

Enjoy salmon hot from the oven or straight from the grill

TERIYAKI GRILLED SALMON

- 1/4 cup brown sugar, not packed
- 3 tablespoons oil
- 3 tablespoons soy sauce
- 1-1/2 tablespoons minced fresh garlic
- 1-1/2 tablespoons minced fresh ginger
- 4 (4 to 6 ounces each) Alaska salmon steaks or fillets
- 1 sheet (12-by-18-inch) heavy duty aluminum foil

In a shallow baking dish, combine brown sugar, oil, soy sauce, garlic and ginger. Place salmon steaks or fillets in a baking dish. Turn fish over several times to coat; refrigerate 30 to 45 minutes.

Remove salmon from marinade. Cook on foil sheet on medium hot grill, turning once during cooking, about 6 to 12 minutes

per inch of thickness. Do not overcook.

Makes 4 servings.

FIRECRACKER GRILLED ALASKA SALMON

- 4 (4-6 oz. each) Alaska salmon steaks, thawed if necessary
 - 1/4 cup peanut oil
 - 2 tablespoons soy sauce
 - 2 tablespoons balsamic vinegar
 - 2 tablespoons chopped green onions
 - 1-1/2 teaspoons brown sugar
 - 1 clove garlic, minced
 - 3/4 teaspoon grated ginger
 - 1/2 teaspoon red chili flakes (or more to taste)
 - 1/2 teaspoon sesame oil
 - 1/8 teaspoon salt
- Place salmon steaks in a glass dish. Whisk together remaining

ingredients and pour over salmon. Cover with plastic wrap and marinate in refrigerator 4-6 hours. Remove salmon from marinade and place on a well-oiled grill 5 inches from coals. Grill for 10 minutes per inch of thickness, measured at the thickest part, or until fish just flakes when tested with a fork. Turn halfway through cooking. Makes 4 servings.

CEDAR PLANK BAKED ALASKA SALMON

To prepare your plank for baking, follow the instructions below: Rinse your cedar plank with warm water. Preheat oven to 400° F. Place sheet pan with cedar plank in preheated oven for approximately 10-15 minutes. Remove sheet pan and cedar plank from the oven; place seasoned or baked Alaska salmon

portions on hot plank. Return to 400° F oven and bake approximately 10-12 minutes. To clean plank after use, simply wash with warm, soapy water and allow to air dry.

- Ingredients:
- 2 Alaska salmon steaks or fillets, 8 ounces each
 - 1 cup mayonnaise
 - 2 heaping tablespoons Cajun blackening seasoning
 - Dash of lemon pepper
 - Mince garlic
 - Dash of white vermouth
- Mix mayonnaise and other ingredients together well. Lay each steak or fillet on the hot cedar baking plank, as prepared above. If you are using fillets, make sure to place skin-side down on the cedar plank. Spread seasoning mixture over each. Bake at 400° F for 10-12 minutes.

Nutritional facts

Alaska salmon is one of the abundant cold-water seafoods particularly high in "good fats." Eating salmon, and other foods rich in Omega-3 fatty acids, can lessen your risk of heart disease in several ways:

- Reduces the likelihood of abnormal heart rhythms that contribute to sudden death
- Lowers blood triglycerides (fats)
- Reduces blood clotting

Medical professionals have discovered that the type of dietary fat we consume alters the production of biological compounds called eicosanoids. These compounds affect blood pressure, blood clotting, inflammation, immune function and coronary spasms.

Omega-3 oils produce a series of eicosanoids that decrease the risk of heart disease, inflammatory processes, and certain cancers. They also help people who suffer from arthritis, asthma, certain mental illnesses, diabetes and Alzheimer's disease. Most of us don't include enough Omega-3 oils in our diet to diet two to four times a week can improve your health.

Research also shows that Omega-3 promotes stronger bones, reduces breast cancer risk, benefits unborn and newly born babies, and lowers the incidence of heart attacks and strokes in women.

Source: Alaska Seafood Marketing Institute.

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erator for at least 2 hours for the flavors to combine. Use within 24 hours.

Recipe from "Contemporary Southwest: The Cafe Terra Cotta Cookbook" (Ten Speed Press, 2001) by Donna Nordin.

AVOCADO SALSA

This is considered a salsa rather than guacamole because it is left chunky and uses less chile than is normally used for guacamole. It is a good garnish for many dishes such as grilled steak and meat loaf.

- 3 ripe avocados, pitted, peeled, and coarsely chopped
- 2 ripe tomatoes, seeded and chopped
- 1 small red onion, chopped
- 1/2 jalapeno or 1 serrano chile, finely chopped
- 1/2 cup coarsely chopped cilantro
- 1 teaspoon minced garlic
- 1/4 to 1/2 cup lime juice
- Salt and pepper, to taste

Combine all the ingredients, mix thoroughly, and set aside in the refrigerator for at least 2 hours for the flavors to combine. Use within 24 hours. Makes 3 1/2 cups.

Recipe from "Contemporary Southwest: The Cafe Terra Cotta Cookbook" (Ten Speed Press, 2001) by Donna Nordin.

PINEAPPLE SALSA

The sugar in this recipe takes the bite off the acidity of the pineapple. You can use less if you are lucky enough to find a truly ripe, sweet pineapple. Serve with fish.

- 1/2 ripe pineapple cut into small chunks (about 2 1/2 cups)
- 1/2 small red bell pepper, seeded and diced
- 1 jalapeno or serrano chile, seeded and finely chopped
- 1/2 cup coarsely chopped cilantro
- 1/4 cup lime juice
- 1/8 cup olive oil
- Salt and pepper, to taste

Combine all the ingredients, mix thoroughly, and set aside in the refrigerator for at least 2 hours for the flavors to combine. Use within 24 hours. Makes 3 cups.

