 2 minutes. Turn fish and sear other side just to seal; do not overcook. Remove fish from pan and place on paper towel, ginger-side up.

To serve, spoon 2 tablespoons of the red wine sauce on each of four plates and top with the salmon.

Grilled Marinated Salmon

INGREDIENTS:

Makes 4 servings

1/4 cup soy sauce

1/4 cup rice wine vinegar

2 tablespoons granulated sugar

1 tablespoon vegetable oil

1 teaspoon mustard powder

1 teaspoon ground ginger

1 teaspoon ground black pepper

2 pounds salmon filets

PREPARATION:

In a medium bowl, combine the soy sauce, vinegar, sugar, oil, mustard powder, ginger and ground black pepper.

Place the salmon in a shallow, nonporous dish and pour the marinade over the salmon. Cover and marinate in the refrigerator for at least 1 hour, turning occasionally.

Preheat an outdoor grill for medium high heat and lightly oil grate.

Grill the fish for about 3 to 4 minutes per side, or to desired doneness.

Makes 4 servings.

Grilled Salmon and Pasta

INGREDIENTS:

1/4 cup fresh lemon juice

2 tablespoons chopped fresh oregano

1 garlic clove, minced

1/2 teaspoon freshly ground pepper

1/2 cup Star? Extra Virgin Olive Oil

12 ounces fresh salmon (1-inch thick)

2 large (about 6 ounce) Portabella

mushroom caps, cut into thick strips

2 medium green or golden zucchini,

halved lengthwise

1/2 pound capellini or spaghetti pasta,

cooked al dente

1/4 cup chopped Star? Spanish Olives

Sprigs of fresh oregano (for garnish)

PREPARATION:

Prepare barbecue grill for direct cooking (medium heat).

Thirty minutes before needed, combine lemon juice, oregano, garlic, pepper and olive oil. Reserve two thirds of olive oil mixture. Brush remaining olive oil mixture onto salmon, Portabella mushrooms and zucchini while grilling. Repeat brushing with olive oil mixture several times during cooking.

When cooking is completed, break salmon into bite-size pieces, cut mushroom strips and zucchini halves into 1-inch pieces; set aside and keep warm.

Heat reserved olive oil mixture in large skillet and add cooked capellini; heat thoroughly. Divide capellini and grilled ingredients among 4 plates and sprinkle 1 tablespoon chopped Spanish olives over the top of each serving. Garnish each plate with fresh oregano sprig.

Serves 4.

Grilled Salmon Steaks

INGREDIENTS:

Basting Sauce

1/2 cup margarine

Cayenne pepper, to taste

3 dashes dill

1/2 cup ReaLemon? juice

4 cups brown sugar

PREPARATION:

Mix together. The sauce should be the consistency of pancake batter.

Put salmon steaks on grill or in special holder for grilling. Grill to desired doneness, basting often with sauce. Serve with extra sauce. Recipe can be reduced for a smaller amount.

Hot Smoked Salmon Pate

INGREDIENTS:

Preparation time: 15 minutes, cooking time: 5 minutes

1 tbsp olive oil

4 scallions, thinly sliced

1 lb hot-smoked salmon, skined and boned

8 oz carton cream cheese

1 tsp creamed horseradish

Dash of Tabasco

Ground black pepper

4 bagels

1 tbsp of butter

PREPARATION:

Heat the oil in a pan and saute the scallions for 1 minute. Flake in the fish, then beat well, cooking for a further minute or two.

Remove from the heat - if the mixture gets too hot, allow to cool slightly.

Add the cream cheese, horseradish, Tabasco, and black pepper, and mix together until well combined.

Split open the bagels and lightly toast. Butter generously and serve with the hot- smoked salmon pate and , if you like, a sprinkling of thinly sliced scallions.

How to Spice Up Your Next Salmon Dish

Salmon has become one of the most popular fish to serve. People love the taste, and salmon cooks quickly, making it a great option for both weeknights and weekends.

Besides convenience, salmon is an excellent source of high-quality protein, containing all the essential amino acids, making it a great source of nutrition for the young and old alike.

If you want to prepare salmon, remember to purchase the freshest fillets you can. Keep the fish refrigerated until you are ready to cook it, and always prepare it on a clean, dry surface. In order to eliminate a strong oily taste, remove the skin as soon as possible.

If you are looking for a great way to liven up your salmon dish, you may want to try my Salmon Magic. This seasoning blend is a flavorful combination of dill, mustard seed, herbs and spices with just the right amount of salt and sugar, creating a versatile blend for all salmon recipes.

The distinct flavors enhance the natural goodness of salmon or any other type of fish, shellfish or seafood. Whether you are grilling, sautÉing, baking, broiling or poaching, Salmon Magic will add just enough flavor.

To get you started, here is one of my favorite salmon recipes. It's simple, and it will definitely spice up mealtime.

MAGIC BAKED SALMON

(Makes 1 serving)

1 salmon fillet

2 teaspoons Salmon Magic

Unsalted butter, melted

Heat oven to 450 F. Lightly brush the top and sides of the salmon fillet with melted butter. Lightly brush a small sheet pan with melted butter.

Season the top and sides of the salmon fillet with the Salmon Magic. If the fillet is thick, use a little more Salmon Magic. Press the seasoning in gently.

Place the fillet on the sheet pan and bake until the top is golden brown, and the fillet is just cooked through. In order to have moist, pink salmon, do not overcook. Serve immediately.

Cook time: 4 to 6 minutes.

Mini Potato and Smoked Salmon Pancakes

INGREDIENTS:

2 medium size potatoes, peeled and grated

1 small onion, sliced

1 egg

1 tbsp vegetable oil

100gm packet smoked salmon

1 small avocado

Fresh chives

Salt and pepper to season

PREPARATION:

Heat oil in a large frying pan.

