The image shows the front cover of a cookbook. The background is a close-up photograph of a large, fresh salmon fillet. The salmon's skin is dark blue-grey, and its flesh is a vibrant orange-pink with visible white marbling. In the bottom right corner, there is a slice of yellow lemon with a generous amount of bright green, leafy herbs (likely parsley) resting on it. The title 'THE SALMON COOKBOOK' is centered over the top half of the image. 'THE' and 'COOKBOOK' are in white, serif, all-caps font, while 'SALMON' is in a larger, orange, serif, all-caps font.

THE
SALMON
COOKBOOK

INTRODUCTION

Reflecting on more than thirty years of experience in the culinary and academic fields I found the most rewarding experiences cooking with salmon.

Among the bounteous varieties of seafood available in the fish markets around the world, salmon has become the uncontested winner in culinary circles.

The Ecookbook covers the marketing, the buying, the handling, and the storing of salmon. Its distinctive color and texture are well adaptable to the creations of numerous dishes. The cooking techniques show the versatility of salmon.

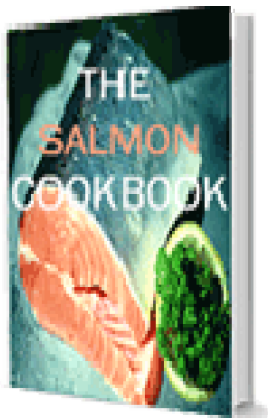
Through centuries of experience, salmon has been smoked and cured into delicate mellowed and enriched flavors and textures, unsurpassed by other smoked fish. A thorough analysis of salmon smoking guides the reader through the best means of buying and smoking salmon.

The Ecookbook contains over **one hundred sixty five recipes**. Many of the dishes can be prepared in a short time, or hours in advance. One can easily get hooked on appetizing dishes like the whole baked salmon in its swimming position, the stuffed salmon fillet, the salmon mousse, the soufflé of smoked salmon, the coulubiatic, gravlax, kedgereee, and other fine recipes accompanied

with a distinctive sauce. Many of the recipes are my signature dishes that can be prepared in a short time, or hours in advance. Some are tributes to my mentors and colleagues from Europe, USA, and especially Canada. Teasing wild salmon to rise to a fly, catching and or releasing them, and creating scores of new recipes with the fresh catch have been enjoyable experiences of my life.

Happy cooking.

John Nicolas



— ALL NEW — {Page Turner}

Flipping with Anticipation

Things are about to get really good

How it works.

To buy the digital version of the Salmon Cookbook, login using your social account: Facebook, Twitter, Google or create an account. After your purchase US \$8.99, the salmon cookbook is immediately available to download and save on your device in PDF format (Adobe Acrobat, iBooks).

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THE SPECIES OF SALMON

There are two main varieties of salmon species:

Atlantic and **Pacific**. Although they are genetically almost identical, historically they do not interbreed.

Atlantic salmon is native to the northern Atlantic Ocean and rivers that flow into the Atlantic. It differs from Pacific salmon only in that it can spawn more than once. Atlantic salmon, among all species of salmon, is the most suitable for smoking . There are five main species of **Pacific** salmon: Chinook, or King; Coho, or Silver; Sockeye; Chum; and Pink.

Chinook, or **King** salmon, accounts for about 20 percent of the total salmon fished in the Pacific and is one of the most commercially valuable fish in the world. Suitable for most recipes, Chinook salmon is often used for smoking.

Coho or **Silver** salmon, run 12 -18 lbs. and is considered by many to be the best salmon for barbecues. They have a firm bright red flesh, with a mild flavor.

Sockeye salmon, with its deep red flesh, is the smallest of the Pacific salmon, and for its rich flavor, the most sought-after variety.

Chum salmon is similar to Sockeye, with a milder and more delicate flavor.

Pink salmon are the most plentiful of all Pacific salmon species, with a mild flavor and light flesh color.

Steelhead salmon are genetically almost identical to native American trout, also known as **Rainbow trout**. Steelhead grow much larger than Rainbow trout, however.

Arctic Char, **Brook** trout and **Lake** trout are all part of the salmon and trout family. The flesh of Arctic char can be anywhere from dark red to quite pale pink. Brook trout are very popular with anglers. The rarer Lake trout are the largest of all the trout species.

SALMON AND HEALTH

Salmon is an excellent source of vitamin A, vitamin D, niacin, riboflavin and other B- group vitamins. It also has a high content of the water-soluble vitamins B12 and Pyridoxine (Vitamin B6).

While fish-oil supplements get the press, the health benefits of the original source of the oil should not be overlooked. Fish is a very lean alternative to red meat: 3 ounces of cooked Atlantic salmon has less than one-third the total fat of 3 ounces of broiled rib-eye steak.

