



Captains Favorite ~ Barbeque ~ Salmon Recipe

Ingredients:

- 1-2 cubed salmon fillets (skin side down on plank).
- 1 cedar plank (pre-soak in water for 60 minutes prior).
 - *Tip:* fill half your kitchen sink with water / place a small plate over the wood to prevent the wood from floating.
- 1/2 cup brown sugar (or real maple syrup).
- 2 tablespoons canola oil.
- 1-2 tablespoons of fish seasoning spice (available at most grocery stores).

Cooking Directions:

- Preheat the gas barbeque too high for 15 minutes / followed by adjusting to medium-low heat.
 - *Tip:* if cooking over charcoal, allow the coals to burn until they are ashy white and good and hot.
- Remove the cedar plank from the water and place the salmon skin-side down on the cedar plank.
- Combine the brown sugar / oil / seasoning in a bowl and mix.
- Spread or brush over the salmon.
- Place the planked salmon on the grill and cook (lid closed) for 30-40 minutes.



Captains Favorite ~ Smoker ~ Salmon Recipe:

Ingredients:

- 4 cups dark brown sugar.
- 1/2-1 cup non-iodized salt (personal preference).
- 10-15 cloves of garlic (crush fresh in a garlic press).

Cooking Directions:

- Take a large fresh fillet of salmon and cut slices (approximately 1-2 inches apart) through the salmon but not through the skin. Continue this process all the way down the fillet.
 - *Tip:* these cuts will gather the spread and allow the flavor to better penetrate the meat evenly.
- Place the brown sugar / salt / garlic in a large bowl and mix.
- Sprinkle the dry rub mixture onto the salmon (be generous).
- Place your fish onto a large pan or cookie sheet and place in the fridge covered for approximately 6-8 hours.
 - *Tip:* use a plastic wrap if no cover.
- Remove the fish from the fridge and gently rinse individually under cold tap water. This will remove the heavy dry brine.
- Place the fish on the rack of your smoker (or in your oven) to allow too dry (room temperature) for approximately 4-6 hours.
- Now remove the racks of fish out of the smoker.
- Preheat the smoker for 15 minutes.
- Put the racks of fish back into the smoker and add whichever wood chip you fancy.
 - *Tips:* Ensure the larger / thicker salmon pieces are on the bottom for improved results.

Try adding multiple wood chips throughout the process for dynamic flavors.

There are many popular wood chips (example: maple, cherry, alder, apple, hickory).

- Allow the fish to sit in the smoker for approximately 5-6 hours.



Captains Favorite ~ Oven ~ Salmon Recipe:

Ingredients:

- 1 cup sour cream.
- 1/3 cup chopped fresh dill.
- 4 tablespoons finely chopped green onion.
- 3-4 tablespoons Dijon mustard.
- 1-2 cubed salmon fillets (with skin).
- 1-2 cloves of garlic (crush fresh in a garlic press).

Cooking Directions:

- Whisk the sour cream / dill / green onions / Dijon mustard / minced garlic in a bowl.
- Brush the seasoning sauce over the salmon fillets.
- Leave the fillets at room temperature for 1 hour to absorb the flavor.

- Preheat the oven to 400°F.
- Lightly oil or spray a baking sheet.
- Place salmon fillets skin side down on the prepared sheet.
- Sprinkle a little salt and pepper overtop.
- Bake salmon for approximately 20 minutes.