Combine potatoes, onions and egg together and season to taste.

Drop spoonfuls of the mix into the frying pan and flatten into pancakes.

Cook on both sides until crispy and set aside on a paper towel.

Take a piece of salmon and a wedge of avocado and place on one side of the pancake. Then fold over the other side of the pancake and garnish with fresh chives.

Nine Delicious Salmon Recipes

Boiled salmon.

Ingredients:- 6 oz. of salt to each gallon of water, sufficient water to cover the fish.

Mode:- Scale and clean the fish, and be particular that no blood is left inside; lay it in the fish-kettle with sufficient cold water to cover it, adding salt in the above proportion. Bring it quickly to a boil, take off all the scum, and let it simmer gently till the fish is done, which will be when the meat separates easily from the bone. Experience alone can teach the cook to fix the time for boiling fish; but it is especially to be remembered, that it should never be underdressed, as then nothing is more unwholesome. Neither let it remain in the kettle after it is sufficiently cooked, as that would render it insipid, watery, and colourless. Drain it, and if not wanted for a few minutes, keep it warm by means of warm cloths laid over it. Serve on a hot napkin, garnish with cut lemon and parsley, and send lobster or shrimp sauce, and plain melted butter to table with it. A dish of dressed cucumber usually accompanies this fish.

Time. 8 minutes to each lb. for large thick salmon; 6 minutes for thin fish.

Note. Cut lemon should be put on the table with this fish; and a little of the juice squeezed over it is considered by many persons a most agreeable addition. Boiled peas are also, by some connoisseurs, considered especially adapted to be served with salmon.

Salmon and caper sauce.

Ingredients:- 2 slices of salmon, 1/4 lb. batter, 1/2 teaspoonful of chopped parsley, 1 shalot; salt, pepper, and grated nutmeg to taste.

Mode:- Lay the salmon in a baking-dish, place pieces of butter over it, and add the other ingredients, rubbing a little of the seasoning into the fish; baste it frequently; when done, take it out and drain for a minute or two; lay it in a dish, pour caper sauce over it, and serve. Salmon dressed in this way, with tomato sauce, is very delicious.

Time. About 3/4 hour.

Collared salmon.

Ingredients:- A piece of salmon, say 3 lbs., a high seasoning of salt, pounded mace, and pepper; water and vinegar, 3 bay-leaves.

Mode:- Split the fish; scale, bone, and wash it thoroughly clean; wipe it, and rub in the seasoning inside and out; roll it up, and bind firmly; lay it in a kettle, cover it with vinegar and water (1/3 vinegar, in proportion to the water); add the bay-leaves and a good seasoning of salt and whole pepper, and simmer till done. Do not remove the lid. Serve with melted butter or anchovy sauce. For preserving the collared fish, boil up the liquor in which it was cooked, and add a little more vinegar. Pour over when cold.

Time. 3/4 hour, or rather more.

Curried salmon.

Ingredients:- Any remains of boiled salmon, 3/4 pint of strong or medium stock, 1 onion, 1 tablespoonful of curry-powder, 1 teaspoonful of Harvey's sauce, 1 teaspoonful of anchovy sauce, 1 oz. of butter, the juice of 1/2 lemon, cayenne and salt to taste.

Mode:- Cut up the onions into small pieces, and fry them of a pale brown in the butter; add all the ingredients but the salmon, and simmer gently till the onion is tender, occasionally stirring the contents; cut the salmon into small square pieces, carefully take away all skin and bone, lay it in the stewpan, and let it gradually heat through; but do not allow it to boil long.

Time. 3/4 hour.

Salmon cutlets.

Cut the slices 1 inch thick, and season them with pepper and salt; butter a sheet of white paper, lay each slice on a separate piece, with their ends twisted; broil gently over a clear fire, and serve with anchovy or caper sauce. When higher seasoning is required, add a few chopped herbs and a little spice.

Time. 5 to 10 minutes.

Salmon a la genevese.

Ingredients:- 2 slices of salmon, 2 chopped shalots, a little parsley, a small bunch of herbs, 2 bay-leaves, 2 carrots, pounded mace, pepper and salt to taste, 4 tablespoonfuls of Madeira, 1/2 pint of white stock, thickening of butter and flour, 1 teaspoonful of essence of anchovies, the juice of 1 lemon, cayenne and salt to taste.

Mode:- Rub the bottom of a stewpan over with butter, and put in the shalots, herbs, bay-leaves, carrots, mace, and seasoning; stir them for 10 minutes over a clear fire, and add the Madeira or sherry; simmer gently for 1/2 hour, and strain through a sieve over the fish, which stew in this gravy. As soon as the fish is sufficiently cooked, take away all the liquor, except a little to keep the salmon moist, and put it into another stewpan; add the stock, thicken with butter and flour, and put in the anchovies, lemon-juice, cayenne, and salt; lay the salmon on a hot dish, pour over it part of the sauce, and serve the remainder in a tureen.

Time. 1-1/4 hour.

Pineapple Salmon in a Bag

INGREDIENTS:

Serves 4

1 large foil roasting bag

1 fresh whole salmon*

2 cups fresh pineapple chunks, drained

1 cup salted butter, softened

3 tablespoons fresh parsley, chopped

1 tablespoon fresh chives, chopped

1 shallot, finely chopped

2 teaspoons coarsely ground black pepper

1 teaspoon dried cayenne pepper

Parsley sprigs to garnish

PREPARATION:

* If using frozen salmon, defrost thoroughly in refrigerator before using. Make sure there are no ice crystals in the inner cavity

Preheat oven to 375 degrees F (175 degrees C). Grease inside of roasting bag and put it on a cookie sheet.