Not only is fish low in fat, but it has become common knowledge that the kind of fat it contains omega-3 fatty acids, the working components of fish oil is good for your heart. Researchers agree that omega-3s lower the liver's production of triglycerides, a particularly bad type of blood fat. Also, omega-3s seem to reduce the tendency of blood to form clots. In general, eating fish 2 to 3 times a week is a heart-smart choice.

CONCERNS OF CONTAMINANTS IN SALMON

Although current evidence suggests that contaminants in salmon do not pose a threat to human health, over the past years reports of PCBs in farmed and wild salmon have raised concerns about the health benefits of the species. PCBs are ubiquitous in the environment, and occur in many foods, including beef, milk and chicken. The PCB intake in our diet comes mainly from other foods, not salmon - farmed or wild.

Food producers are addressing this issue, and now consumers can buy organically farmed salmon raised on food without PCBs.

The data show quite convincingly that regardless of whether the salmon are farm bred or caught wild, the amounts of these chemicals are small indeed, about 100 times lower than the safe amounts recommended by the US FDA's health-based risk assessments.

BUYING, HANDLING AND STORING SALMON

Drawn salmon are whole, cleaned salmon. They need to be scaled and washed before cooking.

Dressed and **pan-dressed** salmon are both scaled and eviscerated. Usually, head, tail, and fins are removed.

Steaks are cross-section slices of larger dressed salmon. They are ready to cook as purchased. Look for center cuts, as steaks from the tail end are small and not appealing.

Fillets are the sides of dressed salmon, cut lengthwise away from the back- bones. Fillets may be skinned, boned and require no preparation before cooking. Consumers have a preference for this cut.

Butterfly fillets are the sides of the salmon held together by the uncut belly skin or by the back

Salmon roast is the center cut of dressed salmon. Choose salmon roasts in sizes to meet your specific needs

BUYING FRESH SALMON

To ensure your buying the freshest fish, look for these details:

- The odor is sea-fresh and mild. (Fresh salmon, whether wild or farmed, has practically no “fishy” smell.)
- The flesh is firm and elastic when subjected to finger pressure. (Farmed salmon has a less resilient texture than the wild species.)
- In buying fillets and steaks, look for a fresh-cut appearance, and color ranging from pink to red. In a whole fish, the eyes are bright, clean, transparent and full. The skin is shiny and bright in color. Wrinkles should not remain when fish is bent slightly. The scales are shiny and adhere tightly to the skin.
- Salmon cut into fillets or steaks should be displayed on ice. Fresh salmon steaks and fillets should be firm, moist and rosy in color. Refrigerate fresh salmon just after purchase and cook it within the day. Before cooking, check for pin bones by rubbing your finger over salmon; pull them out with clean tweezers, rinse salmon under cold water, and dry with paper towels.

HANDLING AND STORING SALMON

Fresh whole salmon should be refrigerated on ice as soon as it is received. It should not be exposed to air unnecessarily as oxidation may alter the flavor. Fillets or steaks lose their flavor more rapidly than whole fish and should be processed without delay.

Smoked salmon should not be placed in contact with ice and should be double-wrapped and stored in an airtight container to control its penetrating odors. Salmon to be frozen should be wrapped and sealed in moisture and vapor-proof material. Do not freeze salmon that is wrapped only in waxed paper or plastic wrap.

HOW TO FREEZE OR GLAZE SALMON

Fresh salmon may be frozen in a block of ice or by glazing, both of which prevent moisture loss. To freeze salmon in a block of ice, place the fish in a container large enough to hold the fish and cover with water, then freeze until solid.

Glazing is as effective as block freezing and takes less freezer space. To glaze salmon,

place in a single layer on a tray, wrap and freeze. As soon as the fish is completely frozen, remove from the freezer, unwrap, and dip quickly in ice-cold water. A glaze will form immediately. Repeat the dipping process 3 or 4 times. A thick coating of ice will result from each dipping. If necessary, return the fish to the freezer between dips if the glaze does not build up after 2 or 3 dips. Handle the salmon carefully to avoid breaking the glaze. When glazed, wrap the salmon tightly in freezer wrap or aluminum foil and return to the freezer. Glazing may need to be repeated if the fish is not used within 1 or 2 months.

Good quality salmon will keep about 3 months if handled correctly from catch to freezer.

Commercially packaged frozen salmon should be placed in a freezer in its original wrap- per immediately after purchase to maintain quality. Store at 0° or lower. It is a good practice to date packages for easy rotation.

SMOKED AND CURED SALMON

Before the arrival of cold storage and refrigeration, salmon was preserved by smoking and curing in brine. Salmon smoking relies on the basic processes of curing and drying. Both inhibit spoilage and growth of bacteria by reducing the moisture in the fish. Today, the choices in smoked and cured salmon are endless.

