



GEORGE
CHIALA'S
RECIPE
OF
THE MONTH
COLLECTION

JUL 2009
Recipe 1



(photo by Marc-Henri)

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Wild Sockeye Salmon in a Spicy Chili-Lime Sauce.

PREPARATION

Make Marinade

- 1 - Combine garlic, parsley leaves and stems, curry paste, light brown sugar, salt, pepper, and oil in a food processor or blender and grind to a fairly smooth paste. (Or grind in a mortar with pestle, combining solid ingredients and then stirring in liquid ingredients.)
- 2- Transfer to a medium bowl or large zip-top bag and add fish fillets, turning gently to season well. Cover and set aside for 30 minutes, or refrigerate for up to 1 day.

Make Sauce

- 1 - Combine curry paste, lime juice, light brown sugar, and garlic in a small bowl, stirring to dissolve sugar. Sprinkle with jalapeno and parsley and set aside.

Prepare

- 1 - Coat a grill rack with cooking spray and preheat, or lightly oil a shallow baking pan and preheat oven to 425°. Remove fish from marinade and cook until done, turning once, about 5 minutes per side (longer for thicker fillets).
- 2 - Arrange on a serving platter, along with a small bowl of sauce to spoon over fish. Serve hot or warm.

INGREDIENTS

- 1 1/2 pounds wild sockeye salmon fillets

For Marinade

- 3 tablespoons GC Farms' chopped garlic in water
- 3 tablespoons coarsely chopped parsley leaves and stems
- 2 tablespoons red curry paste
- 1/2 teaspoon light brown sugar
- 1/2 teaspoon salt (optional)
- 1/2 teaspoon freshly ground pepper
- 1 1/2 tablespoons olive or canola oil
- 1 teaspoon GC Farms' chili flavored olive oil

For Sauce

- 2 tablespoons red curry paste
- 3 tablespoons fresh lime juice
- 2 tablespoons light brown sugar
- 1 teaspoon GC Farms' chopped garlic in water
- 1 teaspoon GC Farms' roasted, diced, jalapeño peppers
- 1 teaspoon finely chopped parsley