Using a food processor, blend butter, parsley, chives, shallot, black pepper and dried cayenne pepper for about 3 minutes using the pulse button. Do not over do. The butter should be speckled with the herbs.

Spoon the butter onto a plate and allow to set. Cut butter into 1/4 inch chunks. Set aside.

Wash salmon with water. Place fish inside the roasting bag and top with the pineapple and chunks of butter. Carefully roll up the bag opening in the direction of the top of the bag to keep in the heat, prevent the juices from leaking and to ensure a good blending of flavors.

Bake in the oven for 45 minutes, or, if using a barbecue, follow the barbecue's manual directions for foil baking fish according to weight.

Serve hot garnished with parsley sprigs.

Pizza with Smoked Salmon and Caviar

INGREDIENTS:

1 pizza dough

3 oz smoked salmon

1/4 cup extra-virgin olive oil

1/2 med red onion cut julienne strips

1/4 bn fresh dill minced, plush

4 sm dill sprigs for garnish

1/3 cup sour cream or creme fraiche

Freshly-ground black pepper to taste

4 tbsp domestic golden caviar

1 tsp black caviar

PREPARATION:

To prepare before you are ready to bake the pizzas, preheat the oven with a pizza stone inside to 500 degrees for 30 minutes.

Cut the salmon into paper-thin slices. Reserve.

Roll or stretch the dough into four 8-inch circles. Place the pizzas on a lightly floured wooden peel. Brush the center of each pizza to within 1-inch of the edge with olive oil and sprinkle it with some of red onion. Slide the pizza onto the stone and bake 8 to 12 minutes or until crust is golden brown.

Mix the dill with the sour cream or creme fraiche and freshly ground pepper to taste. Transfer the pizzas to heated dinner plates and spread them with the sour cream mixture.

Divide the salmon, and arrange decoratively over the cream. Place a spoonful of golden caviar in the center of each pizza, then spoon a little of the black caviar into the center of the golden caviar.

Ritz Crusted Balsamic Salmon

INGREDIENTS:

1/2 medium yellow onion, chopped

5 to 6 tablespoons balsamic vinegar

4 tablespoons olive oil

2 salmon filets

6 Ritz crackers, finely crushed

Grated Parmesan cheese

Garlic powder, to taste

Lemon pepper, to taste

Oregano, to taste

PREPARATION:

Saut? the chopped onion in the vinegar and oil until transparent. Push mixture to sides of skillet and insert the two salmon filets, skin-side down. Never flip them! Spoon the onion sauce over the filets and cook (covered if possible to retain moisture) until filets are nearly done.

In a small bowl, mix cracker crumbs with equal parts of Parmesan cheese. Add a couple drops of olive oil to moisten the crumb mix. Coat the cooking salmon with the crumb mix, spooning any sauce from the skillet over the tops of the crumbed filets. Cook fish thoroughly.

Serve!

Salmon and Herb Cream Cheese Salad with Lime

INGREDIENTS:

2 tbsp oil

1/4 cup lime or lemon juice

1 tsp chili powder

2 lb salmon filets, cut into 8 pieces

1 lb cream cheese

4 tbsp chives, chopped

2 tbsp dill, chopped

2 tbsp parsley, chopped

Black pepper

Assorted lettuce

Wine vinegar

PREPARATION:

Mix the oil, juice and chili powder and brush over the salmon. Preheat the broiler to high and cook the salmon about 2 minutes per side, or until fish flakes when tested with a fork.

Brush with the chili mixture during broiling. Mix the cream cheese, herbs and black pepper to taste. To serve, arrange lettuce on plates and sprinkle with a little vinegar.

Place the salmon on top with a scoop of the herbed cheese.

Salmon and Potato Strata

INGREDIENTS:

1 can(7 oz) red sockeye salmon

2 stalks celery, sliced

1 onion, chopped

4 eggs

1 1/3 cups milk

3/4 tsp paprika and salt

1/2 tsp pepper and dried tarragon

4 potatoes, peeled and thinly sliced

1/2 cup dry bread crumbs

1/4 cup chopped fresh parsley

2 tbsp butter, cut in bits

PREPARATION:

In large bowl, mash salmon with juices and bones, stir in celery, onion, eggs, milk, paprika, 1/2 tsp salt, pepper and tarragon until well mixed.

In greased 8-cup casserole, arrange half of the potato slices, sprinkle with remaining salt. Pour salmon mixture over top, layer with remaining potato slices.

Stir together crumbs and parsley, sprinkle on potatoes. Dot with butter. Bake, uncovered, in 350 F oven for 1 hour and 15 minutes or until potatoes are tender.

Serve with buttered green peas and chili sauce.

Salmon Bake

INGREDIENTS:

1 1/2 cups cooked rice

1 can salmon

2 teaspoons salt

1/4 teaspoon pepper

2 teaspoons onion flakes

1 egg

2 egg whites, beaten

PREPARATION:

Mix well and pour into a casserole. Spread 2 tablespoons melted butter on top and bake at 375 degrees F for 30 minutes.

Salmon Cakes

INGREDIENTS:

2 cups canned salmon

1/2 cup soda cracker crumbs

2 eggs, beaten

1/2 teaspoon salt

1/8 teaspoon paprika

Dash of pepper

PREPARATION:

Drain and flake salmon. Stir in the remaining ingredients. Form into cakes. Sautá in butter.

