

**Quality
FOODS**

Healthy
**RECIPE
BOOK**



CHAPTER ONE

BEEF





FAMILY STYLE MEATBALL SOUVLAKI

Prep Time
35 min

Cook Time
20 min

Serves
6

Greek style meatballs served on warm pita bread. These are called family style because each diner can dress up their souvlaki, as they like, with such things as hummus, tzatziki and fresh vegetables

Ingredients

500 grams lean ground beef
1 large egg, beaten
1 large garlic clove, minced, or 1/4 tsp garlic powder
1/4 cup dried bread crumbs
1/3 cup finely crumbled feta cheese
1 tsp dried oregano
1/2 tsp salt
Freshly ground black pepper, to taste
Shredded lettuce and cubes of red onion, tomato and cucumber, to taste
Hummus and tzatziki, to taste (see Note)
6 Greek-style pita bread, warmed (see Note)

Method

1. Preheat oven to 425 F. Line a baking sheet with parchment paper, unless it's non-stick. Place beef, egg, garlic, breadcrumbs, feta, oregano, salt and pepper in a bowl and mix well to combine.
2. Moisten your hands lightly with cold water, then roll beef mixture into 24, about 1 1/2 inch balls, setting them on the baking sheet as you go along. Roast the meatballs 20 minutes, or until cooked.
3. Transfer meatballs to a serving dish. Now let diners make their own souvlaki, by topping the pita bread with 4 meatballs and their desired amounts of lettuce, onion, tomato, cucumber, hummus and tzatziki.

Notes: Tubs of hummus and tzatziki, and bags of Greek-style (pocketless) pita bread, are sold in our Deli Department. You can warm the pita bread by wrapping them in foil and popping them into the oven for five to seven minutes. Do that when the meatballs are almost cooked.



STRIP LOIN STEAKS WITH HORSERADISH BUTTER

Prep Time
20 min

Cook Time
6 - 8 min

Serves
4

Tender steaks grilled or seared, depending on your preference, plated and topped with a zesty, easy to make seasoned butter spiked with horseradish.

Ingredients

1/4 cup soft butter
2 tsp prepared horseradish, or to taste
1 tbsp chopped freshly parsley
Splash Tabasco or other hot pepper sauce
and Worcestershire sauce
4 strip loin steaks
4 tsp olive oil
Salt & freshly ground black pepper, to taste

Options: If you don't have a grill or barbecue, heat oil in a large skillet set over medium-high heat, and pan-sear the steaks to the desired doneness.

Method

1. Place butter, horseradish, parsley, Tabasco and Worcestershire sauce in a small bowl and mix well to combine. Set an 8 inch long piece of plastic wrap on a work surface. Place the flavoured butter in a 4 inch long row down the centre of the plastic wrap. Roll the butter inside the plastic wrap, into a 1 inch thick log. Set the butter in the refrigerator until firm, about 1 hour.
2. When ready to cook the steaks, unwrap the butter and slice, widthwise, into 8 pieces. Let the butter slices sit at room temperature until needed. Preheat your barbecue or indoor grill to medium-high (see Options). Brush each steak with 1 tsp olive oil; season with salt and pepper. Grill steaks to the desired doneness, allowing about 3 minutes per side for rare, and 3 to 4 minutes per side for medium-rare to medium.
3. When cooked, set a steak on each of 4 heated dinner plates. Top each steak with 2 slices of the butter and serve.



SUMMER DINNER STEAKS & PRAWNS WITH CHIMICHURRI MAYO

Prep Time
30 min

Cook Time
6 - 12 min

Serves
6

Tender steaks and quick cooking prawn skewers served with a mayonnaise dip brightly flavoured with chimichurri, an Argentinean-style, tangy, herbaceous sauce.

Ingredients

- 4 large garlic cloves, peeled and sliced
- 2 cups Italian (flat-leaf) parsley leaves (see Note)
- 1 cup cilantro leaves
- 1/4 cup white wine vinegar or cider vinegar
- 1/2 tsp red pepper flakes, or to taste
- 1 tsp dried oregano
- Salt and freshly ground black pepper, to taste
- 1/4 cup olive oil, plus some for steaks and prawns
- 1 cup mayonnaise
- 6 beef strip loin steaks
- 6 frozen, raw or cooked prawns skewers, thawed and patted dry (see Note)
- 2 tsp Cajun spice or seasoning salt
- Lemon slices and cilantro or parsley sprigs, garnish

Note: 1 bunch, each, of parsley and cilantro should yield the measured amounts needed here. Lightly pack the leaves when measuring. Frozen raw and cooked prawn skewers are sold in freezers near our Seafood Department. If unavailable, skewer your own raw or cooked, peeled, prawns and season, grill and served them with the steaks.

