

F/V Bonnie Marietta Customers' Recipes

(as submitted by the customer)

Lemon Pineapple Salmon

JD Gibson, Los Osos, CA

- Pepper
- Lemon juice from 3 fresh lemons
- 3 Tbsp Teryaki sauce
- 1 Tbsp soy sauce

Directions: Combine all ingredients into medium size bowl. Pour ingredients into skillet and cook on low.

Add salmon and cook 4 1/2 min on each side. Add circle slices of pineapples on top of salmon and let cook for 3 more minutes.

Salmon and Broccoli Quiche

Maureen McPhee Nelson, Baywood Park, CA

Crust:

- 1 Marie Callenders deep dish pie shell

Filling:

- 1 cup salmon
- 1 1/2 cups (6 oz) Swiss cheese, shredded
- 1 cup frozen broccoli florets, thawed and drained on paper towels
- 4 eggs
- 1 cup milk
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/2 tsp dry mustard
- 1/8 tsp paprika

Directions: Heat oven to 375 F and prepare pie crust as directed on package.

Layer salmon, cheese and broccoli in pie crust. In medium bowl, combine remaining ingredients, beat well and pour over broccoli. Bake at 375 F for 40 - 50 min or until a knife inserted in the center comes out clean. Let stand for 10 min before serving.

Salmon Teriyaki

Judi Wright, Atascadero, CA

- 4-5 slices of salmon
- 1 1/2 tsp salt

Sauce:

- 1/4 cup soy sauce
- 1/4 cup sake
- 1 Tbsp sugar

Directions: Sprinkle salt on salmon then slowly boil the sauce until thick. Broil salmon until slightly cooked. Baste with thickened sauce several times until fish is done (approx. 10-15 minutes).

Broiled Salmon Piquante

Evelyn Dabritz, Cayucos, CA

- 1 Tbsp minced green onion
- 1/4 tsp pepper
- 1 tsp salt
- 1/4 tsp dried summer savory
- 1/4 tsp dried marjoram
- 1 Tbsp crushed dried parsley
- 1-2 Tbsp lemon juice
- 1/4 cup melted margarine or butter
- 2 lbs salmon steaks, fillets, or slabs with skin

Directions: Heat broiler. Spray pan with oil. Combine first 8 ingredients. Spoon some mixture on pan. Lay fish on top and spread mixture on top for fish. (For slabs with skin: Spray skin with cooking oil and lay fish in mixture skin up.)

Broil 6-7 minutes, turn over and broil 6-7 minutes. Test for doneness, should easily flake. Do not overcook. Thicker slabs may take longer. If not quite done microwave 2 minutes. Arrange on platter and spread on remaining mixture.

Chuck's Wrapped Grilled Salmon

Robert Christenson, San Luis Obispo, CA

- 4 salmon steaks of fillets about 1 inch thick
- 3 Tbsp lemon juice
- 2 Tbsp white wine
- 2 Tbsp olive oil
- 3 tsp capers
- 1/2 tsp dry mustard

Directions: Rinse salmon with cold water; pat dry with paper towels. Combine remaining ingredients and mix well. Pour over salmon and marinate for 30 minutes.

Place each piece of salmon in a piece of foil large enough to make a packet around the fish. Turn edges up. Spoon marinade over pieces and encase salmon in foil packet.

Place packets on well-greased grate over hot coals distributed for indirect heat or over gas grill with burner directly under fish packets off (indirect heat). On my Weber gas grill I use MOM setting. Cook 13 - 15 minutes depending on thickness of pieces. No need to turn packets, so they do not have to be liquid tight. Cooking can also be done on a cookie sheet in a 350-degree oven. Skin remains on foil as pieces are removed.

Notes: The original recipe from the West Coast Fisheries Development Foundation, calls for wrapping and tying in blanched lettuce leaves. It makes for a great presentation, but I've never had much luck in fixing it that way. Lettuce keeps falling apart or leaking too much. Chuck was the only chef I knew who could pull that off. I use foil and it works great!



Salmon Grilled in Corn Husk

Matthew Heney, Shell Beach, CA

- Two 10 oz salmon fillets
- 2 ears of fresh corn with husks
- 1 1/2 tsp red pepper flakes
- 1 tsp salt
- 3 Tbsp sour cream
- 1 tsp adobo sauce
- 1 Tbsp butter

Directions: Remove the husks and grill the corn turning them often to prevent burning. You want to remove them from the heat when a few of the kernels start to brown. When cool enough to handle, cut the kernels from the cob and stir with butter, a pinch of salt and pepper flakes in a bowl.

Stir the sour cream and adobo sauce together and refrigerate.

Place the biggest cornhusks in water for a few minutes. This will prevent them from burning on the grill. Lay the husks flat on the board to make two burrito-like bundles containing the salmon and corn. Wrap this bundle to cover the ingredients and tie with wetted butchers twine or thin strips of husk. Place on the grill for six minutes, then turn and grill for an additional five minutes. This time may vary depending on the heat of your grill.

