



BEETROOT CURED SALMON *(yields one side of cured salmon)*

Recipe by KATHRYN JOEL

1 whole salmon fillet, skin on, trimmed, pin bones removed with fish tweezers
1 tbsp coriander seeds, dry roasted and roughly ground in a mortar and pestle (or
crush with a mallet or heavy pan)
*1/2 cup salt, we use Diamond Crystal Kosher salt**
1/2 cup sugar, granulated
zest of 1 orange
zest of 1 lemon
2 cups grated beetroot
50 ml gin, or use vodka

generous handful dill, finely chopped
small handful tarragon, finely chopped (optional)

** Diamond Krystal salt is available at the Italian Centre in Edmonton*

- One to two days before serving, combine the crushed coriander seeds, salt, sugar, citrus zest, grated beetroot and gin in a bowl. Stir, allowing the beetroot to macerate in the salt and sugar.
- Arrange a large piece of plastic wrap on a sheet pan, then lay the salmon on the pan skin side. Cover the flesh side of the salmon with the beetroot mixture, then wrap the whole side up snugly in the plastic wrap.
- Lay a second sheet pan on top of the salmon, and place a heavy pot (a cast iron pan works well) on top to weigh the salmon down (the weight speeds up the curing process).
- Place the weighted salmon in your refrigerator for 24 hours or more. You can cure your salmon for 2 to 4 days.
- After a minimum of 24 hours gently wipe off the beetroot cure and quickly rinse the salmon and pat it dry.
- Sprinkle the salmon with the chopped herbs.
- To serve, slice thinly.

BOURBON CURED HOT SMOKED SALMON WITH GRILLED ENDIVE SALAD & PEACH VINAIGRETTE

Recipe by KATHRYN JOEL

Grilled Peach Vinaigrette

2 peaches, halved and stones removed

1 shallot, peeled and finely chopped

4 tbps white balsamic vinegar, we use peach balsamic from Evoolution

½ cup extra virgin olive oil

Fresh herbs to taste (basil, or fresh thyme)

Lime or lemon juice, to taste

Salt to taste

- Preheat your grill to medium high, then grill the peach halves on both sides until lightly charred.
- Combine the grilled peaches in your blender with the chopped shallots, fresh herbs and white balsamic vinegar. Blend to a purée.
- Slow drizzle in the olive oil, while blending on a medium-low speed.
- Season to taste with salt and lime or lemon juice.

Hot Smoked Salmon

1 side salmon, Atlantic or Spring (a fattier salmon works best)

½ cup kosher salt

¼ cup brown sugar

¼ cup white sugar

¼ cup bourbon

- Combine the salt, sugars and bourbon and spread on the flesh side of the salmon.
- Refrigerate for an hour minimum, or up to overnight.
- Bring the salmon to room temperature and wash off the brine. Dry with paper towel.
- Preheat your smoker to 225 F.
- Arrange the salmon skin side down on the smoker rack, and smoke to an internal temperate of 125 F.
- Allow to rest at room temperature before portioning.
- Serve warm, or at room temperature, with Grilled Peach Vinaigrette

Grilled Endive Salad

6 endive, halved

Olive oil, as needed

Juice of 1 orange

Picked parsley leaves
Lemon juice, to taste
Salt, to taste

- Brush the endive with olive oil, and season with salt.
- Grill, turning, until nicely charred.
- Cool slightly, then slice and toss with orange juice, olive oil and picked parsley leaves.
- Season with salt and lemon juice.

FILLET OF COD, COOKED EN PAPILLOTE *(serves 4)*

Recipe by KATHRYN JOEL

Cod en papillote (recipe below)

To serve: Lentils (recipe below)

To serve (optional): Melted tomatoes (recipe below)

To serve (optional): Salsa Verde (recipe below)

Cod en Papillote

4 fillets of cod, skin on or off

2 lemons, sliced

fresh herbs

12 tbsp dry white wine

salt and freshly ground black pepper

extra-virgin olive oil

- Preheat your oven to 400°F.
- Cut 4 heart shapes out of parchment paper.
- Divide the lemon slices amongst the papillotes, laying them out in a line.
- Place fresh herbs on the lemon, then lay a fillet of cod on each, skin side up.
- Sprinkle some white wine and a drizzle of olive oil or a nob of butter over each fillet, then season with salt and black pepper.
- Seal the papillotes, then place them on baking trays and bake for approximately 10 to 12 minutes, until the cod is cooked through, depending on the thickness of the fillet (roughly 10 minutes per inch of thickness).
- To serve, tear open the packages and plate the cods fillets with the cooking juices, with salsa verde and your choice of sides.