Method

1. Place garlic, parsley, cilantro, vinegar, pepper flakes, oregano and 1/4 cup olive oil in a food processor and pulse until finely chopped (see Options). Add the mayonnaise and pulse until vibrant green sauce forms. Taste and season this chimichurri mayo with salt and pepper, as needed. Transfer to a bowl, wrap and refrigerate until needed. It will keep a few days in the refrigerator.
2. Heat your barbecue or indoor grill to medium-high. Preheat oven to 200 F. Pat steaks dry with paper towel. Brush each steak lightly with olive oil; season with salt and pepper. Set prawns skewers on a wide plate; lightly brush each one with olive oil and season with Cajun spice (or seasoning salt).
3. Grill steaks to the desired doneness, allowing about 2 to 3 minutes per side for rare, and 3 to 4 minutes per side for medium rare to medium. Set steaks on a platter and keep warm in the oven. Set prawn skewers on the grill and cook 1 to 2 minutes per side, or until cooked if raw, or until hot, if you bought already cooked prawn skewers. Set skewers on the platter with the steaks, garnish with lemon slices and cilantro (or parsley) sprigs, and serve with chimichurri mayo.

Options: If you don't have a food processor, you can finely chop the garlic, parsley and cilantro on a board. Now set them in a bowl and finish the chimichurri mayo by mixing in its remaining ingredients.



GRILLED RIB EYE STEAKS WITH SMOKY CHIPOTLE BUTTER

Prep Time
10 min

Cook Time
6 - 8 min

Serves
2

Prime, juicy, tender steaks made even more splendid by topping them with a smoky, spicy butter, which further enhances the rich taste of the meat.

Ingredients

- 1 chipotle pepper (see Note)
- 1/4 cup butter, at room temperature
- 1 tsp adobo sauce
- 1 tsp fresh lime juice
- 1 tbsp chopped fresh cilantro or parsley or green onion
- Tiny pinches garlic powder and onion powder
- 2 rib eye steaks
- 2 tsp olive oil
- Salt and freshly ground black pepper, to taste

Method

1. Carefully split and open up the chipotle pepper. Scrape out and discard the seeds. Finely mince the chipotle pepper.
2. Place butter in a bowl and beat until lightened and smooth. Mix in the chipotle pepper, adobo sauce, lime juice, cilantro (or parsley or green onion), garlic powder and onion powder. Cover and set aside until needed (see Options).
3. Preheat your barbecue or indoor grill to medium-high (see Options). Brush each steak with 1 tsp oil; season with salt and pepper. Grill steaks to desired doneness, allowing about 2 to 3 minutes per side for rare, and 3 to 4 minutes for medium-rare. Plate the steaks, immediately top with spoonfuls of the chipotle butter, and serve.

Notes: Chipotle peppers are smoked jalapeño peppers. They are sold in cans in our Mexican foods aisle. Adobo sauce surrounds the peppers in the can. Unused peppers can be stored in a tightly sealed jar in the refrigerator for several weeks.

Options: You can make the chipotle butter many hours before needed. Cover and refrigerate until needed. Warm the butter to room temperature before using. Any leftover butter could be wrapped in plastic wrap and frozen, to thaw and use at another time. If you don't have a barbecue or indoor grill, sear the steaks in hot oil in a skillet to the desired doneness, and then top with the butter.

CHAPTER TWO

POULTRY





CHEF'S SALAD WITH CHICKEN & AGED CHEDDAR

Prep Time
30 min

Cook Time
20 min

Serves
2

This hearty main-course salad combines chicken thighs, tangy cheddar cheese, egg and a mix of vegetables.

Ingredients

- 2 tbsp olive oil
- 1 tsp dried oregano or basil
- 1/2 tsp smoked or regular paprika
- 1/4 tsp garlic powder
- 4 large or 6 small to medium, boneless, skinless chicken thighs
- Salt and freshly ground black pepper, to taste
- 5 to 6 cups baby mixed salad greens
- 6 to 8 cherry tomatoes, each halved
- 1 medium celery rib, thinly sliced, widthwise
- 1/3 cup coarsely grated carrot
- 1/4 small English cucumber, cut into half-moon slices
- 1/2 cup cubed aged cheddar cheese, or to taste
- 2 medium or hard-boiled eggs, chilled, peeled and quartered
- Your favourite store-bought salad dressing, to taste, such as ranch, Catalina or Italian

Method

1. Preheat oven to 400 F. Line a baking sheet with parchment paper. Place olive oil, oregano (or basil), paprika and garlic powder in a medium bowl. Add the chicken and toss to coat. Set chicken flat on the baking sheet; season with salt and pepper. Roast chicken 20 minutes, or until cooked, and then remove from oven.
2. Divide and mound salad greens on each of 2 dinner plates. Artfully top the greens with tomatoes, celery, carrot, cucumber, cheese and egg. Now set 2 or 3 chicken thighs on one side of each plate. Serve the salads with the dressing, to drizzle on it at the dinner table.



CHICKEN SPINACH CAESAR SALAD WITH BACON

Prep Time
30 min

Cook Time
13 - 15 min

Serves
2

This main course, baby spinach based version of caesar salad is topped with grilled chicken breast, smoky bacon and Parmesan cheese.