You may serve this as is, which is fun for your guests, or open them on a plate leaving the husks under the salmon. Place the corn to the side and garnish the fish with the adobo/sour cream sauce. I like to use small pastry bags to drizzle a thin line of sauce on the plate and fish.



Shrimp Casserole

Nancy McAllister, Cayucos, CA

- cooked shrimp
- 1 Tbsp lemon juice
- 3 Tbsp salad oil
- 3/4 cup raw rice
- 2 Tbsp butter
- 1/4 cup minced green pepper
- 1/4 cup minced onion
- 1 tsp salt
- 1/8 tsp pepper, mace and cayenne
- 1 can tomato soup
- 1 cup heavy cream
- 1/2 cup slivered almonds
- 1/2 cup sherry wine
- fresh mushrooms, sauteed
- paprika

Directions: Set oven to 350 and cook for 40 minutes or until hot.

Place shrimp in 9 by 13 inch casserole dish. Sprinkle with lemon and oil. Cook rice - chill all. Sauté pepper, onion and mushrooms 5 minutes in butter. Drain. Add to shrimp. Add the rest, except 1/4 cup of nuts and paprika. Top casserole with leftover nuts and paprika.



Salmon with Greek Seasoning

John & Sharon Fitch, Morro Bay, CA

- Fresh Pacific salmon
- Cavender's "All Purpose Greek Seasoning" (available in grocery stores in seasoning section or on internet)

Directions: Coat fresh Pacific salmon liberally—and I mean liberally—with Greek Seasoning and grill. That's it. Simple and delicious!

Salmon Hash

Betty and Stan Gustafson, Los Osos, CA

- Leftover cooked salmon,
- frozen hash brown potatoes or frozen Potatoes O'Brien.

Directions: Prepare frozen potatoes per package instructions. When potatoes are cooked, add chunks of cooked salmon, stir gently, until salmon is heated.

Variations: Chopped onions and chopped green peppers can be used instead of the Potatoes O'Brien. Cook them with the hash browns. Also, leftover chopped cooked vegetables, such as asparagus can be added with the salmon.

Notes: I use approximately 3/4 cup salmon for 1/2 package of hash browns, sometimes more, sometimes less. If I am using canned salmon, I use the whole can for the whole package.

Soy-Balsamic Marinade

Glenda Heald, Cambria, CA

- 1/4 cup soy sauce
- 3 tablespoons Asian (toasted) sesame oil
- 1/4 to 1/2 tsp hot chili flakes
- 1 clove garlic, peeled and minced

Directions: In a small container, mix all ingredients. Marinate salmon for 30 min to 2 hours.

Notes: This marinade, from Sunset Magazine, is a favorite of ours. It imparts rich mahogany sheen and spicy bite to salmon. The recipe can be multiplied for larger batches; cover and chill up to 2 weeks. It makes about 1/2 cup, enough for 1 - 1 1/2 pounds of salmon.

Salmon Bisque

Mary Fiala, Atascadero, CA

- 2 cups salmon (canned or cooked)
- 1/4 cup melted butter or margarine
- 1/4 cup chopped celery
- 1/4 cup chopped onion
- 3 Tbsp. flour
- 3 cups milk (salmon liquid may be included if using canned salmon)
- 1 cup tomato juice
- 1 1/2 tsp. salt
- 1 Tbsp. chopped parsley (optional)

Directions: Coarsely flake the salmon. Sauté onion and celery in butter over low heat until tender. Stir in flour and gradually add milk. Cook over low heat until slightly thickened, stirring frequently. Blend in tomato juice. Add salt and salmon, heat thoroughly, but do not boil. Garnish with parsley.

Variations:

- * Fish stock instead of milk
- * Add diced fresh veggies. If hard veggies (carrots, potatoes, etc.), add from beginning. If soft veggies (i.e., squash), add when you add the salt and salmon.
- * Add leftover cooked veggies, diced, when you add the salt and salmon

Captain Mark's As You Like it Tartar Sauce

Mark Tognazzini, Morro Bay, CA

- mayonnaise
- garlic, finely diced
- onion, finely diced
- dill pickles, finely diced
- lemon juice
- pickle juice
- salt and pepper
- Tabasco sauce
- parsley or cilantro (optional)

Directions: Mix in quantities to your taste.

Captain Mark's Tequila Splash Marinade

Mark Tognazzini, Morro Bay, CA

- 1/2 cup Margarine or Butter
- 1/2 cup Brown Sugar
- 1/2 cup Teriyaki Sauce
- 1/4 to 1/2 cup Tequila
- 10 Minced Garlic Cloves
- Small Diced Onion
- Lemon/Lime Juice (optional)
- Celery Salt, to taste
- Garlic Salt, to taste

Directions: Heat all ingredients together in a sauce pan just until the butter is melted. Large uncut salmon or albacore fillets may be marinated several hours, but you may want to marinate portion-sized servings for much less time, depending on the flavor profile you would like.