Salmon delish

INGREDIENTS:

1 7 1/2oz can salmon

1 8oz box vermicelli

2 eggs, beaten

1 cup Parmesan cheese

1/4 cup butter (or margarine), melted

1/2 cup chopped fresh parsley

1/4 tsp ground black pepper

PREPARATION:

Drain salmon. Flake into small chunks and set aside. Cook vermicelli according to pkg directions; drain. Combine vermicelli, beaten eggs, Parmesan cheese, melted butter, parsley, and black pepper, tossing to coat. Add salmon and toss gently. Spoon onto a serving dish and dust with additional Parmesan cheese.

Salmon Hash

INGREDIENTS:

1 can red salmon, drained

2 cups chopped peeled potatoes

2 tablespoons margarine, melted

3 scallions, finely chopped

1/8 teaspoon pepper

PREPARATION:

Remove and discard skin and bones from salmon; flake salmon with a fork and set aside. Saut? potatoes in margarine 15 minutes or until tender. Remove from skillet and set aside.

Add scallions to skillet and saut? 2 to 3 minutes. Stir in pepper. Add potatoes and salmon. Cook over medium heat, without stirring, until thoroughly heated.

Salmon in Mango and Ginger Sauce

INGREDIENTS:

2 salmon steaks about 10 oz each

Splash of lemon juice

2 garlic cloves, crushed

1 tsp dried tarragon, crushed

2 shallots, coarsely chopped

1 tomato, coarsely chopped

1 ripe mango (about 6 oz of flesh) chopped

2/3 cup fish stock or water

1 tbsp ginger syrup

2 tbsp butter

Salt and freshly ground pepper to taste

PREPARATION:

Place the salmon steaks in a shallow dish and season with the lemon juice, garlic, tarragon and salt and pepper. Set aside in the fridge to marinate at least 1 hour.

Meanwhile, place the shallots, tomato, and mango in a food processor or blender, blend until smooth. Add fish stock or water and the ginger syrup, blend again and set aside.

Melt butter in a frying pan and saute the salmon steaks for about 5 mins on each side.

Add mango puree, cover and simmer until salmon is cooked.

Transfer the salmon to warmed serving plates. Heat the sauce through, adjust the seasoning o taste and pour over salmon. Serve hot.

Salmon In Orange Sauce

INGREDIENTS:

4 slices of fresh salmon, 1 tbsp lemon juice, salt & pepper, 30 gr butter, 1 onion, 1/4 cup fresh mixed herbs, 2 cups fish bouillon, 1 cup dry white wine, 2 tbsp capers, 1 cup cr me fra che, juice of 2 oranges, 8 orange slices for decor.

PREPARATION:

Clean salmon and season with salt & pepper. In large pan saut  minced onions, add herbs & stir, add bouillon, wine, capers and heat up, add cr me fra che and orange juice. add salmon to sauce and let simmer on low heat for 5 - 6 min. serve and decorate with orange slices.

Salmon Lasagna

INGREDIENTS:

15 oz Ricotta cheese

1 1/2 cup grated Jarsberg cheese

10 oz. frozen, chopped spinach (thawed) and squeezed dry

1 1/4 cup milk, divided

1 egg

1/4 tsp salt

1/8 tsp nutmeg

1 tbsp butter or margarine

2 cloves minced garlic

2 tbsp all-purpose flour

1 can (7 1/2 oz.) salmon, drained, skin and bones removed

1/4 cup chopped fresh dill

Juice of lemon

8 oz lasagna noodles, cooked

1/4 cup grated Parmesan cheese

PREPARATION:

Preheat oven to 350. Combine ricotta, Jarsberg, spinach, 1/4 cup milk, egg, salt and nutmeg.

In pot melt butter over medium heat. Add garlic, cook 2 minutes. Reduce heat to low. Stir in flour; cook 1 minute. Stir in remaining milk; simmer until thickened. Stir in salmon, dill and lemon juice.

In 2 qt. baking dish layer 1/3 ricotta mixture and 1/3 salmon sauce; repeat. Top with remaining noodles and sauce; sprinkle with Parmesan cheese. Cover; bake 40 minutes. Let stand 10 minutes.

Salmon Loaf

INGREDIENTS:

1 (16 ounce) can salmon, including liquid

1/2 cup turkey stuffing mix

1/4 cup chopped onion

1 egg

1/2 cup mayonnaise

PREPARATION:

Mix well. Pack into a loaf pan. Bake at 400 degrees F for 30 minutes.

Salmon Log

INGREDIENTS:

1 pound canned salmon, drained

8 ounces cream cheese, softened

1 tablespoon lemon juice

2 teaspoons grated onion

1 teaspoon horseradish

1/4 teaspoon salt

1/4 teaspoon liquid smoke

3 tablespoons snipped parsley

PREPARATION:

Flake the salmon. Remove skin and bones. Combine all ingredients except the parsley. Shape into a log **AFTER** chilling for several hours. Roll in parsley.

Salmon Manicotti with Cheese

INGREDIENTS:

8 manicotti shells

2 cups cooked flaked salmon

1 cup grated cheddar cheese

1 cup grated mozzarella cheese

1 tsp lemon juice

6 tbsp sour cream

1/2 onion finely chopped

10 ounces tomato sauce

PREPARATION:

Cook manicotti shells according to package directions. Do not over cook.

In a bowl mix remaining ingredients except tomato sauce. Stuff shells with mixture. Pour about 3/4 of the tomato sauce over the bottom of a large pan and place shells on top. Spread the remaining sauce over the top of the shells to keep moist.

Bake at 350 degrees about 20 minutes or until sauce is bubbly and cheese is melted. If desired, sprinkle more cheese on the top while baking.