One general rule to remember: Hot-smoked salmon is cooked during the smoking process, while cold-smoked salmon is preserved in its raw state. Here are some guidelines to sorting out the many varieties of smoked salmon:

KIPPERED OR HOT-SMOKED:

The salmon is cured in a brine solution and smoked at high temperatures. It is moist, tender and flaky, with a strong smoked flavor. The Pacific King salmon species are often used. A coating of cracked black peppercorns transforms Kipper salmon into “pastrami salmon.” Packaged in whole sides or chunks, the refrigeration shelf life of kippered or hot smoked salmon will vary according to the concentration of salt and the use of preservatives.

Refrigerate kippered salmon for a week to 10 days, or freeze for an extended storage period. The special slow hot-smoking process renders the salmon amazingly tender and moist.

LOX OR NOVA LOX: Lox, also known as Nova lox or belly lox, is a popular processing method generally prepared from Pacific species. The fish is cured in brine, and soaked to remove salt. It may be lightly smoked at very low temperatures. Sometimes, it may contain food coloring. Lox is inexpensive and often salty. When “lox style” is used to describe smoked salmon today, it is likely to refer to a salty fish.

NOVA OR NOVA SCOTIA: Nova or Nova Scotia smoked salmon refers to a method of mild curing and cold smoking; the term Nova or Novi is also used to refer to any smoked salmon regardless the source. The quality varies according to the salmon and the smoking process. Frequently vacuum-packed, this variety can be found thinly sliced or as whole smoked sides.

WILD WESTERN NOVA:

This is a wild king salmon from the Pacific. Its lean body has very little fat and captures the light wood smoke wonderfully. The wild fish, belly-cut, is usually wet-cured, leaner and firmer than farmed Fish.

WILD BALTIC:

Caught seasonally between Denmark and Sweden; smoked in Denmark. It is pale and earthy, with a peat-like flavor. It varies in taste, texture, smokiness and saltiness.

SCANDINAVIAN GRAVLAX WITH DILL:

Gravlaks or gravlax is not smoked, but cured and coated in a delicate brine of salt, sugar and dill. Goes best with a touch of mustard sauce.

SCOTTISH, IRISH, NORWEGIAN AND ICELANDIC:

The finest wild Atlantic salmon from these regions have been fished for many years. The sides of wild or farmed Atlantic salmon from those countries are cured and cold-smoked, using nothing but natural ingredients. It is the smoking that gives the salmon the distinctive, soft aroma of wood smoke and its unique silky texture and flavor: lean, firm, a little salty.

DRIED SALMON OR SALMON JERKY: The combination of both the lox and kippered salmon processing methods is used to make dried salmon or salmon jerky. Pacific salmon is cut into strips, soaked in a

brine and slow-smoked for an extended period. One style is very smoky and moist. Another, sometimes called squaw candy, is cut into strips, smoked and dried until rubbery, with a firm and chewy texture, like beef jerky.

RETORT POUCH OR CANNED SMOKED

SALMON: is a brined, lightly smoked salmon which is packed in either a foil laminated vacuum pouch or can. The pouch or can is then vacuum sealed and sterilized (retorted) through pressure cooking to ensure a stable shelf life without refrigeration.

BUYING SMOKED SALMON

Judging smoked salmon and analyzing its quality are not easy matters. Today, the salmon which sets the standard by which all smoked salmon is judged comes from Scotland. At its best, smoked salmon is rosy-pink, silky, tender, mild, and appetizing, with a subtle smoke flavor. A moderate amount of salt enhances but does not block its refined quality. The Scottish smoked salmon producers are among the best in the world, and are proud and very protective of their industry. Genuine smoked Scottish salmon is a salmon caught or farmed in Scotland that has also been smoked in Scotland. Some other producers identify their product as “Scottish smoked salmon,” meaning that their salmon is smoked (regardless of source) in the “Scottish style.” Look for the “Scottish Salmon — Smoked in Scotland” Quality Mark, to identify genuine smoked Scottish salmon if you want to try the real thing.

Norwegians also produce consistently good quality smoked salmon. Norwegian smoked salmon are fattier than Scottish salmon. The flesh is rich, and often tender and soft, like the Nova or Nova Scotia.

Irish smoked salmon has a more intense smoke flavor than the Scottish and Norwegian

smoked salmon. It is "hard cured", which means that the salmon has a drier texture. It is meatier and less fatty.

Although Switzerland does not produce any salmon, Atlantic salmon from Norwegian and Russian origins are smoked in this country. Salmon is cured and exposed to mild hard- wood smoke. In addition, herbs are often burned to produce a smoked salmon of exceptional high standard.

