



SOCKEYE SALMON

Whole Salmon with Fennel Seed Marinade

Serves 4-6

1 whole sockeye salmon, headed and gutted

3 lemons, cut in half

Stalks and fronds from 2 bulbs fennel

Fennel Seed Marinade (below)

Trim salmon from tail end to the size of grill your grill. Make three shallow slashes in the skin. Stuff with cavity with lemon halves. Place on grill upright over medium heat (using in direct grilling place on center of grill with embers arranged on either side rather than directly beneath). Place fennel stalks or green onions along the sides of the fish to help support. Spoon the marinade over top. Grill until internal temperature is 120-125. Remove to platter.

Fennel Seed Marinade

3 tablespoons crushed toasted fennel seeds

1 tablespoons dried oregano

3 shallots peeled

4 tablespoons olive oil

1 teaspoon garlic powder

1 tablespoon onion powder

Add all ingredients to a blender canister and blend into a paste.

Orange Fennel Salad

Serves 4

2 fennel bulbs, stalks trimmed and discarded, very thinly sliced

4 clementine oranges, peeled, segments cut in half lengthwise

1/2 cup marinated olives, sliced

1/2 cup olive oil

1/4 cup red wine vinegar

salt

Combine the fennel, orange segments, and olives in a medium salad bowl and toss with the olive oil and vinegar until thoroughly incorporated. Season with salt.

Garden Panzanella

Serves 4

2 cups cubed (1-inch) bread

6 tablespoons extra-virgin olive oil, divided use

2 cups tomatoes, cut into bite-size pieces

1 cucumber, large chopped

1 eggplant, large chopped and roasted

Salt

2 tablespoons red wine vinegar

8 ounces hot smoked salmon

1/2 bunch parsley roughly torn

On another baking sheet, toss the bread cubes with 1 tablespoon of the olive oil and salt to taste. Bake until crunchy and golden brown, about 8 minutes.

In a large serving bowl, toss bread, tomatoes, cucumber, and eggplant. Flake salmon over the salad leaving choice pieces whole. Season with salt and add the olive oil and vinegar. Toss to combine. Top with parsley and reserved large salmon pieces. Serve immediately.

Tahini Sauce for Grilled Fish

Makes about 1/4 cup

2 tablespoons tahini

1 tablespoon maple syrup or honey

½ teaspoon grated fresh ginger

1 tablespoon lemon juice

salt, to taste

Combine all ingredients. Serve over grilled fish.