Melted Tomatoes

200g cherry tomatoes, cut in half lengthways

4 tbsp extra-virgin olive oil

sea salt and black pepper

handful of basil leaves, torn

- In a pan, heat some olive oil, adding the cherry tomatoes.
- Sauté gently, until the tomatoes have wilted, tossing the tomatoes to emulsify the tomato juices with the olive oil.
- Season with salt and black pepper. Add the basil just before serving.

Salsa Verde

1 bunch flat-leaf parsley, leaves picked

Handful of mint leaves (optional)

3 cloves garlic, chopped

2 tbsp capers, drained

3 anchovy fillets, chopped (optional)

Zest and juice of 1 lemon

Red wine vinegar, to taste

½ cup extra virgin olive oil, or as needed

Chili pepper flakes, to taste (optional)

Kosher or sea salt and freshly ground black pepper, to taste

- Chop together the parsley, mint, garlic, capers and anchovies.
- Transfer to a bowl, and stir in the olive oil, lemon and a pinch of (optional) chili flakes. Add enough olive oil to make a loose, sauce consistency.
- Season to taste with red wine vinegar, salt and pepper.

French Green or Italian Black Lentils

1 cup lentils, either French green or Italian black style

3 cups water

Slice of onion

Sprig of fresh thyme

Bay leaf

Extra-virgin olive oil

1 to 2 cloves garlic, smashed

Fresh herbs to finish, parsley fresh thyme etc.

- Place the lentils in a saucepan, and cover with the water.
- Add the aromatics (onion, thyme and bay leaf) and bring to the boil then reduce to a simmer and simmer for 15-20 minutes, until just tender.
- Drain the lentils, retaining the cooking liquid.
- then heat a generous splash of olive oil in the pan then add the smashed garlic cloves and cook stirring to infuse the olive oil with flavour.

- Add the lentils and stir them in the oil, adding enough of the cooking liquid to keep them fluid.
- Season to taste with salt and pepper, discard the garlic and stir in the chopped herbs.
- Serve warm or at room temperature.

WHOLE FISH, ROASTED IN A SALT CRUST *(1 fish for 2 people)*

2 to 3 lbs (2 individual) whole fish such as Branzino or Sea Bream, whole and head on, scales on (from Ocean Odyssey Inland)

Fresh herbs

Lemon slices

6 cups Kosher Salt for Salt

4 egg whites

½ cup water

- Preheat your oven to 425°F.
- Stuff the fish with fresh herbs and lemon slices.
- Combine the kosher salt, egg whites and water to make a paste.
- Spread some of the salt paste in the base of a roasting pan, then lay the stuffed whole fish on top.
- Now cover completely with more salt paste, packing it tightly.
- Roast in the preheated oven for approximately 20 minutes, to an internal temp of 135 F (use an instant read thermometer).
- Remove from the oven and rest for 10 minutes, before breaking the crust and removing it to serve. The scales should come away with the salt crust.

ARCTIC CHAR WITH POTATOES, TOMATOES, CAPERS & BACON *(serves 4)*

Optional: 60 g pancetta, diced

16 new potatoes, cooked then drained and halved lengthways

2 arctic char fillets, skin on, scored and portioned (1/2 fillet per person)

3 shallots sliced

1 tbsp capers

1 1/2 cups cherry tomatoes, halved

Large handful basil leaves, or parsley

Extra virgin olive oil

kosher salt to taste

- Optional: Add the lardon to an unheated non-stick pan, then heat over a medium flame and cook until rendered and golden. Remove from the pan using a slotted spoon.
- Add the potatoes, cut side down, and cook until golden brown, turning to brown them on all sides and seasoning with salt. Remove from the pan.
- Turn down the heat and add the shallots, seasoning with salt, and cook until softened.
- Add the tomatoes, cooking until starting to melt, then add the capers.
- Turn the heat to high then add the white wine, stirring to deglaze and reduce.
- Once reduced return the potatoes and (optional) pancetta to the pan. Combine with the tomatoes, warming them through.
- Meanwhile, season the arctic char with salt.
- Heat another, non-stick pan and add oil.
- Turn the heat to medium-high, then add the char, skin side down.
- When the char is almost cooked, turn it and remove the pan from the heat. Baste the char with the pan juices and oil until cooked through.
- Stir the herbs into the potatoes.
- Arrange the potatoes on plates and top with the char, skin side up.

