

# TREASURE SIMPLE

by Barb Kemp

## SALMON PLEASURES... CAUGHT OR BOUGHT

Where have all the fish gone? When I was young, a few years ago -- okay, many years ago - my father would take his three girls fishing in the summer. (He secretly wished he'd had boys).

He would wake us up just as the sun was thinking about raising its head over the eastern skies. Everything was organized, all we had to do was stumble out of our bunk beds and head towards the small, green, aluminum boat that was waiting to motor us to his secret fishing hole. Slouched over on the cold, hard seat in an oversized orange life jacket and many layers of camping sweaters, I'd wait for the warm sun to ease me out of sleepy land.

Dad would shove an orange into our hands. Robotically I'd peel the orange skin and let the sweet citrus juice wake up my taste buds. Putt, putt, putt we'd steer around other small boats (which I always noticed had men in them and no children), and troll for our dinner - which we always caught.

We don't catch the fish anymore, not because we've grown up, but because the fish have disappeared. Call it migration, global warming or blame it on the seals. Whatever the reason, it hasn't stopped us from eating the wild salmon from our local waters -- we just catch it from the fish store. Here are two simple salmon recipes for you to try when enjoying the true pleasures of the sea.



### DIJON FISH FILLETS

Serves 4

- 1 ½ pounds wild salmon
- 1 slice day old white bread
- 2 tablespoons fresh Parmesan cheese
- 1 tablespoon fresh dill
- 4 tablespoons low fat sour cream
- 2 teaspoons Dijon mustard

Preheat oven to 425 degrees F. In a food processor add bread, Parmesan cheese and dill. Process to form small crumbs. Transfer to a small bowl. In another bowl combine sour cream and mustard. Arrange fish fillets on a baking sheet. Spread sour cream mixture on top of fish. Then spoon on bread crumbs evenly on top. Place fish in oven and cook until lightly brown and fish flakes... about 10 minutes.

### SALMON WITH TARRAGON BUTTER

Serves 4

- 1 tablespoon butter, melted
- 1 tablespoon fresh tarragon, minced
- 1 tablespoon olive oil
- 1 tablespoon fresh lemon juice
- salt and pepper
- 1 ½ pounds wild salmon fillet

Preheat oven to 425 degrees F. Melt butter, add tarragon and set aside. Combine olive oil and lemon juice in a small bowl. Place fish, skin side down on the top half of a broiler pan. Brush fish with olive oil mixture and sprinkle on salt and pepper. Cook without turning, until cooked through... about 10 minutes. Remove from oven, spoon tarragon butter on top and serve.

Barb Kemp writes Recipes To The Rescue, a free newsletter for the everyday cook. To request your free Recipes To The Rescue Newsletter, simply send an email to [recipestotherescue@shaw.ca](mailto:recipestotherescue@shaw.ca)



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