



## THAWING INSTRUCTIONS:

Puncture vacuum sealed package. Leave in refrigerator overnight. Rinse in COLD water. Blot with paper towel.

\*\*\*NEVER use warm water or microwave to thaw.

## Rantings from the chef

Let me start by saying wow! What a crazy summer! As my crew and I were slaving away over hot stoves, mass producing the best cuisine that we know how for the hoards of...

Tourists, boaters, athletes, dancers, car restorers, book writers, travelers, fishermen, parade marchers, piro-technicians, artists, girls in bikinis *AND* the occasional local resident that would brave the crowds of the fore mentioned plus;

The parking tickets, the once calm lazily flowing streets that now have become virtual parking lots, the fist shaker that is always pissed off at stop lights, the blocked avenues as glorious parades of slowly moving advertisements quickly clogged the arteries of all bodies of movement, the daughters in swim suits (bikinis) being gawked at, *what was I saying?* Oh yeah, the local that would squeeze into one of our restaurants ("sir do you have a reservation?"... @#\$%!) past the delightful but firm hostess, take a table with a view, a well deserved mojito, an appetizer and a huge sigh of "Aaaaahh summer. This is what it's all about. Yes, I would like the wild king salmon please. What? Just went out of season? Now I know that crazy ass Troy & Travis are magically flying in the wildest fish for their damn sushi bar! What do you mean no wild salmon?! FARM RAISED?! ARE YOU FROM CALIFORNIA?! Farms are for cattle! and and and growing stuff. O.k. o.k. I'll have the huckleberry whatsahoosit. Just don't spit in my food, I didn't mean that California thing."

...Any way, we thought, man that suicidal, world's most dangerous job, half blind nut case Randy is in Bristol Bay slingin' fish so that we don't have to suffer the trend of cheap, fatty, mushy creepy colored cat food that is called Atlantic farmed raised salmon. Thank you White Cane. You Rock!

The recipes that follow have a variety of bright & dark Mediterranean flavors that are pretty simple to prepare. They are great with other styles of fish but don't you pay no never mind to that right now because we are talking about salmon. Wild. Alaskan. Bristol. Bay. White. Cane. Sockeye. Salmon. Somebody hold me down in my chair!

Troy's cooking tips (follow these and you will be the hit of your own private...):

- If you like your salmon cooked to the point where it tastes and feels a lot like the wood called balsa, put this recipe guide down, call Randy and tell him that you are returning all of his fish & you don't want your money back. Go to the store, buy a can of Pink Salmon packed in water & whip yourself up some of those salmon burgers that will make your children forever give you a scowling side stare and adult eating disorders. Go on, add your *secret* ingredient. Hell how about tuna casserole with grey canned peas while your at it?!
- Just kidding, but let's get one thing straight about sockeye salmon. It has the body fat of the post Paris Hilton friendship, Nichole Richie. If you over cook it, it will become very dry.
- Cook sockeye until the center still has a small amount of shininess (raw) to it. The carry over heat will finish it perfectly.
- Medium rare is our favorite.
- Don't be afraid to under cook your fish. You can always heat it more.
- You don't want to ruin your only stash of winter salmon. We have thousands of pounds, you don't.

At Bonsai we have had guests eat salmon sashimi (raw), & then order an entree salmon only to send it back because it wasn't "done in the middle". Huh? Trust me on this one try under (correctly) cooking it.

Here we go!

## APPLEWOOD SMOKED SOCKEYE with KALAMATA TAPENADE

The aroma of the smoking apple wood will drive your neighbors' nuts. The smoke flavor is great with the roasted garlic and the acidity of the tapenade is awesome with the sockeye.

Soak a handful of apple wood in something liquid. Anything. Twenty minutes is cool.

### For the tapenade:

Roast garlic: 1 cup of garlic cloves submerged in olive oil and cooked in the oven at \*350 until browned. (or on the stove top if you are going to forget about them and burn them). Drain them saving your garlic infused olive oil.

In a food processor pulse in all ingredients (add capers at the end to keep them semi whole) drizzling in some of the saved olive oil until you have a loose paste.