MOULES À LA MARINIÈRE *(serves 6 as a starter)*

*5 lbs mussels**

1 medium onion, finely chopped

1 bunch Italian flat-leaf parsley, coarsely chopped

200 ml white wine

75 g cold, unsalted butter, cut into cubes

Olive oil

salt and pepper to taste

lemon juice to taste

serve with a green salad and a crusty baguette

- Place the mussels in a large bowl and cover with water. Use your hands to give them a good clean, and a paring knife to “de-beard” them (we will cover this during your class). Discard any that don’t close tightly when tapped, and any that are broken.
- In a large pot, heat some olive oil then add the onions and sweat until translucent, adding salt to taste.
- Add the white wine, bringing up to a simmer then add the mussels and half of the parsley.
- Cover and place over a high heat to steam, shaking the pan or stirring occasionally.

- Meanwhile place a colander in a large bowl.
- When all of the mussel shells are open (about 3-5 minutes), pour them with their juices into the colander, holding back the last few spoonfuls of broth, which will contain sand and grit.
- Place the mussels in a large serving bowl, or in individual bowls.
- Return the broth to the pan and bring to the boil.
- Reduce to a simmer, then gradually whisk in the butter, a couple of pieces at a time.
- Season to taste with salt and lemon juice in the parsley, then pour over the mussels.
- Serve with slices of crusty French bread.

* To store live mussels after purchase, place them in a bowl and cover them with a dampened tea towel. Keep them in the bottom of your fridge. Clean them not long before you plan to cook them.

MUSSELS IN A THAI INSPIRED COCONUT BROTH *(serves 2 as a main course, or 4 as a starter)*

1 kg mussels

2 cloves garlic, finely chopped

1/2 bunch of cilantro, leaves picked and stems finely chopped

2 green onions, thinly sliced

1 red thai chili, thinly sliced

1 stick of lemongrass, lightly smashed and sliced into 4 pieces

4 slices galangal (optional)

6 kaffir lime leaves (optional)

1 can coconut milk (we like Aroy-D brand)

zest and juice of 1 lime, or to taste

2-3 dashes of fish sauce, or to taste, we use squid brand

generous pinch of grated palm sugar, to taste, or use granulated (optional)

salt, to taste

unscented oil, grapeseed or canola, or use peanut or coconut oil

steamed jasmine rice, to serve, optional

- Using a mortar and pestle, pound the garlic with a generous pinch of salt to make a purée.
- Add the lemongrass, galangal, kaffir lime and cilantro stems one at a time, pound each ingredient to a paste before adding the next.

- Wash and debeard the mussels, making sure that they are all alive. Throw away any that don't tightly close when tapped, or that have broken shells.
- In a pot with a tight-fitting lid, heat some oil over a medium high heat until it shimmers then add the pounded paste and cook until fragrant and cooked.
- Add the green onions and red chili and cook until softened, seasoning with salt.
- Add the coconut milk and bring up to a simmer.
- Season to taste with fish sauce and salt (balance the fish sauce with salt so its flavour isn't overpowering), lime zest and juice and sugar.
- Stir in the mussels and cover the pot.
- Cook at a high heat until the mussels are all opened, 3 to 5 minutes, gently stirring occasionally. Meanwhile set a colander over a large bowl.
- Once opened, pour the mussels into the colander.
- Pour the broth back into the pot leaving behind sand and grit, then bring to a simmer and adjust the seasoning with fish sauce, salt, sugar and lime juice.
- Arrange the mussels in bowls, and pour over the broth.
- Finish with the picked cilantro leaves. Serve with (optional) steamed rice.

SPAGHETTI ALLE VONGOLE *(serves 4-6)*

*400g dry pasta, spaghetti or linguine**

5 tbsp extra-virgin olive oil

4 garlic cloves, crushed

2 large shallots, finely chopped

85g cherry tomatoes, chopped

1 fresh red chili, seeded and chopped (Thai, or Fresno, depending on your spice tolerance)

1 fresh yellow chili, seeded and chopped (or use two red chilis)

800g small clams, cleaned

Large handful Italian flat-leaf parsley

60 ml dry white wine

100g unsalted butter

zest of 2 lemons and lemon juice to taste

salt to taste

NOTE: We will be using a black Nero di Seppia Pasta, such as Rustichella Linguine al Nero di Seppia

- Cook the pasta in plenty of rapidly boiling, generously salted water. Reserve some of the cooking water when you drain the pasta.
- Meanwhile heat the olive oil in a wide pan with a tight-fitting lid, then sauté the shallots and chili pepper for a few minutes until softened.
- Add the garlic and cook stirring briefly, just until fragrant and softened.

