

FISH DISH - Shaun Spooner, head chef at the Dundarave Fish Market, says the bountiful sockeye salmon season has led to an increase in sales of the fish.

"Because of the high demand for it, we decided to pass on the savings to our customers; in doing so we have had an overwhelming amount of sockeye sold and amazing feedback," said Spooner. He has also trained the market's fishmongers to help educate customers in cooking techniques, tips, tricks, and preferred ingredients for preparing sockeye salmon.

The market also sells an in-house made "Rustic Soya Maple Glaze" that goes well with salmon, says Spooner. "Last week I even showed someone how to prepare a stuffed sockeye salmon," he adds.

The featured recipe, Cajun Sockeye Salmon Creole, is the perfect comfort food for a crisp, fall evening.

Greg Hoekstra photo

Cajun Sockeye Salmon creole



FOR CREOLE:

1 medium onion, chopped	2 cloves garlic, minced	1 tsp. lemon pepper
1 cup celery, chopped	2 tbsp. flour	1 (540 ml) tin tomatoes
½ green pepper, sliced thinly	1 tsp. thyme	1 (156 ml) tin tomato paste
3 tbsp. olive oil	pinch salt to taste	1 tbsp. Worcestershire sauce
	1 tsp. basil	¼ tsp. Louisiana Hot Sauce

Sauté onion, celery and green pepper in olive oil and garlic for 5 minutes. Add the flour, thyme, basil and salt to the above, while stirring constantly. Mix together the tomatoes, tomato paste, worcestershire sauce, and hot sauce. Once mixed, add to the above mixture and simmer for 15 minutes. Serve hot over rice.

FOR SALMON:

2 tbsp margarine	Cajun Spice:	1 tsp cayenne pepper
2 tbsp olive oil	2 tbsp paprika	2 tsp lemon pepper
2 x145 grams (5 oz)	1 tsp salt	1 tsp dried thyme
Sockeye Salmon or	1 tsp onion powder	1 ½ tsp dried basil
Seasonal Salmon	1 ½ tsp garlic powder	¼ tsp turmeric (optional for extra color)

Combine all spices. Crumble thyme and basil with fingers or a mortar and pestle.

Salmon Cooking: Dredge Salmon just on flesh side. Using a cast iron pan on medium to high heat place margarine and oil in pan. Once pan is hot place fish skin side up, be careful putting fish in pan always place it away from you, so no splashing of oil occurs. Once crust forms on salmon roughly 5-7 min flip over fish and finish cooking till liquid seeps (approx 2 min) out of fish or cook to preferred doneness. Place salmon atop of Creole sauce and bed of rice. Garnish with a lime cheek.