The Pacific Northwest of the United States and British Columbia produce hot -smoked and kippered Chinook and Coho salmon. The bright orange Copper River king salmon from Alaska is often cold-smoked, producing a good quality product There is a wide range of color variations in fine quality smoked salmon. Scottish, Norwegian, Icelandic and Canadian smoked salmon have a medium-pale orange color; avoid intense pinks and reds. Smoked salmon experts always look for a creamy-silky texture with a satisfying amount of fish oil. You should avoid smoked salmon that is too fatty or oily, too soft

HOT-SMOKING SALMON AT HOME

Hot-smoking salmon at home can be a rewarding experience. Unlike the time consuming cold smoking process, hot-smoking gives rapid results. The art of hot-smoking lies in controlling the heat and the curing process. Hot-smoked salmon is fully cooked and should be consumed within a few days, or frozen.

First cure the salmon: simply sprinkle salt directly on the salmon. Allow about 1 tablespoon salt per pound of boneless salmon. A mixture of salt and sugar in a proportion of 5 to 1 will give a mellower taste. Apply a heavier layer of the salt or salt-sugar cure on the thickest part of the fillet and a little less on the thinner tail and belly, so that the cure will be more evenly distributed. Cover and refrigerate for 8 hours or overnight. Before smoking, drain liquid that has collected around fish. Cover salmon with cold water. Let stand for 15 minutes, drain and repeat. Pat dry. Lay fillet on a rack and dry for up to 2 hours in a breezy place.

Brining is another easy way to cure salmon for hot-smoking. Use about 2 tbs. total salt and sugar per cup of cold water. Measure enough cold water to cover salmon. Depending on the size, allow fish to steep in brine for 2 to 4 hours under refrigeration. Thinner fillets require less time in the brine than large thick fillets. Rinse salmon in fresh cold water and hang or lay on a rack

in a cool breezy place to dry for 2 to 3 hours. The outer surface of fish will dry into a thin pellicule, which gives a good appearance to the finished fish and helps slow the loss of moisture as it smokes.

HOT-SMOKING WITH A GRILL

Start a charcoal fire in a covered grill, and let it cook down until the coals are not fiery hot. Add moistened hardwood chips or fruit wood cuttings for smoke. The key is to control the temperature of the covered grill to around 180° to 200° during smoking of the salmon. To check temperature, insert an instant-reading thermometer through the vent hole of the kettle. Lay salmon skin side down on a rack that will fit in the grill. Place in the center of the grill. Cover and close bottom and top vents about 90 percent. Smoke fish for 30 to 40 minutes or until flesh goes from translucent to opaque. Test the center with a skewer. Cool smoked salmon, then wrap and refrigerate before serving.

SMOKING IN A WOK

Stovetop smoking in a wok can be very rewarding. (The use of a cast-iron skillet is also possible; Marinate pieces of boneless fresh salmon in soy sauce and ginger for up to 1 hour.

Other exotic spices can be added to flavor the fish. The smoke source is a mixture of equal parts raw rice, brown sugar and black tea leaves. Wood chips or sawdust are also good alternatives for wok smoking.

For best results, use a wok 14 inches in diameter or larger with a tight-fitting lid, and a rack that will fit inside. Line the inside of the wok with a sheet of heavy-duty foil, letting the excess drape over the pan. Combine rice, sugar and tea and spread on the foil in the bottom of the wok. Put the wire rack in place and turn the heat to high. Meanwhile, drain and dry salmon pieces.

When sugar begins to burn, place fish on the rack. Cover the wok, folding the foil over the lid. Reduce heat to medium and cook fish for 10 to 15 minutes. Use an exhaust fan if possible as some smoke will leak from the wok. Remove the lid and test the fish for doneness by checking the thickest part with a skewer. The center should be opaque. Take the wok outdoors if possible, so that the smoke will not set off any indoor alarm. Serve salmon hot or cold. If smoking with a wok becomes a habit, it may be a good idea to dedicate one wok for smoking.

GRAVLAX

Makes 30 servings

Dill Mustard Sauce is a classic accompaniment, as are rye bread and cucumber slices.

1 salmon fillet (2¹/₂ lb.)

1/4 cup salt

1/4 cup sugar

10 fresh dill sprigs, divided

1 medium onion, thinly sliced

1 tbs. cracked peppercorns

1/4 cup cognac, optional

capers, for garnish

Extract all bones from the fillet. Mix salt and sugar in a small bowl. Rub salt mixture into the fleshy side of salmon. Spread half of the dill in a glass or ceramic dish. Place salmon skin side down on top of the dill in the dish. Sprinkle onion and peppercorns over salmon. Pour cognac, if using, over salmon. Sprinkle remaining dill over fish. Cover dish with plastic wrap. Place a board on top of dish so that it presses on the wrapped fish. Put about a 5-pound weight on top of board (cans of food will work well). Refrigerate fish for 2 to 3 days, basting salmon with the marinade once or twice a day. Before serving, remove dill and onion from the top of the salmon and discard. Place fillet skin side down on a cutting board. Slice the fillet on the diagonal into thin strips, freeing them from the skin. Roll the thin slices. Garnish with capers.

