

Culinary Corner



Salmon smoked on the BBQ with fresh herb sauce

By Christine Tremblay

This dish is very easy to make and absolutely delicious. It's a great main course to serve to dinner guests. My mother made it for my partner and me at one of her haute cuisine style dinners.

My mother goes all out when she entertains; a lot of thought goes into the décor, table setting, and ambiance. On the day of the dinner, she'll set out to find the best and freshest ingredients and thinks nothing of traveling 20km – one way – just to get buttery artisan bread from the finest French bakery. She experiments with new recipes all the time and will never serve it to guests until it is flawless. As a young girl, I recall my mom making yummy Pineapple Chicken Balls every night for about a month; as soon as the dish reached perfection, it was never seen again.

Since the BBQ season started, my mother kept promising to have us over for a special dinner but kept putting it off; like the table setting and the bread, the weather had to be just right. But it was well worth the wait because the evening was as pleasing to the eyes as it was to the palate.

To make this dish it is necessary to soak the cedar planks in water for the day. To make the herb sauce, put all sauce ingredients in a food processor and puree. This can be done a few hours before dinner and stored in the fridge; make sure it is at room temperature before serving. Shortly before serving time, while you are heating up the BBQ, remove planks from water and brush with olive oil on one side. Place salmon on oiled side of planks (one or two per plank depending on size) and add a couple of slices of lemon on top of salmon. Next, place the planks and salmon in the BBQ and cook until firm to touch or fish is flaky – be careful not to overcook. It is normal to have cedar planks burn underneath, this is what gives the delicate smoky flavor to the fish. Before plating the salmon, place a generous amount of the sauce on the plate then place fish on top. You can serve with rice or any other side dish you like. Enjoy!

Fresh wild Atlantic salmon filets (about 6 oz, skin on)
4 cedar wood planks for BBQ
Thin slices of lemon

Herb Sauce:

$\frac{2}{3}$ cup of extra virgin olive oil
2 tablespoons of fresh organic lemon jus
1 organic green onion
2 organic garlic cloves
3 tablespoons of chopped fresh organic dill
3 tablespoons of chopped fresh organic basil
salt and pepper to taste