Salmon Patties

INGREDIENTS:

1 (14 3/4 ounce) can pink salmon, undrained

1/2 cup saltine cracker crumbs

1/4 cup cornmeal

1 large egg, lightly beaten

1/4 teaspoon salt

1/4 teaspoon pepper

Vegetable oil

PREPARATION:

Drain salmon, reserving liquid; set liquid aside. Remove skin and bones from salmon, if desired; flake with a fork, and set aside. Combine cracker crumbs and reserved liquid; let stand 5 minutes or until liquid is absorbed. Stir in salmon, cornmeal and next 3 ingredients. Shape salmon mixture into 6 patties. Pour oil to depth of 1/4 inch into a large, heavy skillet. Fry patties in hot oil over medium heat until browned, turning once. Drain patties on paper towels.

Yields 6 servings.

Salmon Quesadillas

INGREDIENTS:

2 garlic cloves, minced

1 teaspoon vegetable oil

1 (14 3/4 ounce) can pink salmon, drained

(skin and bones removed if desired)

1 to 2 teaspoons dried basil

1/2 teaspoon pepper

1 tablespoon butter, softened

4 flour tortillas

2 cups shredded cheese (mozzarella, Cheddar or Colby)

Guacamole or salsa

PREPARATION:

In a skillet, saute garlic in oil until tender. Stir in salmon, basil and pepper. Cook over medium heat until heated through (only takes a few minutes).

Meanwhile, spread butter over one side of tortilla. Place tortillas, buttered side down, on a griddle or nonstick skillet. Sprinkle each with 1/2 cup of cheese and then spread salmon over 1/2 of tortilla. Fold over and cook over low heat for 1-2 minutes on each side. Cut into wedges.

Serve with guacamole or salsa.

Salmon Rice Loaf

INGREDIENTS:

1/2 cup cooked rice

2 cups salmon

2 eggs, beaten

1/4 cup milk

1 tablespoon lemon juice

1 teaspoon grated onion, optional

1 tablespoon chopped parsley

Salt and pepper to taste

PREPARATION:

Mix all ingredients except rice together. Place half of the rice in a greased mold or bread pan. Top with half of the salmon mixture, then the remaining rice, then the remaining salmon mixture. Set pan in pan of hot water and bake at 350 degrees F for 1 hour.

Salmon Rolls with Raisins and Celery

INGREDIENTS:

1/2 lb salmon fillet

4 celery sprigs

2 spoonfuls raisins

2 leeks

1/2 lb milk cream

2 spoonfuls mustard with seeds

1 glass white wine

Salt and pepper to taste

PREPARATION:

We soak the raisins in the white wine. The celery is cleaned of fibers, cut into short sticks and set in boiling water for ten minutes. The leeks with which the salmon will be wrapped are cleaned and cut into pieces approximately 12 cm long. We make incisions along one side of each piece down to the middle to separate the leaves and then also add them to boiling water for 10 minutes until they soften. We open the salmon fillet and make a thin slice.

In a sheet of aluminum foil we arrange in layers, first the leeks, then the salmon, and then spread the raisins and celery on top. We salt and pepper to taste and wrap tightly into a roll. The rolls are lowered in boiling water for 20 minutes. For the mustard sauce we warm the milk cream and mix in the mustard. We lower the heat and stir regularly until the mix sets. When the rolls have cooled we cut them in slices and serve them with the sauce. This is an appetizer served hot or cold.

Salmon Scramble

INGREDIENTS:

1 (16 ounce) can pink salmon

2 tablespoons butter or margarine

1 tablespoon flour

1/4 teaspoon salt

6 eggs

1/2 cup milk

PREPARATION:

Drain and de-bone salmon. Put salmon in a heavy skillet with melted margarine. Sprinkle flour and salt over salmon and stir well.

Beat eggs and milk together; pour over salmon. Cook over low heat, stirring lightly, until eggs are set.

Serve over grits or toast.

Salmon Steaks

INGREDIENTS:

1/2 cup unsalted butter, softened

1 teaspoon lime juice

1/4 teaspoon dill weed

1/8 teaspoon pepper

PREPARATION:

Combine all ingredients until well blended. Place 4 (1-inch thick) salmon steaks on a greased broiler pan. Spread one side of each steak with 2 teaspoons topping. Broil 5 inches away from heat for 5 to 6 minutes or until lightly browned. Turn steaks over and top each steak with 2 lime slices. Continue broiling 5 to 6 minutes or until salmon flakes with fork.

To serve, place lime slices beside steak and top each steak with 1 tablespoon topping.

Salmon Stroganoff

INGREDIENTS:

2 (7 3/4 ounce) cans salmon

1 medium green pepper, seeded and chopped

3/4 cup butter or margarine

2 tablespoons flour

1 can mushroom stems and pieces with juice

1 cup sour cream

2 tablespoons chopped fresh parsley

1 tablespoon grated onion

1/4 teaspoon pepper

PREPARATION:

Flake salmon with its juice, crushing bones.

Saut? green pepper in margarine for two minutes. Remove pan from heat.

Sprinkle flour over saut?ed pepper and stir well. Add salmon, mushrooms and juice and

sour cream. Cook, stirring gently until mixture is heated, but do not let it boil. Add remaining ingredients and heat through. Do not boil or it will curdle.

Serve over toast or noodles or in heated pastry shells.

Serves 4

Salmon Tetrazzini

INGREDIENTS:

4 ounces uncooked spaghetti

1 (16 ounce) can (2 cups) salmon

Milk

2 tablespoons butter or margarine

2 tablespoons flour

1/4 teaspoon salt

Dash of pepper

Dash of nutmeg

1 tablespoon Dijon mustard

1 tablespoon dry sherry

1 (3 ounce) can sliced mushrooms, drained

2 tablespoons dry bread crumbs.