SMOKED SALMON BAGELETTES

Makes 20 bagelettes

An elegant version of bagels with cream cheese and lox, these bagelettes are perfect for brunch or as an hors d'oeuvre.

10 miniature bagels, split

8 oz. cream cheese, softened

4 oz. smoked salmon (hot- or cold-smoked)

1 tbs. chopped fresh chives

1 tbs. chopped fresh dill, for garnish

Toast bagel halves; set aside. In a food processor

Work bowl, blend cream cheese, smoked salmon and

chives into a creamy consistency. Spoon into a pastry bag fitted with a star tip and pipe salmon mixture on bagels, or mound salmon mixture on bagels with a spoon. Garnish with dill.

SMOKED SALMON QUESADILLAS

Makes 24 wedges

To make these low-fat, warm the tortillas in the oven or on a grill instead of frying them.

4 oz. soft fresh goat cheese

2 tbs. grated horseradish, well drained

2 tbs. sour cream

3 tbs. chopped fresh dill, divided

salt and pepper to taste

5 tbs. olive oil

5 flour tortillas (7-inch)

12 thin slices cold-smoked salmon (about 8 oz.)

1 tbs. fresh lemon juice

Blend goat cheese, horseradish, sour cream and 1 tbs. of the dill in a small bowl. Season cheese mixture with salt and pepper. Set aside.

In a small skillet, heat oil over medium-high heat for 1 minute. Fry tortillas, 1 at a time, turning once, for 2 minutes, or until lightly browned. Drain on paper towels. Spread 1 rounded tbs. cheese mixture over each tortilla. Top with smoked salmon and sprinkle with a pinch of the remaining dill. Cut quesadillas into quarters and drizzle with lemon juice. Serve immediately.

SMOKED SALMON TARTARE

Makes 4 servings

This simple recipe is suitable as hors d'oeuvres on toasts or Blinis, or as a first course, and can be prepared several hours ahead and kept in the refrigerator.

1/2 lb. cold-smoked salmon
1 tbs. extra-virgin olive oil
1 tbs. small capers
3 tbs. minced fresh chives, divided
1 tbs. thinly sliced fresh basil, divided
pepper to taste
4 lime wedges, for garnish

Slice salmon and dice into about 1/4-inch pieces. Mix with olive oil and capers in a small bowl. Add 1/2 the chives and 1/2 the basil. Season with pepper.

AS A FIRST COURSE: Divide salmon tartare evenly among 4 salad plates. Sprinkle remaining chives and basil on top. Season with more pepper to taste and garnish with lime wedges.

AS HORS D'OEUVRES: Mound a tsp. of the salmon tartar on small toast rounds or crackers. Sprinkle with remaining chives and basil. Season with more pepper. Serve cold.

STUFFED CUCUMBERS

Makes 10 servings

Serve these pretty salmon/cucumber slices on rounds of buttered pumpernickel bread.

- 2 medium seedless cucumbers
- 8 oz. smoked salmon (hot- or cold-smoked)
- 4 oz. cream cheese, softened
- 1/2 cup (1 stick) butter, softened
- 1 tbs. Dijon mustard
- 1 tbs. lemon juice

Cut cucumbers lengthwise in half. Scoop out seeds and discard. Set cucumber halves aside. Combine smoked salmon with cream cheese, butter, mustard and lemon juice in a food processor work bowl and process into a paste. Fill cavities of cucumber halves with salmon mixture. Place halves together to resemble a whole cucumber. Wrap and refrigerate for 1 hour. Slice stuffed cucumbers into 1/2 -inch rounds. Serve cold.

BLINIS

Makes about 7 dozen blinis

Blinis are small, light pancakes that can be prepared days ahead and frozen. They are served as appetizers or hors d'oeuvres and topped with smoked salmon, Rillettes of Salmon or a simple combination of sour cream and salmon caviar.