- Add the clams, half the parsley and the wine to the pan, season with salt and pepper, then turn the heat to high and cover the pan.
- Cook for 4-5 minutes, shaking the pan or stirring occasionally, until all of the clams have opened.
- Using a slotted spoon, remove the clams from the pan and set aside.
- Reduce the cooking broth, then gradually whisk the butter into the broth, stirring well over a low heat, then add the pasta and stir to coat the pasta.
- Add the cooked pasta to the sauce, adding pasta cooking water as needed.
- Adjust the seasoning with salt and lemon juice to taste and stir in the lemon zest, remaining parsley and most of the clams.
- Arrange the pasta in bowls then top with the remaining clams, and serve.

GRILLED OYSTERS WITH CHIPOTLE BOURBON BUTTER

Oysters, shucked

Cilantro leaves, sliced, to serve

Butter

225 g butter, unsalted, at room temperature

2 tbsp bourbon

2 tbsp honey

2 to 3 cloves garlic, peeled and grated

1 chipotle chili in adobo sauce, seeded and finely chopped

Salt to taste

- Combine the butter with the bourbon, honey, garlic, chipotle and salt to taste.
- Roll into logs in plastic wrap and chill.
- Heat your BBQ.
- Shuck the oysters, and arrange a slice of the butter on each oyster.
- Grill the oysters, covered, for about 3 minutes until the butter is melted and bubbling.
- Serve hot, garnished with cilantro.

OYSTERS WITH PASSIONFRUIT MIGNONETTE

3 passionfruit

1 shallots finely chopped

olive oil

pinch of salt

- Scoop out the passionfruit seeds and pulp and combine with the chopped shallots and a little olive oil
- Season to taste with salt.
- Serve with freshly shucked oysters.

JALAPEÑO MIGNONETTE

1 small jalapeño chilli, finely chopped

1 shallots, finely chopped

1/4 cup champagne vinegar

Grated horseradish, to taste

Salt to taste

- Combine the chilli, shallots and vinegar.
- Season to taste with horseradish and salt.
- Serve with freshly shucked oysters.

PAN-SEARED SCALLOPS WITH A CAULIFLOWER PURÉE & TOASTED PINE NUTS

(serves 6 as a starter)

Scallops, pan-seared (recipe below)

Cauliflower purée (recipe below)

Pine nuts (optional)

Scallops

18 large scallops, adductor muscles removed, at room temperature

salt

olive oil, or use an unscented oil

sprig of fresh thyme

large nob of butter

White wine or lemon juice

- Dry the scallops well, using paper towel and bring them to room temperature. (In order to get a nice sear, it's important that the scallops are well dried.)
- Heat olive oil in a non-stick sauté pan on medium-high then sear the scallops until just caramelized, about 1 ½ minutes.
- Using a spoon and offset spatula, turn the scallops then add a nob of butter and sprig of fresh thyme and use a spoon to baste the scallops with the pan sauce.

- Add some (optional) pine nuts, then a splash of wine or lemon juice and reduce then plate the scallops on the cauliflower purée, finished with a spoonful of the pan sauce and pine nuts.

Cauliflower Purée

1 cauliflower, separated into florets

100 ml whipping cream

100 g butter

salt to taste

freshly grated nutmeg

lemon juice

- Bring a pot of water to the boil and add grated nutmeg and lemon juice to taste. Salt generously.
- Add the cauliflower, and cook until very soft, about 20 minutes. Drain, retaining the cooking water.
- Meanwhile, combine the cream and butter in a small pan, bring up to a boil and boil until reduced by three quarters.
- While still hot, purée the cauliflower together with the reduced cream and butter. Gradually add enough cooking water to achieve a smooth purée.

SCALLOP CEVICHE

1 lb bay scallops, or sea scallops cut into quarters

freshly squeezed lime juice to cover (4-6 limes)

1/2 cup thinly sliced red onion

1 clove garlic (finely chopped)

2-3 tbsp finely chopped cilantro

½ to 1 serrano or jalapeno, chopped

1 avocado, diced

1/2 cup diced tomato

Extra-virgin olive oil

Salt, sugar, and pepper to taste

Tortilla chips for serving (optional)

- Cover scallops with lime juice and place in the fridge for at least 30 minutes.
- Using a slotted spoon, remove the scallops from the lime juice and place in a large bowl.
- Add the red onion, garlic, chili, avocado and tomato. Gently mix the ingredients together, adding a splash of olive oil.

- Season to taste with salt, sugar and pepper then gently stir in the cilantro and serve.

SUPPLIERS

Seafood

- Ocean Odyssey Inland, 10019 167 Street, and Downtown Farmers' Market
- Effing Seafood, 44 Riel Drive #140, St. Albert