Dave's Salmon Spread

David Dabritz Cayucos, CA

- 8 oz cream cheese
- 1/8 cup capers
- 1/3 cup minced red onion
- 8 oz smoked salmon
- Directions: Combine all ingredients.
- Spread on toasted bagels, toast or crackers.
- Especially good on Nabisco Wheat Things 5 Grain Harvest Chips

Refrigerate if not used immediately.

Notes: Leftover baked, broiled or barbequed salmon may be used. Remove any bones. More capers and onion may be used according to your taste.



Fiala's Fantastic Fish Recipe

Mary Fiala, Atascadero, CA

- Albacore or Salmon, cut in serving size pieces
- soy sauce
- wine (white for salmon, red for albacore)
- sweet and spicy mustard
- fresh garlic gloves, crushed

Directions: Place fish pieces in baking pan/dish. If skin is on, place skin side down. Arrange the fish so that the thicker pieces are around the outside of the pan.

Mix 2 parts wine to 1 part soy sauce (enough liquid to cover fish about half way up) and pour over fish.

Smear a light coating of the mustard over fish. Sprinkle minced garlic over the mustard-coated fish.

Bake, uncovered, in a 350-degree oven for about 20 minutes. The time will depend on the thickness of the serving pieces. I pull them out at 20 minutes and gently flake the center of one of medallions. If the meat is mostly done, but still translucent in the center, then the fish is done.

Notes: I normally serve this with rice because the wine/soy sauce cooking juice makes a great topping for the rice.



Salmon Royal

Boyd Nelson, Baywood Park, CA

- 1/2 Salmon (3 or 4 lbs.)
- 1/2 pound bacon
- 1 med. onion sliced thin
- 4 oz black olives sliced
- 1 large or 2 small lemons
- 1 1/2 cups sour cream
- 1 1/2 cups mayonnaise
- 1/2 tsp. thyme
- 1/2 tsp. basil
- 1/2 tsp. dill

Directions: Pre-heat oven to 375, cook bacon and set aside, (save grease). In a large greased baking dish, lay salmon slab face up, pour over 3 or 4 Tbsp of bacon grease, squeeze lemon over. Mix together sour cream, mayo, thyme, basil, and dill. Break up bacon into bits. Starting with cream mix alternate layers of cream mix, onions, mushrooms, bacon and olives, ending with cream mix. Top with thin lemon slices. Cook in oven for 30 minutes covered with foil and then 30 minutes uncovered. Remove from oven and serve. (CAUTION) This is not Weight Watchers approved!

Note: This one is rich, and a lot better than it sounds. I use about 1/2 of a 10 lb salmon and cut off tail to fit the dish. You can back off some on the mayo and sour cream if you want, but I don't.

Grilled Salmon with Indian Flavors & Fresh Mango Chutney

Hodin, San Luis Obispo, CA

Serves 4

MARINADE

- 2 Tbsp vegetable oil
- 2 Tbsp minced fresh ginger
- 1-1/2 tsp ground cumin
- 1-1/2 tsp ground coriander
- 1-1/2 tsp table salt
- 1/4 tsp cayenne

CHUTNEY

- 1 mango, diced
- 3 Tbsp lemon juice from 2 small lemons
- 1 Tbsp chopped fresh cilantro

GRILLED SALMON

- vegetable oil for grille grate
- 4 salmon filets, center-cut, each 6 to 7 ounces and 1-1/2" thick
- ground black pepper

Directions: Mix marinade ingredients and marinate filets while coals are heating (20-30 minutes). Spread coals to make medium-hot fire, i.e. be able to hold outstretched hand 5 inches over coals for 4 seconds.

Generously sprinkle each side of filets with pepper. Place filets skin side down on grille grate. Grill until skin shrinks and separates from flesh and turns black, 2 to 3 minutes. Flip filets gently with long-handled tongs or spatula. Grill until filets are opaque throughout, yet translucent at very center, 3 to 4 minutes. Transfer to serving plate and serve with mango chutney.

Variations: MANGO CHUTNEY

As above, but add finely diced Jalapeno pepper (1/2 to 1 whole pepper) Closer to a true chutney. You'd be surprised how much hot pepper it takes to make it spicy!

Variations: BROILED SALMON

Pre-heat broiler.

After filets have marinated for a half-hour, place them skin-side down on aluminum foil and spread a layer of marinade paste on top. Place in broiler at middle height and broil until crust dries & crisps and salmon is just done (or just before!)

Serve with white rice, cucumbers and mango chutney.

Notes: From Cook's Illustrated plus our variation

Glazed Salmon

Bob Schrempp, Atascadero, CA

- 1/4 cup Honey
- 2 Tbsp Soy Sauce
- 2 Tbsp lime juice
- 1 Tbsp Dijon Mustard
- 4 (6-Ounce) salmon Fillets

Directions: Mix first 4 ingredients in a bowl.

BBQ the salmon skin side down until about half done. Baste with the sauce multiple times until the salmon is done.

Variations: You can also broil the salmon.

Notes: The recipe is taken from Trim & Terrific by Holly Clegg.