1¹/₂ cups milk, divide

1¹/₂ tsp. active dry yeast

1 cup all-purpose flour

1 cup buckwheat flour

4 egg yolks

1 tsp. salt

3 egg whites

¹/₂ tsp. cream of tartar vegetable oil, for cooking

Heat 1 cup of the milk in microwave until it is warm. Dissolve yeast in warm milk. Place flours in a large bowl and make a well in the center. Add the milk-yeast mixture, egg yolks and salt. Mix well. Cover bowl and leave to rise at room temperature until doubled in volume, about 1 hour. Stir in remaining ¹/₂ cup milk. Beat egg whites with cream of tartar in a medium bowl until stiff. Fold into batter. Heat a large nonstick skillet over medium heat. Brush pan with oil. Pour about 1 tbs. Batter into pan for each blini and cook until golden, 2 to 3 minutes on each side. Transfer to a tray. Cover with foil. Repeat with remaining batter. Serve blinis hot or at room temperature.

POTATO GALETTES WITH SMOKED SALMON AND DILL CRÈME FRAÎCHE

Makes 4 servings

Individual potato pancakes called galettes are topped with a sour cream mixture and smoked salmon. The potato galettes can be browned 2 hours in advance, then baked in the oven 10 minutes before serving.

1/4 cup crème fraîche or sour cream
3 tbs. minced shallots or onions
2 tbs. minced fresh dill, or 2 tsp. dried
1 1/2 tbs. lemon juice, divided
salt and pepper to taste
2 large Idaho potatoes
1/4 cup (1/2 stick) butter, melted
4 oz. cold-smoked salmon, thinly sliced
3 tbs. salmon caviar, optional, for garnish
1 tbs. minced fresh chives, for garnish.

Heat oven to 400°. Mix crème fraîche, shallots, dill and 1 tbs. of the lemon juice in a bowl. Season with salt and pepper. Cover and refrigerate until ready to use. (Mixture can be prepared a day ahead. Keep refrigerated.)

Peel and finely grate potatoes. Rinse potatoes under cold water and drain well. Toss potatoes with 2 tbs. of the butter in a bowl. Season with salt and pepper. Heat a large cast iron skillet over high heat. Add remaining 2 tbs. butter. Spoon 1/2 cups of grated potatoes in skillet to make 4 round

gallettes. Press and flatten potatoes into pancakes. Cook 2 minutes. Reduce heat to medium- high and cook until bottom is golden, about 4 minutes.

Flip gallettes and cook until second sides are golden, about 4 minutes. Transfer pan to oven; cook until gallettes are crisp, about 10 minutes.

Spread gallettes with crème fraîche. Top with salmon.

Drizzle with lemon juice and season with pepper.

Garnish with caviar, if using, and chives.

SMOKED SALMON CORN CAKES

Makes 4 servings

The spicy smoked salmon corncakes are cooked in a skillet, and served as a brunch entrée or appetizers with sour cream, chopped red onion and lemon slices.

3/4 cup yellow cornmeal

6 tbs. flour

1/2 tsp. baking soda

1/2 tsp. Salt

2 eggs

3/4 cup buttermilk

6 tbs. cream cheese, softened

1 cup fresh corn or frozen corn, thawed

6 tbs. finely chopped fresh chives

1 tsp. finely chopped jalapeño pepper

1 cup finely chopped smoked salmon (hot- or cold smoked)

1/4 cup vegetable oil

In a medium bowl, combine cornmeal, flour, baking soda and salt. In a large bowl, whisk together eggs, buttermilk and cream cheese. Chop half of the corn coarsely and stir into buttermilk mixture with remaining corn, chives, jalapeño pepper, salmon and cornmeal mixture until just combined. In a large nonstick skillet heat oil over medium heat. Drop batter by $\frac{1}{4}$ -cups into skillet. Spread batter slightly to form 3- to 4-inch cakes and cook for 2 to 3 minutes on each side, or until golden brown. Serve warm.

SMOKED SALMON SPIRALS

Makes 8-10 servings

These beautiful pink and white spirals can also be served with toast rounds or crackers.

8 oz. cold-smoked salmon, thinly sliced

8 oz. cream cheese, softened

1 tbs. chopped fresh dill, or 1 tsp. dried

1 tbs. tiny capers, drained

1 seedless cucumber, sliced $\frac{1}{4}$ -inch thick

Arrange smoked salmon slices, overlapping slightly, on a sheet of plastic wrap in a 12 by 8-inch rectangle.

Mix cream cheese with dill in a small bowl; spread over smoked salmon. Sprinkle capers over cream cheese mixture. Roll up smoked salmon jelly roll-style to form a cylinder. Enclose in plastic wrap. Refrigerate for several hours, until the cylinder is firm.

Thinly slice the smoked salmon roll, and arrange on cucumber slices.

GRILLED SALMON SKEWERS

Makes 12 appetizers

These skewers are quick and delicious appetizers, or serve three or four skewers per guest as an entrée, with rice and stir-fried vegetables.