- 1.5 cups kalamata olives (no pits... duh)
- 2 ozs anchovy filets, rinsed
- .25 cup of chopped sun dried tomatoes (rehydrated if using dried)
- .5 cup roasted garlic
- 2 tablespoons capers
- 3 tablespoons lemon juice
- 1 tablespoon chopped herbs (thyme, rosemary).
- crumbled feta

## METHOD:

1. Drain apple wood and place in heavy foil. Loosely fold foil into a pack and place under grill grates (you can use one of those fancy shmancy smoker boxes if yours isn't rusty, gross and on the lawn somewhere like mine). When it starts a-smokin' you start a-cookin'.
2. Apply a light coating of tapenade onto salmon.
3. Spray Grill with pan spray.
4. Place fish on grill.
5. Add crumbled feta and chopped herbs (Escoffier says fish and cheese do not mix. He is dead).
6. Cover and cook to 125\*-130\* in the center.

## GRILLED SOCKEYE KABOB with CITRUS TZAZIKI & GRILLED FLAT BREAD

If your kids won't eat fish then win them over with these fun "Mediterranean fish tacos". If they still won't eat fish then call me over and I'll get the job done for them.

Soak skewers (if wood) in water to keep them from burning

Prepare and set aside:

- 1 lb sockeye, 1 inch dice
- .5 lb pitted whole kalamata olives
- 1 pack of pita bread

### Tzaziki Sauce

In a food processor blend:

- 1 cup yogurt
- 1 tablespoon minced garlic
- 1 tablespoon chopped mint
- zest of 1 lemon
- juice of 1 lemon
- 1 tspn salt
- 1 tspn olive oil

Add in 1 cup fine diced English cucumber at the end and pulse a few times keeping the sauce somewhat chunky.

### Method:

1. Spear salmon cubes and olives onto skewers.
2. Salt & pepper the skewers.
3. Place on hot grill. Cook to 125\*-130\* in the center.
4. Lay pita on grill until hot and grill marked.
5. Place one skewer on one pita fold and pull out skewer leaving salmon and olives behind.
6. Ladle tzaziki sauce over salmon.

## TURKISH SMOKED PAPRIKA MARINATED SALMON

This style of sockeye is going to have a very dark exotic flavor and aroma. If you can find this style of true paprika you will also find varying levels of heat. Most paprika that we see in the stores is just dried red peppers and taste like a whole lot of nothing. So look for the good stuff. The girls at Gourmet Way probably have it or will get it for you.

In a blender or food processor puree:

2 tablespoons minced garlic

.5 cup Hungarian smoked paprika

.25 cup of chopped herbs (savory, rosemary, dill, mint, etc.)

1.5 cups olive oil (drizzle in olive oil until the mixture becomes a loose paste)

Add salmon portions and enough paprika paste into a zip-lock bag and let marinate for at least 1 hour. Over night in the refrigerator is cool.

### Method:

1. Remove salmon from marinade, leaving remaining marinade on it.
2. Salt the salmon (had you put salt in the marinade it would have cured the salmon)
3. Spray hot grill with a pan spray.
4. Place salmon on grill and cook to 125\* (turn when necessary).



## HUMMUS HERB CRUSTED SOCKEYE

This is a unique take on an Italian fish with white beans. The hummus keeps the sockeye very moist & adds a great texture to the fish.

### Ingredients:

- 1 whole side of sockeye leaving skin on
- 1 quart of hummus (pureed chick peas, cumin, lime juice, garlic & salt)
- 2 cups of panko bread crumbs
- 1 tablespoon salt
- .25 cup of chopped herbs

### Method:

In a food processor blend panko bread crumbs, salt & herbs. Set aside.

Pat dry salmon with paper towels.

Slather the salmon generously (non skin side) with the hummus.

Top with panko herb mixture pressing lightly.

1. On a hot grill spray pan spray and gently lay whole fish onto grill skin side down.
2. Cover and cook on medium heat until 125\*

## GARLIC, HERB AIOLI GLAZED SOCKEYE

This is a great way to cook fish that I learned in a Spanish restaurant. The aioli reduces and forms a nice crust over the fish and gives the whole thing a very rich texture and flavor. Try this over half shelled mussels, oysters or clams and you will want to find me and hug me.

### FOR THE AIOLI:

Mix together (best in food processor):

2 cups mayo

1 minced shallot

1 tablespoon minced garlic

1 teaspoon white pepper

- On a hot grill sear one side of fish.
- Flip over and coat the salmon with aioli.
- Cover and cook on medium heat until 125\*

Well there you go. More ways to impress your friends & neighbors. Try all of these recipes and please feel free to change them. They are only ideas and guides. Go crazy, but not too crazy as to forget to come out to a restaurant once in while to pay us some of your hard earned dollars so that we can buy boats and houses too.

