

## Edmonton AM: Recipes



Gail Hall is well known in Edmonton as a culinarian and food activist. Through her company Seasoned Solutions, Gail operates a loft cooking school, culinary tours and consulting service for the agriculture, food and hospitality industries.

### Latest Recipes

*I love preparing fish for its ease and healthfulness. It's wonderful prepared on the barbecue, stove top or oven and can be cooked in a matter of minutes.*

*As a regular shopper at the Edmonton Downtown Farmer's Market, I have the opportunity of shopping for excellent fish at Ocean Odyssey Inland. Their fish is sustainably caught and is wild not farmed. They have a large selection of fish from coast to coast and from international waters. If you can't make it to the market, try their retail store at 10027 - 167 Street.*

*This recipe is one of my all time favourites from Gourmet Goodies. I love it with salmon or char and other types of white fish. Fillets or steaks work equally well. For a perfect finish, pair the fish with Mango Salsa from Holy Guacamole! also at the Edmonton Downtown Farmer's Market.*



### CITRUS MARINADED SALMON

**Yield: 4 servings**

¼ cup Fresh Lemon Juice  
¼ cup Fresh Lime Juice  
¼ cup Extra Virgin Olive Oil  
½ cup Finely Chopped White Onion  
Freshly Ground Pepper  
1 tsp Chopped Fresh Dill Weed

1 tsp Chopped Fresh Tarragon  
½ tsp Sugar

1 lb. Salmon Steaks or Fillets

Mix above ingredients (except salmon) in a bowl and place in plastic bag. Add salmon and marinate for 30 minutes at room temperature or 1 to 2 hours in the refrigerator, turning once or twice.

Heat bbq on high. Reduce to medium high and brush grill with oil. Place salmon on grill and allow 10 minutes per inch of thickness for cooking time. If baking in the oven, preheat oven to 350 F and bake for approx. 15 to 20 minutes (allowing 10 minutes for every inch of thickness).