1/4 cup Soy sauce

1/4 cup honey

1 tbs. rice vinegar

1 tsp. minced fresh ginger

1 clove garlic, minced

1 pinch pepper

1 lb. salmon fillet, boned and skinned

1 lemon, cut in 12 wedges, optional

In a bowl, whisk together soy sauce, honey, vinegar, Ginger, garlic and pepper; set aside. Slice salmon lengthwise into 12 long strips. Thread each strip onto a wooden skewer. Place in a shallow dish. Pour soy sauce mixture over skewers, turning to coat well. Marinate at room temperature for 30 minutes. Prepare a medium-hot grill.

Thread 1 lemon wedge, if using, onto end of each skewer. Grill skewers on an oiled grill rack, brushing often with marinade, for 4 minutes on 1 side; turn and grill for 3 to 4 minutes, or until fish flakes easily.

SMOKED SALMON SPREAD WITH CAPERS

Makes 8 servings

This fast and elegant appetizer can be made several hours ahead. Serve with crackers or slices of French bread.

1 cup chopped smoked salmon (hot- or cold-smoked)

6 oz. cream cheese, softened

1 tsp. lemon juice

1 tbs. milk

1 tbs. capers, rinsed and drained

1/2 tsp. *Fish Seasoning*

Combine smoked salmon, cream cheese, lemon juice, milk, capers and *Fish Seasoning* in a food processor work bowl. Process until smooth.

Transfer to a bowl. Cover with plastic wrap and refrigerate until ready to serve.

COLD SALMON MOUSSE

Makes 12 servings

Serve this with toasts or crackers and garnish with lemon wedges. Salmon mousse can also be used as a filling for tomatoes, cucumbers, artichoke bottoms or mushroom caps.

1 tbs. unflavored gelatin powder
1/2 cup cold water
1/2 cup mayonnaise
salt and pepper to taste
1 tsp. Worcestershire sauce
1/4 tsp. cayenne pepper
2 tsp. chopped fresh dill
1/4 tsp. Paprika
1 tbs. lemon juice
2 cups cooked salmon, boned and skinned
1 cup heavy cream

In a small saucepan off heat, dissolve gelatin in water. Set aside for 5 minutes. Place saucepan over low heat. Heat, stirring, until gelatin is melted. Pour into a bowl and cool to room temperature. Whisk in mayonnaise, salt, pepper, Worcestershire, cayenne, dill, paprika and lemon juice. Refrigerate for 15 to 20 minutes until mixture begins to thicken lightly. Blend salmon in a food processor work bowl until finely chopped. In a small bowl, whisk cream until soft peaks form. Fold salmon and cream into gelatin mixture.

Transfer mousse to a large mold or individual molds and refrigerate for 3 to 4 hours to set. Just before serving, dip mold in warm water for a few seconds. Invert on a platter.

RILLETTES OF SALMON

Makes 8 servings

The combination of fresh and smoked salmon well seasoned with a variety of condiments and herbs bring a rich flavor to this hors d'oeuvre. Can be prepared a day in advance. Recipe can be doubled.

8 oz. fresh cooked salmon

8 oz. cold-smoked salmon, finely diced

1 tsp. minced shallot or onion

1/2 cup (1 stick) butter, softened

1/4 cup chopped fresh parsley

1 tbs. lemon juice

1 tsp. Dijon mustard

1 tsp. capers

1 tsp. cognac

1 tsp. grated lemon zest

1/4 tsp. Pepper

8 slices pumpernickel bread, or 4 dozen *Blinis*

Remove any skin or bones from fresh salmon. Put in a food processor work bowl and process to a smooth paste. Add smoked salmon, shallots, butter, parsley, lemon juice, mustard, capers, cognac, lemon zest and pepper. Pulse until smooth.

Spoon salmon mixture into a serving bowl. Refrigerate for 1 hour. Serve with thin slices of pumpernickel or *Blinis*.

SALMON SHRIMP TERRINE

Makes 10 servings

A cross between a seafood mousse and a paté, this terrine is a sophisticated start to an elegant meal. Serve with

Beurre Blanc

1/2 cup (1 stick) butter, softened, divided

1/4 cup chopped shallots or onion

8 oz. small shrimp, peeled and deveined

1 cup dry white wine

1 tbs. tomato paste

1 salmon fillet (10 oz.), boned and skinned

1 cup heavy cream

1 egg

salt and pepper to taste

1 tbs. chopped fresh parsley

1 tbs. chopped fresh dill, or 1 tsp. Dried

Heat oven to 300°. Melt 1/4 cup of the butter in a skillet over medium heat. Add shallots and cook for 2 minutes. Add shrimp and wine. Bring to a boil and stir in tomato paste; remove from heat. (The shrimp will not be fully cooked.) Set aside to cool slightly.