2 tablespoons grated Parmesan cheese

PREPARATION:

Cook spaghetti according to directions; drain. Drain salmon, save liquid. Flake into large pieces. Add milk to salmon liquid to make 2 cups.

Melt butter or margarine in pan. Blend in flour, salt, pepper and nutmeg. Add salmon liquid and milk mixture all at once. Cook on medium heat, stir constantly until thick and smooth. Add mustard and sherry. Stir in spaghetti, mushrooms and salmon. Turn into 1-quart casserole.

Combine crumbs and Parmesan cheese and sprinkle over top. Bake at 350 degrees F for 35 to 40 minutes. May microwave on HIGH for 3 minutes, turn and 2 minutes.

Serve with salad.

Serves 6.

Salmon with Cream Cheese

INGREDIENTS:

8 slices fresh salmon

1/2 teacup wine

Fresh basil leaves

1 lb cream cheese

1 teacup dairy cream

4-5 corns of green pepper

Pasta - shells, penne

PREPARATION:

Steam the salmon in a little water in a non-stick pan for 3 minutes. Add the wine and basil and continue boiling for 2 more minutes. Place the salmon in the serving dish.

In the same pan in which the fish was boiled mix the cream cheese and dairy cream and allow to boil for a few minutes. Add the pepper corns.

When the sauce is ready, pour over the salmon. Prepare the pasta and serve on the side.

Salmon with Creamy Tequila-Lime Sauce

INGREDIENTS:

4 (5 ounce) salmon fillets

1 tablespoon tequila

1 tablespoon lime juice

1/2 cup sour cream

2 tablespoons chopped fresh parsley

1 tablespoon chopped chives

1/2 teaspoon grated lime peel

Dash of salt and white pepper

2 tablespoons butter, melted

Lemon and lime slices (for garnish)

Cilantro sprigs (for garnish)

PREPARATION:

In nonreactive container (not aluminum) that is large enough to hold salmon in a single layer arrange salmon.

Combine tequila and lime juice in a small bowl. Pour over fillets and turn to coat. Cover with plastic wrap and refrigerate for 30 minutes.

In blender combine sour cream, parsley, chives, lime peel, salt and pepper and process until smooth; set aside.

Preheat broiler. Transfer salmon to broiling pan, reserving marinade. Pour marinade into a bowl; add butter and stir to combine.

Broil salmon, basting with marinade mixture, until fish flakes easily..3 to 4 minutes depending on thickness. Transfer salmon to serving platter; top with any juices from bottom of broiling pan and any remaining marinade mixture. Spoon sour cream mixture over fillets and garnish.

Skewered Salmon

INGREDIENTS:

About 1 1/4 pound salmon steak

1/4 cup olive oil

Fresh juice of 1/2 lemon

1 garlic clove, minced

1/2 teaspoon dried thyme

1/2 teaspoon salt

1/2 teaspoon pepper

PREPARATION:

Place four 8-inch wooden skewers in a shallow plate with water and let them soak 30 minutes.

Meanwhile, cut the salmon steaks into 1 1/2-inch cubes (remove skin and bone). Place in a bowl. Add olive oil, lemon juice, garlic, thyme, salt and pepper. Toss to coat (you may cover and chill the salmon at this point several hours or overnight).

Heat a charcoal or gas grill or broiler. Thread the salmon onto the damp skewers, covering exposed ends with aluminum foil if desired (the fish doesn't cook long enough to set the wood on fire, but the skewers will char). If the fish pieces are oblong, skewer through the shortest sides so the skewer goes through the piece lengthwise. Push the pieces together so they are touching. Cook the skewered fish about 6 inches from the heat for about 5 minutes or until it is cooked through (no need to turn the skewer). It should still be silky in the middle and not exactly flaky.

Serves 4.

Serve with rice and snow peas or other green vegetable.

Slow Roasted Salmon

INGREDIENTS:

Makes 6 servings

3 tablespoons fruity extra-virgin olive oil

6 (1/2 inch thick) fillets of salmon, skin on

Salt and freshly ground pepper

1/2 cup chopped fresh herbs of your choice, such

as tarragon, parsley or chives

2 tablespoons finely grated lemon peel (yellow part only)

PREPARATION:

Gently rub olive oil into flesh side of salmon and season lightly with salt and pepper. Combine herbs and peel and sprinkle over the top, gently pressing into flesh.

Place salmon, skin side down, on nonstick or parchment-lined baking sheet. Roast at 250 degrees F for 16 to 18 minutes or until just cooked through but still slightly opaque in the center (check with tip of knife). Serve warm or at room temperature.

Smoke-Barbecued Salmon

INGREDIENTS:

1 (3 1/2 to 4 pound) salmon

1 tablespoon chopped parsley

1/2 teaspoon dill weed

1/2 teaspoon sugar

1/4 teaspoon salt

1 clove garlic, minced

1/2 teaspoon grated lemon peel

2 cups hickory chips

Water

Vegetable oil

PREPARATION:

Mix spices and rub over the fish. Let stand at room temperature. Burn coals down until they are covered with gray ash.

Meanwhile, put hickory chips in water for 30 minutes, then drain well. Put hickory chips on the coals. Put fish on a greased grill. Cover the barbecue and open dampers just a crack. The fish will be done in about 20 minutes.

Smoked Salmon and Spinach Salad with Avocado

INGREDIENTS:

1/2 lb fresh baby spinach

2 ripe avocados

1 tbsp lemon juice

3 tbsp olive oil

1 tbsp balsamic vinegar

Salt and freshly ground pepper

1/4 lb sliced smoked salmon

1 tsp finely chopped tarragon

PREPARATION:

Finely shred the spinach. Mix together olive oil, balsamic vinegar, tarragon, salt and pepper.