Love,

Troy Louis Chandler

General Manager/Head Cooker

Bonsai Bistro & Sushi Bar

The Beachouse Ribs & Crab Shack

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# ASIAN WINE SAUCE

Chicken stock	CUP	2
Mi Chiu rice wine	CUP	1
Sugar	TABLESPOON	2
Salt	TABLESPOON	2.5
White pepper	DASH	

## Method:

1. Bring stock and wine to a boil
2. Mix in all other ingredients

# SESAME MISO GLAZED SALMON

For the miso glaze:

1 cup miso paste

.5 cup water

.5 cup lime juice

## METHOD:

Mix until smooth.

1. Grill or sear the fish until rare.
2. Place fish on an oiled sizzle pan (cast iron) or leave on grill.
3. Apply a light coating of miso glaze.
4. Sprinkle with black and white sesame seeds.
5. Cook to 125\*-130\* in the center.

## SAUTÉED BABY BOK CHOY:

1 pound baby bok choy. Quartered and washed.

½ yellow onion (julienne)

1 bunch of green onions cut into 3 inch strips

1 teaspoon of minced ginger

1 teaspoon of minced garlic

Asian wine sauce

Teaspoon sesame oil (to finish)

### Method:

1. Steam or poach bok choy for 1 minute (we dip it into simmering water that has ginger and onions in it)
2. lace wok with a little oil and stir fry onions for 1 minute
3. add ginger and garlic and stir fry for 30 seconds
4. add about a cup of Asian wine sauce. Heat.
5. drain and add bok choy, stir and slurry a teaspoon at a time until desired consistency.
6. add green onions and toss
7. finish with sesame oil and serve.

# Grilled Salmon with Green Curry

## Green Curry Sauce

- 3 tablespoons (or to taste) green curry paste (I use Mae Ploy)
- 2 13.5 oz cans of coconut milk
- 1 cup of fresh spinach

### Method:

1. sauté curry paste
2. add 1 can of coconut milk and cook until thick.
3. while cooking, add additional coconut milk until desired consistency.
4. pour sauce into blender.
5. add spinach and puree until smooth. (this step is a trick to get good color.)

### Method:

1. Sea salt and pepper both sides of salmon.
2. Place on hot grill. Cook to 125\*-130\* in the center.
3. Ladle hot green curry sauce onto plate.
4. Place a mound of Stir-fried Garlic Spinach on plate.
5. Lean salmon onto spinach and over sauce for presentation.

# WOK SAUTÉED GARLIC SPINACH

## Method:

1. In a hot wok add 1 tablespoon of sesame oil, 1 tablespoon minced garlic and stir fry for 10 seconds.
2. add a good handful of fresh baby spinach and stir fry.
3. add a dash of sea salt and 1 table spoon of Asian wine sauce.
4. toss and plate.

# CHINESE 5-SPICED MUSTARD SALMON

## Have ready:

Japanese beer soaked wood chips (I like apple wood)  
(Set aside 1-2 cups of brown sugar)

## Mix:

1 cup whole grain mustard  
.25 cup Chinese mustard (Chinese mustard flour, vinegar and water)  
1 tablespoon Chinese 5-spice  
1 tablespoon dill  
1 tablespoon Hungarian paprika

## Method:

1. Place wet wood in a smoker box or wrap in heavy foil and put over heat source on your grill.
2. Sear both sides of fish until golden brown.
3. Rub mustard mixture onto top side of salmon.
4. Sprinkle brown sugar over entire salmon.
5. Place fish on hot grill (with wood chips smoking)
6. cook over low heat covered until 125\* in center



# GRILLED GINGER, LIME, CILANTRO GLAZED SALMON

## FOR THE GLAZE:

1. 2 cups Asian wine sauce
2. .25 cup chopped cilantro
3. 2 tablespoons minced ginger
4. .25 cup lime juice

## Method:

Mix all ingredients except cilantro. Heat in a wok until simmering.

Add slurry (cornstarch and cold water mixed) 1 teaspoon at a time until sauce is thickened. Remove from heat and stir in cilantro.

1. On a hot grill sear one side of fish.
2. Flip over and glaze the top of salmon.
3. Cover and cook on medium heat until 125\*

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