Recipe from "Contemporary Southwest: The Cafe Terra Cotta Cookbook" (Ten Speed Press, 2001) by Donna Nordin.

ORANGE, LEMON & SMOKED PINEAPPLE SALSA

Prepare this salsa when you already have the smoker or grill operating. You can make it without smoking the pineapple, but just 10 minutes or so in the smoker adds a subtle smoky overtone and makes the pineapple juicier. In fact a greenish pineapple can be used for smoking. This salsa is terrific over fish or chicken.

- 1/2 medium, fresh pineapple or 1-1/2 to 2 cups canned chunks, drained
- 1 red bell pepper
- 1 large or 2 small navel oranges, peeled and sectioned

- 2 cups diced white onions
- 1/4 cup freshly squeezed lemon juice
- 2 tablespoons crushed coriander chile or to taste

Preheat grill or smoker if not already hot. Add wood chips to the fire and replace grill rack. Peel fresh pineapple and cut lengthwise into about 1-inch-wide wedges. Rinse bell pepper and pierce with a sharp knife on opposite sides. Place pineapple and bell pepper on grill rack and cover with a lid or foil. Grill 10 to 15 minutes or until pineapple is softened. Grill bell peppers, turning often, until evenly blackened and blistered. Place grilled bell peppers on ice water to cool. Drain and peel, then cut into 3/4-inch squares.

Combine all ingredients in a large bowl. Taste and adjust seasonings. Allow to set at least 30 minutes before serving. Serve with seafood or poultry. Makes about 6 cups or 8 to 12 servings.

Recipe from "Jane Butler's Southwestern Grill" (HPBooks, 1996)

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(330 S. Oakwood Blvd., Detroit). While you can't duplicate the dishes exactly at home, a good Italian cookbook will offer some recipes that will come close.

Pan-seared Sea Scallops with a tropical fruit compote was a perfect accompaniment to the 1999 Antinori Campagnone Orvieto Classico from Umbria \$11. This traditional white has been perfected by Antinori so that it withstands shipping. It arrives on U.S. shores fresher, fruitier, and with a citrus tang that other Orvietos cannot duplicate.

Chardonnay-based Antinori Cervaro Della Salla \$42 from the 1998 vintage and also from Umbria made a brilliant pairing with Veal Roulade stuffed with lobster and spinach served atop a bed of warm spinach puree.

Moving into Tuscany with 1998 Antinori Peppoli Chianti Classico \$22, we tasted a fragrant, medium-bodied chianti that's 90-percent sangiovese and 10-percent merlot. This wine, meant to be enjoyed young, was a hit with Braised Rabbit and

Bel Paese pasta sachet with red and yellow tomato sauce.

A contrast followed with the 1997 Tenute Marchese Antinori Chianti Classico Riserva DOCG 835 and a Pistachio Encrusted Lamb Chop with potato and leek Dauphinoise on a bed of truffile chianti demi-glace. The wine's pronounced cherry and violet aromas and black fruit flavors accented by spice, fine tobacco and leather nuances was "to die for." This wine, produced only in outstanding vintages, would be outstanding with grilled loin chops and a potato gratin.

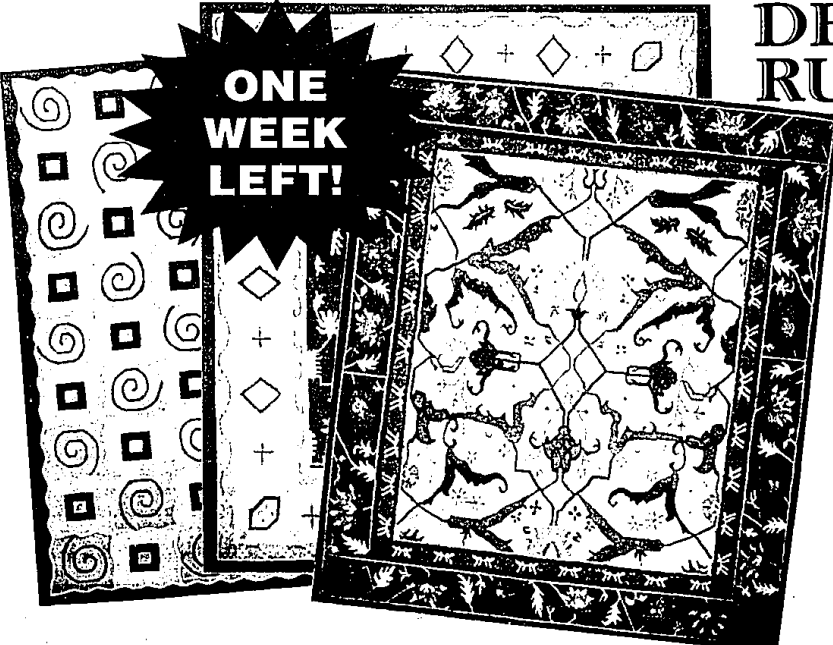
End an Italian meal with Vin Santo. The Antinori 1996 is classic. It was served with a panched pear stuffed with mascarpone on a delicate bed of crème anglaise, but for simplicity, a well-made biscotti would show off this wine nicely.

The Healds are Troy residents who write about wine, spirits, food, and dining for the Observer & Eccentric Newspapers. To leave them a voice mail message, dial (734) 953-20-17, mailbox 1864.

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