

## Chef Wade's Maple Salt-Cured Salmon

Ingredients:	Amount:
Kosher salt	For each portion of salmon, you will need ¼ tsp of kosher salt
Pure maple syrup	For each portion of salmon, you will need 2 tbsp of maple syrup
Salmon (sockeye or coho is ideal)	Desired amount (see above)
Supplies:	
1) Baking sheet/ or BBQ 2) Parchment paper 3) Large plate with a high rim	
Method:	
<p>1) Brush top of salmon with maple syrup and sprinkle with salt, place salmon presentation side down in the pan or plate. The idea is to keep the seasoned side sitting in the brine which will form as the salmon cures. 2) Place in the refrigerator and allow to cure for at least one hour but no more than three hours. As the salmon sits the salt will pull some of the moisture out of the fish forming a salt sweet liquid on the plate, this is the cure or brine. The longer the fish remains on the plate the more moisture the cure will pull out of the fish, <u>larger pieces will need longer, smaller pieces may become quite dry if left for too long.</u> 3) Check after one hour, depending on the fish you may have a varying amount of liquid on the plate, you want to check for a slightly darker almost translucent colour and a tacky surface.</p>	
Cooking Salmon:	
<p>To finish the salmon a BBQ is best. You want an oiled grill over very hot coals, place the salmon cured side up, (it is already cooked) and grill the salmon briefly. Depending on the coals, thickness of filet and how you like your salmon cooked, this will take no more that 3-5 minutes. Do not walk away as the salmon is coated in sugar and may catch fire.</p>	
<p>If BBQ is not an option preheat the oven to its highest setting (500°F+). Place salmon presentation side up on a baking sheet covered with parchment paper and bake for 4 minutes. Cooking time will vary - the key is high intense heat to seal the moisture in the fish. <b>Serve immediately.</b></p>	

*We would like to thank the Skwxwú7mesh Nation, upon whose unceded traditional territory Cheakamus Centre resides.  
We value the opportunity to welcome others to learn, gather and share in nature on this traditional territory.*