



A Taste of Canada

Cedar Planked Salmon and Wild Rice
Take the Gold Medal for Flavour

| By ALISON MALONE EATHORNE |

This winter, the Vancouver 2010 Olympic and Paralympic Winter Games will bring together family and friends as they cheer on our Canadian athletes. When hosting a gold medal-worthy soirée, serve this distinctly Canadian meal of cedar-planked salmon with maple glaze and wild rice and barley pilaf.

The recipe for this moist, fragrant salmon was inspired by our First Nations people, who were the first to boil the sap of maple trees into earthy, flavourful maple syrup. They also originated the method of cooking on cedar planks, which imparts food with a mild, smoky flavour. Given wild rice's affinity for fish, this pilaf is a beautiful pairing. A member of the grass family and Canada's only native cereal, nutty-flavoured wild rice is grown in Ontario, Manitoba and Saskatchewan. In addition to being a good source of protein and rich in vitamins and minerals, wild rice is easy to digest and low in fat—making it the perfect choice should any health-conscious athletes show up for dinner.

CEDAR-PLANKED SALMON WITH MAPLE GLAZE

Serves 6
Recipe developed by Hilary Malone

INGREDIENTS

- ¾ cup pure maple syrup
- 2 tbsp finely grated gingerroot
- 4 tbsp lemon juice
- 3 tbsp soy sauce
- 2 tsp finely chopped garlic
- Untreated Western red cedar plank (approximately 17 by 10 inches) soaked in water for 30 minutes
- 3-pound centre-cut salmon fillet with skin on
- ½ cup thinly sliced scallions

In a small saucepan, simmer maple syrup, ginger, 3 tbsp lemon juice, soy sauce and garlic, along with salt and pepper to taste. Reduce to about 1 cup, approximately 30 minutes. Reserve half of the glaze to use as a sauce and let cool. Add remaining 1/2 cup of

lemon juice to saucepan. Preheat oven or outdoor grill to 350°F. Lightly oil cedar plank and heat it in the middle of the oven or grill for 15 minutes. Arrange scallions on plank, forming a bed for the fish. Place salmon, skin-side down, on scallions and brush with reserved glaze. Season salmon with salt and pepper and roast in the middle of the oven or grill until just cooked through, about 30 minutes. Cut salmon crosswise into 6 pieces and serve with scallion greens and a drizzle of the warmed sauce. Serves 6.

WILD RICE AND BARLEY PILAF

- 1 tbsp olive oil
- 1 onion, finely chopped
- 1 clove of garlic, finely chopped

RECIPE INFO



- 2 tsp fresh chopped thyme
- ½ cup barley
- ½ cup wild rice, rinsed
- 4 cups vegetable stock
- ½ tsp lemon zest
- ½ cup chopped fresh parsley

In a large saucepan over medium heat, cook onions, garlic and thyme in oil until softened, about 5 minutes. Add barley and wild rice; stir to coat. Add stock, along with salt and pepper to taste. Bring to a boil, then stir, cover, reduce heat to low and cook until almost all of the liquid has been absorbed and the grains are tender, about 60 minutes. Remove from heat and let stand for 5 minutes. Stir in parsley and lemon zest. Serve immediately. Serves 6.



SPRIT OF BC

Toast Canadian athletes by popping a bottle of Tribute, the commemorative sparkling wine from Summerland-based Sumac Ridge Estate Winery. Parent company Vincor Canada is the official wine supplier of the Vancouver 2010 Olympic and Paralympic Winter Games, and \$1.25 from the sale of every \$30 bottle will go to the Canadian Olympic Team. This refreshing Chardonnay varietal showcases bright citrus and apple notes and makes a sensational Olympic-soirée aperitif, especially when accompanied by Raincoat Crisps, created by local entrepreneur Lesley Stowe. The Vancouver food icon and official sponsor of the Canadian Ski Jumping Team bakes her gourmet crisps using all-natural ingredients such as figs, olives, rosemary, pecans, cranberries, hazelnuts, dates and almonds, as well as cinnamon and raisins, the highlights of her latest flavour. Wonderful on their own or with cheeses, tapenades, antipastos and pâtés, these crisps are always the belles of the ball! 