Halve avocados. Remove stones, peel and chop. Toss with lemon juice.

Cut smoked salmon into strips.

Toss together spinach and olive oil dressing. Gently fold in avocado and smoked salmon. Serve.

Smoked Salmon Cheesecake

INGREDIENTS:

2 cup soft bread crumbs

2 tbsp margarine or butter, melted

3 eggs

1 15 oz. carton Ricotta cheese

6 oz Swiss cheese shredded

1/2 cup evaporated skim milk

4 oz smoked salmon, finely flaked With skin and bones removed

1 tsp dried dillweed

1/8 tsp salt

Dairy sour cream garnish

PREPARATION:

For crust, in a small mixing bowl combine crumbs and melted margarine or butter. Press the crumb mixture onto the bottom of a 9 in. quiche dish. Set aside.

For filling, in a large mixing bowl use a fork to beat eggs slightly. Stir in ricotta cheese and Swiss cheese. Stir in evaporated skim milk, salmon, dill weed, salt, and white pepper. (If making ahead, cover and chill till ready to bake, up to 6 hrs.) To bake pour the filling into the prepared quiche dish. Bake in a 350 F. oven for 35 to 40 minutes or till the center is nearly set when shaken. Remove and cool slightly in pan or a wire rack. Serve Warm.

To serve cut into wedges. Top with a dollop of sour cream and sprig of dill if desired. To heat one slice of chilled cheesecake in micro, place on a micro safe plate. Cover loosely

with micro safe plastic wrap. Micro on 50 % power about 40 seconds.

Smoked Salmon Mousse

INGREDIENTS:

1 tablespoon green onion or shallots, fine chopped

2 tablespoons plus 1/4 cup unsalted butter, soft (divided)

2 to 5 ounces smoked salmon, boned and flaked

1/4 cup cream cheese

1/4 cup sour cream

2 tablespoons lemon juice

1/4 cup whipping cream, whipped

1 tablespoon vodka

PREPARATION:

Sauté onion in 2 tablespoons butter in a small skillet, until golden. Add salmon, stir and remove from heat.

Place salmon mixture in a blender or food processor. Add sour cream, cream cheese and 1/4 cup softened butter. Blend well. Add lemon juice and vodka. Blend until smooth and remove to a bowl. Fold in whipped cream. Spoon into a mold or a small plastic container and refrigerate up to 2 days.

Serve chilled but not cold. (You can dip bottom and sides in warm water to loosen and unmold, inverting onto a serving plate, if you wish.

Smoked Salmon Rolls

INGREDIENTS:

Smoked salmon

Cream cheese

Chopped fresh chives or parsley

Sweet pickles or gherkins, cut into small pieces

PREPARATION:

Cut the salmon into strips about 1/2 inch wide and 2 inches long. Mix the cream cheese and fresh herbs together and spread on the salmon pieces. Roll the salmon around a piece of pickle and secure with a wooden pick.

Smoked Salmon with Fettuccine-Vodka And Dill

INGREDIENTS:

1/4 cup butter

1 1/2 cup whipping cream

2 tbsp Vodka, optional

8 oz Smoked salmon, diced

1/2 tsp salt

1/2 tsp pepper

2 tbsp fresh dill, chopped

3/4 lb fettuccini noodles

1/2 cup Parmesan cheese, grated

PREPARATION:

Melt butter gently in a large deep skillet. Add cream. Bring to a boil. Add vodka. Reduce heat and cook on low 3-4 minutes until slightly thickened.

Add smoked salmon, salt, pepper and dill. Remove from heat.

Cook fettuccine in a large pot of boiling salted water until tender.

Drain noodles well. Reheat sauce. Place drained noodles in the pan with the hot sauce. Toss gently over low heat until sauce coats noodles and is thick and creamy.

Sprinkle with cheese if desired. Taste and adjust seasoning if necessary.

Smoked Salmon with Pasta and Gin

INGREDIENTS:

2 tbsp margarine or butter, divided

2 green onions, finely chopped

1 clove garlic, finely chopped

1 tomato, peeled and chopped

2 tbsp Gin or vodka

Salt and ground black pepper, to taste

1 1/2 cup water

1/2 cup milk

1 pkt noodles and Sauce--Alfredo flavor

2 oz smoked Salmon, cut in thin strips

1 tbsp finely chopped fresh parsley

PREPARATION:

In 10 inch skillet, melt 1 tbsp margarine. Add green onions and garlic; cook over medium heat 1 minute or until onions are tender.

Stir in tomato; cook over high heat, stirring occasionally, 2 minutes. Stir in gin; cook 2 minutes or until slightly thickened. Stir in salt and pepper.

In medium saucepan, bring water, milk and remaining 1 tbsp margarine to a boil. Stir in

noodles and sauce Alfredo. Allow to boil over medium heat, stirring occasionally, 8 minutes or until noodles are tender.

Stir in salmon, parsley and tomato mixture. Serve with grated Parmesan cheese and garnish with tomato rose and parsley if desired.

Sweet Bourbon Grilled Salmon

INGREDIENTS:

1/4 cup pineapple juice

2 tablespoons soy sauce

2 tablespoons brown sugar

1 teaspoon Kentucky bourbon

1/4 teaspoon cracked black pepper

1/8 teaspoon garlic powder

1/2 cup vegetable oil

Salmon fillets

Snipped fresh chives

PREPARATION:

Combine pineapple juice, soy sauce, sugar, bourbon, pepper and garlic powder and stir to dissolve sugar. Add oil.

Marinate salmon fillets for at least 1 hour and up to 4 hours. Grill.

