

# UBC Blueberry Fest – Recipe by Chef Steve Golob



BC Wild Salmon with Fresh Herbs, Grilled Lemon & BC Blueberry BBQ Sauce served with local Nugget Potatoes and Fresh Farm Vegetables.

Serves 4

## Ingredients (#1)

Wild Salmon	4 x 4 oz	Lemon Zest	1
Sea Salt to taste		Fresh Herbs	2 Tbsp
Lemon Pepper to taste		(Dill, Flat Leaf Parsley, Basil)	
Olive Oil	2 Tbsp		

## **Method:**

Season with sea salt and lemon pepper, on flesh side.

Grill salmon with olive oil, flesh side down, do not move the salmon, let it grill for 3 to 4 minutes.

Start the BBQ sauce in another frying pan while salmon is cooking.

See Method #2 for BC Blueberry BBQ Sauce. Set BBQ Sauce aside.

Turn and brown skin side until lightly crisp.

Cut lemon in half and grill cut side down on the same pan as the salmon, until brown and slightly charred around the rind.

Reheat grilled vegetables on hot frying pan.

**Vegetables:** use seasonal vegetables of your choice

Suggested summer vegetables: fingerling potatoes, green and yellow beans, and whole baby carrots.

Grill or roast vegetables in advance and reheat in frying pan with olive oil just before plating.

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## BC Blueberry BBQ Sauce (#2)

BC Blueberries—Fresh	1 pint	Worcestershire Sauce	2oz
BC Blueberry Syrup	4 oz	Garlic—minced	2Tbsp
Local Blueberry Honey	3 Tbsp	Chili Power	2 Tbsp
Apple Cider Vinegar	2oz	Paprika	1 Tbsp
Ketchup	½ cup	Brown Sugar	1 Tbsp
Dry Mustard	1 Tbsp		
Cayenne	2 tsp		

Whisk together syrup, honey, vinegar and ketchup in a hot frying pan. Turn heat to medium, add mustard, cayenne, garlic, chili power, paprika, Worcestershire sauce and brown sugar. When sauce thickens, add blueberries. Set aside.

## **Plate and Serve**

Place grilled salmon on centre of plate, top with freshly chopped herbs, flat parsley, basil and dill, accompanied with grilled lemon, vegetables and BBQ Sauce on the side.

**NOTE:** Salmon and Vegetables can also be grilled on a BBQ.