

Grilled salmon and vegetables simply delicious

LUMBERJACKET SALMON (VARIATION OF A CAMPFIRE MEAL IN A POUCH)

Recipe courtesy of Sarah Chase for Weber-Stephen Products
Inspired by hard campfire cooking of North woods lumberjacks, these salmon foil packets are restyled with modern flavors, healthy grains and winter veggies.

Charcoal: Indirect
Gas: Indirect/Medium Heat

- 1 can fine bulgur
- 1/3 cup dried cranberries
- 1 tablespoon grated orange zest

- Marinade
- 1/2 cup orange juice
- 1/4 cup dry white wine
- 2 (12) tablespoons Tamari or soy sauce
- 2 1/2 tablespoons maple syrup
- 1 teaspoon sesame oil (Tahini sauce)
- 1 1/2 tablespoons fresh minced ginger

- Salmon:
- 4 boneless salmon fillets, 6 oz. each
- 2 leeks trimmed, washed and cut into 2-inch long julienne strips
- 2 carrots peeled and cut into 2-inch long julienne strips
- 1/4 pound Shiitake mushrooms, stemmed and thinly sliced.

In a small bowl combine the bulgur, cranberries and orange zest.

Set aside. To make the marinade whisk all the ingredients together in a measuring cup or other container with a pour spout. Set aside.

To assemble the packets: Tear off four 24-inch lengths heavy-duty foil; fold each in half to form a 12x18" rectangle and spray with nonstick cooking spray. Dividing evenly, place the bulgur mixture in the center of each rectangle. Top with the salmon fillets and then scatter the vegetables equally over the fish. Begin folding the edges of the foil up and inward to make a bowl around the contents. Re-whisk the marinade and pour equal amounts over the vegetables and fish in each packet. Seal the packets by continuing to roll the edges tightly inward into the center to completely enclose the fish.

Place packets on the cooking grate over Indirect Medium heat. Place lid on grill. Cook 25 to 30 minutes or until vegetables are crispy tender and the fish is just an opaque in the center. Place packets on serving plates and serve immediately as a complete meal.

Makes four 4 servings.

HONEY PECAN SALMON

Recipe courtesy of Big Buck Brewery.

- 8 ounces Salmon fillet
- 1/2 cup pecan pieces
- 2 ounces maple syrup
- 3 tablespoons olive oil
- 2 ounces garlic butter
- 2 tablespoons white wine

Heat olive oil in sauté pan until hot. Dip salmon fillet side down in maple syrup. Dip into crushed pecans. Lay in hot sauté pan, pecan side down for 30-40 seconds

and flip the fish over and continue to cook for two minutes. Finish the salmon in the oven, about seven minutes. Center should be slightly pink. Remove pan from oven. Add garlic butter, syrup and white wine to sauté pan, to de-glaze and create a sauce. Top the fish the sauce.

FRESH GRILLED SALMON

By Marilyn Miller of Plymouth

Large fresh Atlantic Salmon fillet, cut into serving sizes.

To Grill: Cut a large piece of tin foil. Spray middle lightly with olive oil cooking spray. (So skin will not stick to foil). Place salmon skin down on foil and spray a little bit of "I can't believe It's Not Butter" with a sprinkle of pepper.

Wrap tin foil and place directly on grill at medium heat for 10 minutes on each side.

MEXICAN GRILLED VEGGIES

Recipe courtesy of Sarah Chase for Weber-Stephen Products
(Pictured on page A1)

Charcoal: Direct
Gas: Direct/Medium

- 1/2 cup olive oil
- 6 tablespoons vinegar, such as a rich red-wine vinegar or balsamic
- 2 teaspoons salt, plus a little more for each vegetable
- 1/2 teaspoon pure ground chile powder or cayenne
- 2 small sweet potatoes, peeled and each cut into 4 long slices
- 4 medium zucchini, each cut into 4 long slices
- 2 small chayote, peeled and

- each into 1/4-inch thick slices
- 1 medium eggplant, cut into 4 long slices; then each slice cut in half widthwise
- 3 bunches green onions trimmed
- 1 pint small, ripe cherry tomatoes tossed in a bowl with a little oil
- 1-2 tablespoons chopped fresh herbs, such as thyme, cilantro, basil or parsley
- 4 limes cut into wedges

Combine the oil, vinegar, 2 teaspoons of salt and the Chile powder in a blender. Process until smooth. Lightly coat cut veggies with this mixture. Set the remaining vinaigrette beside the grill, along with a basting brush and the salt.

One by one lay the veggie slices and green onions on the cooking grate. (Do this in batches if necessary so the grill is not crowded). Sprinkle lightly with salt and cook about 5 minutes. Turn the veggies over and baste with seasoned vinaigrette. Cook 3 or 4 minutes longer; as soon veggies are done, remove from grill and transfer (in a decorative manner) to a platter: The zucchini, chayote and green onions should be just about tender (but still have good texture); the eggplant will cooked be the center in a couple of minutes; the sweet potatoes will be the last to cook through.

When all the other veggies are done, place the tomatoes onto the cooking grate to mark and warm through about two minutes. Place onto the platter with the other veggies. Sprinkle with chopped herbs, decorate with lime wedges and serve hot or at room temperature.

Serves 6 as a side dish (styled like an antipasto platter).

Salmon from page B1

Fish is a good grilling meat because it is so lean and dryness even if the edges get a little black. It can be grilled in foil to prevent sticking, but keep the foil open a bit so the fish absorbs the grill's flavors.

Salmon is the fish of the moment for its supposed health benefits and light flavor. Recently chefs at Big Buck Brewery in Auburn Hills, known for its hardy burgers and steaks, added pecan encrusted salmon and grilled salmon to its menu. It also added a full bar and other foods too. It's a goal with the fish is to attract a larger share of adult women and young families. Executive Chef Duane McPherson spent several weeks working with a consultant to develop the new menu at Big Buck Brewery.

"Our goal was to develop menus that would appear to a variety of tastes. Guests will find

their favorite sandwiches... and also a variety of fresh fish," McPherson said.

What's on your grill?

What's your favorite food to grill in your backyard? Do you use your grill for something unusual like grilling peaches or making desserts?

We're looking for your favorite grilling recipe or unusual grilling recipe. Please share your recipe and we'll publish it in an upcoming issue. Please include your name, the city where you reside and a telephone number in case we need to contact you. Happy Summer!

Send us the information via regular mail or e-mail at: e-mail: lmini@ec.homecomm.net or Observer/Eccentric Newspapers, Lana Mini - Taste Reporter, 804 E. 900th, Birmingham, MI 48009

Cooking class offers fish grilling skills

Nanny's Kitchen, a full-service cooking school, is hosting a seafood cooking class with Dan Halpin owner of the New England Seafood Company.

During the class, Halpin will focus on grilling recipes and how choose fish prime for the grill. Everything he cooks that evening, guests will be allowed to sample.

The class is scheduled for Wednesday, June 26 from 7 to 9 p.m. at Nanny's Kitchen at 304 East Street in downtown Rochester. Call (248) 651-1622.

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