Cube salmon. Puree in a food processor work bowl along with remaining 1/4 cup butter, cream, eggs,

Salt, pepper, parsley and dill. Transfer to a bowl. Fold in

cooled shrimp mixture. Spoon into a greased terrine or large loaf pan, smoothing the top with a spatula. Cover terrine. Place terrine in a larger pan, pour hot water in large pan to halfway up sides of terrine, and bake for 45 to 60 minutes. Remove terrine from water bath. Slice and serve warm.

TERRINE OF SALMON

Makes 10 servings

Made a day or two in advance, this terrine is great served on a buffet.

1 egg

2 1/2 cups heavy cream, divided

3 slices white bread, crusts removed

1 medium onion, diced

1/4 cup (1/2 stick) butter

1 salmon fillet (2 1/2 lb.), boned and skinned

1 tsp. unflavored gelatin powder

salt and pepper to taste

1/4 tsp. nutmeg

2 tbs. salmon caviar, optional, for garnish

1/2 bunch fresh

dill, chopped

2 tbs. chopped fresh parsley.

Line a terrine or large loaf pan with plastic wrap. Heat oven to 375°.

In a small bowl, beat egg with 1/2 cup of the cream. Cube bread and add to cream mixture to soak 5 minutes. Meanwhile, in a small skillet over medium heat, sauté onion in butter until transparent. Trim salmon fillet to fit terrine. Sprinkle trimmed fillet with gelatin powder and set aside.

Cube salmon trimmings and season with salt and pepper. Place salmon trimmings in a food processor work bowl. Add onion, bread with soaking liquid, salt and nutmeg. Process while slowly adding 1 1/2 cups of the cream.

Fill prepared terrine 1/3 full with pureed mixture. Press trimmed salmon fillet in center. Top with remaining pureed salmon mixture, pressing to avoid air pockets. Enclose with plastic wrap. Cover with lid or foil. Place terrine in a larger baking pan. Pour hot water in larger pan to halfway up sides of terrine. Bake for 40 to 50 minutes. Remove from water bath and refrigerate terrine until cold.

Unmold terrine and roll terrine in herb mixture. Serve with remaining 1/2 cup cream, lightly beaten, and caviar, if using. Sprinkle with dill and parsley.

COULIBIAC OF SALMON

This impressive dish is a classic. The salmon is enclosed in a rich brioche crust with layers of onion, mushroom, rice, and hard-cooked eggs. You may substitute prepared puff pastry for brioche. Also, you can simply melt some butter with an equal quantity of lemon juice and serve instead of velouté sauce

1 1/2 pounds salmon fillet
1 tablespoon lemon juice
Salt and pepper to taste
1 medium onion, chopped
1 tablespoon oil
1 cup mushrooms, chopped
1 tablespoon parsley, chopped
2 cups cooked rice
1/2 cup velouté sauce
3 hard boiled eggs

1 tablespoon melted butter
1 recipe brioche dough (see recipe below)
1 egg, beaten
2 cups velouté sauce

Preparation

Preheat oven to 375 degrees. Wash salmon; pat dry. Remove any bones and skin and cut in equal halves. Season with salt, pepper and lemon juice.

Sauté onion in oil. Add the mushrooms and parsley. Cook over medium heat for 5 minutes. Mix in the cooked rice and 1/2 cup velouté sauce.

Roll out brioche dough into a rectangle 1/4 inch thick. Place on a baking sheet. Arrange a layer of onion rice mix , over the whole length of dough to within one inch from edges. Top with one piece of salmon. Place hard boiled eggs over salmon and top with second piece salmon so that eggs are sandwiched between salmon .

Brush edges of dough with egg. Fold over mix. Seal all edges and roll pastry so that seam is underneath. Brush dough with egg. Decorate with pieces of dough. Let rise at room temperature for 30 minutes. Bake at 375 F for 30 Minutes

To serve:

Place the whole coulibiac on a platter for display. Slice into portions. Serve on warm plates. Serve velouté sauce separately.

BRIOCHE DOUGH FOR COULIBIAC

1/2 cup warm water
1 tablespoon yeast
1 teaspoon sugar
1/2 cup flour

3 eggs
1 cup flour
1 tablespoon sugar
1 teaspoon salt
6 ounces soft butter
1 1/2 cups flour

In a large mixing bowl, dissolve the yeast in the water with the sugar. Add the flour to make a soft dough. Set the dough in warm place until it doubles in volume. Beat in the eggs, flour, sugar, and salt. Gradually add the butter and remaining flour and mix well. Transfer the dough to a working surface. Knead for about 10 minutes. Form into a ball. Place into a clean large bowl. Cover with film wrap.

Let rise at room temperature until dough doubles in volume.

Punch dough down. Cover and refrigerate overnight.

The End

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