Tacos with Salmon Avocado Salsa

INGREDIENTS:

1 boned salmon fillet with skin (1 in. thick, 2 lb.)

1 onion (6 oz.), cut into rings

2 tbsp lime juice

1 tbsp minced garlic

1/4 tsp pepper

1 tbsp olive oil

8 flour tortillas (8 in.)

Avocado salsa

2 cups finely shredded cabbage

1 cup crumbled feta cheese or queso fresco

Salt

PREPARATION:

Place salmon in a heavy-duty plastic food bag. Add onion, lime juice, garlic, pepper, and oil. Seal bag. Turn fish often for 30 minutes.

Meanwhile, stack the tortillas and seal in foil.

Cut a piece of heavy-duty foil the same size as salmon. Lift fish from marinade and place skin down on foil.

Lay foil with fish on a barbecue grill over a solid bed of medium coals or gas grill on medium (you can hold your hand at grill level only 4 to 5 seconds). Evenly distribute onion from marinade over fish. Close lid on grill; open vents for charcoal.

After 5 minutes, place tortilla packet next to salmon. Turn tortillas every few minutes. Cook until salmon is no longer translucent but is still moist-looking in center (cut to test) and tortillas are hot in center, about 8 minutes more.

Pull off salmon skin and discard. Cut fish into 1-inch chunks and put in a bowl.

To assemble tacos, wrap chunks of salmon, salsa, cabbage, and feta in tortillas. Add salt to taste.

Thai Salmon Yellowfin Puffs with Ginger

INGREDIENTS:

2 4-5oz salmon fillets

4 sheets phyllo pastry

1 oz butter

1 tsp grated ginger

1 clove garlic pressed

1 scallion, finely chopped

1 tbsp fresh coriander finely chopped

Zest and juice of 1 lime

Salt and pepper to taste

PREPARATION:

Mix together lime zest and juice, garlic, spring onion, ginger and coriander.

Melt butter. Lay out 1 sheet of phyllo, and brush with butter. Lay second sheet on top, brush with more butter. Lay a salmon fillet about 2-3 inches from short side of pastry, season to taste and put half of lime mixture on top. Fold short end of pastry over salmon, then fold in the 2 long sides. Fold the salmon over twice more, and cut off the remaining pastry. Do the same with the other fillet.

Put the parcels on a well-greased baking sheet, and just before baking brush with the remaining butter. Cook at gas mark 5 for 20-25 minutes, until brown and crispy.

Tropical Salmon Salad with Dill

INGREDIENTS:

1 cup ripe avocado, peeled, diced 1/4"

1 tbsp fresh lemon juice

2 cup seedless cucumber, diced 1/4"

2 cup ripe cantaloupe, diced 1/4"

2 tbsp fresh chives, snipped

4 whl chives

2 tbsp fresh dill, chopped

4 springs dill

1 tbsp shallots, chopped

3 tbsp extra virgin olive oil

3 tbsp fresh orange juice

2 tsp honey

2 tsp finely grated orange zest

2 lb center cut salmon fillet

PREPARATION:

Toss the avocado with the lemon juice. Add the cucumber, cantaloupe, snipped chives, chopped dill and shallots; toss the salad gently.

In a small bowl, whisk together 2 tablespoons olive oil, 2 tablespoons orange juice, 1 teaspoon honey and the orange zest until slightly thickened. Season with salt and pepper. Toss with the salad before serving.

For the marinade, combine the remaining olive oil, orange juice and honey. Brush over the salmon and sprinkle with salt and pepper to taste.

Oil the grill rack well. Place the salmon on grill, flesh-side down, 3 inches from heat source; cook 8 to 10 minutes, turning carefully after 4 minutes and brushing with the marinade. The salmon should be lightly browned and crisp on the surface, cooked through near the edges and rarer in the center. Remove to a cutting board with a large spatula.

Divide the salad among 4 plates. Slice the salmon into 4 equal portions and place atop each salad. Garnish each with a whole chive and a sprig of dill.

Two Potato, Fresh Herb and Smoked Salmon Terrine

INGREDIENTS:

4 medium size Ruby Lou potatoes

4 medium size Royal Blue potatoes

2 teaspoons salt flakes

fresh herbs (dill, flat leaf parsley)

Freshly ground black pepper

100g smoked salmon

60ml olive oil

PREPARATION:

Terrine tin ? 16cm x 10cm x 7cm. Line the tin with glad wrap.

Boil the potatoes in salted water until tender, allow to cool then peel and set aside.

Take the smoked salmon slices and line the inside of the terrine tin.

Keep 5 slices aside for the middle and the top.

Crush the potatoes with your hand and gently press the potato into the terrine tin.

Randomly place 3 smoked salmon slices in the middle, and finish with the rest of the potatoes, place the rest of the salmon on the top and then cover with glad wrap.

Refrigerate for 1-2 hours, turn upside down, remove tin and glad wrap and sprinkle with chopped herbs and slice into six.

To Serve: Garnish with dressed mixed greens and pickled chillies or gherkins.

Western Cedar Plank Salmon

INGREDIENTS:

1 fillet of fresh salmon (about 1/2 pound for each serving)

1 cedar plank (no more than 1/2 inch thick)

PREPARATION:

Soak cedar plank thoroughly to prevent burning.

Place the salmon on the plank skin side down and season to taste (garlic salt, dill weed, and black pepper work well).

Place the plank with the salmon on a covered grill on low. You want the plank to smolder on the bottom and create smoke but not to flame up. The cover will retain the smoke and also prevent flame-up. It will take 30 to 45 minutes for a good size fillet of salmon. The plank will get hot enough to cook the salmon through. You do not need to turn the salmon. Enjoy the natural smoky flavors!