Ingredients

3 tbsp mayonnaise
 1/2 tsp minced anchovies or anchovy paste
 1 medium garlic clove, minced
 1 1/2 tbsp + 1 1/2 tsp olive oil, plus some for the grill (divided)
 1 tsp lemon juice
 1 tsp water
 1/2 tsp red wine vinegar
 1/2 tsp Dijon mustard
 Splash of Worcestershire sauce and Tabasco sauce
 Salt and freshly ground black pepper, to taste
 1 tsp chili powder
 2 boneless, skinless chicken breasts
 6 to 7 cups packed baby spinach
 Store bought or homemade croutons, to taste
 2 to 3 strips of bacon, cubed, fried until crispy and drained well
 Shaved or freshly grated Parmesan cheese, to taste
 Lemon slices, for garnish

Method

1. To make salad dressing, combine mayonnaise, anchovy, garlic, 1 1/2 tsp olive oil, juice, water, vinegar, mustard, Worcestershire, Tabasco and black pepper, to taste, in a small bowl. Cover and refrigerate dressing until needed. Dressing can be made many hours in advance (see Options).
2. Preheat your barbecue or indoor grill to medium-high. Combine the 1 1/2 tbsp oil and chili powder in a shallow bowl. Set in the chicken and turn to coat. Season breasts with salt and pepper. Lightly oil the bars of your grill. Grill chicken 4 to 5 minutes per side, or until cooked through. Set chicken on a cutting board and let rest while you make the salad.
3. Place spinach and croutons in a salad bowl and toss in the salad dressing, to taste. Divide and mound salad on each of 2 dinner plates. Top each salad with bacon and Parmesan cheese. Slice each chicken breast, widthwise, and set one sliced breast on each salad. Garnish with lemon slices and serve.

Options: Instead of making your own, use store-bought caesar dressing, to taste. If you don't have a grill, cook chicken in oven. To do so, once coated in the oil and chili powder, set the breasts on a parchment paper-lined baking sheet. Bake in a 375 F oven 20 to 25 minutes, or until cooked through.



ROASTED CHICKEN BOWLS WITH QUINOA, CHICKPEAS & VEGETABLES

Prep Time
25 min

Cook Time
40 min

Serves
2

Layering ingredients in a bowl has become a popular way to create a nutritious meal. In this case, you start with a grain (quinoa), add vegetables, cheese and a pulse (chickpeas), and follow with a protein (roasted chicken breast). The bowl is served with a tangy orange/yogurt dressing and a garnish of chopped almonds.

Ingredients

- 1/2 cup quinoa
- 3/4 cup + 2 tbsp water
- 1/2 cup plain, no-fat yogurt
- 2 tbsp orange juice
- 1 tsp honey
- 1/4 to 1/2 tsp dried basil or oregano
- 1/4 tsp ground cumin
- Pinch ground cayenne pepper
- Salt and freshly ground black pepper, to taste
- 2 boneless skinless chicken breasts
- 2 tsp olive oil
- 1/2 cup canned chickpeas, drained well (see Note)
- 1 cup packed chopped fresh kale or baby spinach
- 8 cherry tomatoes, halved
- 16 thin slices English cucumber
- 1/3 cup havarti cheese, cut into small cubes
- 16 skin-on whole almonds, coarsely chopped

Method

1. Place quinoa and water in a small pot and bring to a boil. Cover, lower heat to medium-low, and cook, undisturbed, 15 minutes, or until quinoa is tender and the water has evaporated. Spoon quinoa into a bowl and cool to room temperature.
2. To make dressing, combine yogurt, juice, honey, basil (or oregano), cumin and cayenne in a small bowl. Season with salt and pepper, cover and refrigerate until needed.
3. Preheat oven to 375 F. Line a baking pan with parchment paper. Set on the chicken breasts. Brush each breast with 1 tsp olive oil; season with salt and pepper. Roast chicken 25 minutes, or until cooked through. Remove chicken from the oven.
4. To make the bowls, divide quinoa between 2 shallow serving bowls. Artfully top quinoa in each bowl with chickpeas, kale (or spinach), tomatoes, cucumbers and cheese. Slice each chicken breast, widthwise. Set a sliced breast in the centre of each bowl. Drizzle each bowl with some of the dressing, sprinkle with almonds and enjoy.

Note: Leftover chickpeas can be frozen in a container, to thaw & use at another time.



SUMMER GRILLED CHICKEN CHEF SALAD

Prep Time
30 min

Cook Time
8 - 10 min

Serves
2

Here's a "perfect for summer" main course salad featuring smoky grilled chicken breast, tangy cheese and B.C. grown vegetables.

Ingredients

- 1 tbsp olive oil
- 1/2 tsp chili powder
- 1/4 tsp smoked paprika
- 1/4 tsp ground sage
- 2 boneless, skinless chicken breasts
- Salt and freshly ground black pepper, to taste
- 4 cups chopped romaine or leaf lettuce
- 1 medium, ripe on the vine tomato, cut into wedges
- 100 grams aged cheddar cheese, cubed
- 12 slices English cucumber
- 4 to 6 radishes, sliced
- 2 hard boiled eggs, cooled, peeled and quartered (optional)
- Bacon ranch dressing, to taste (see Note)

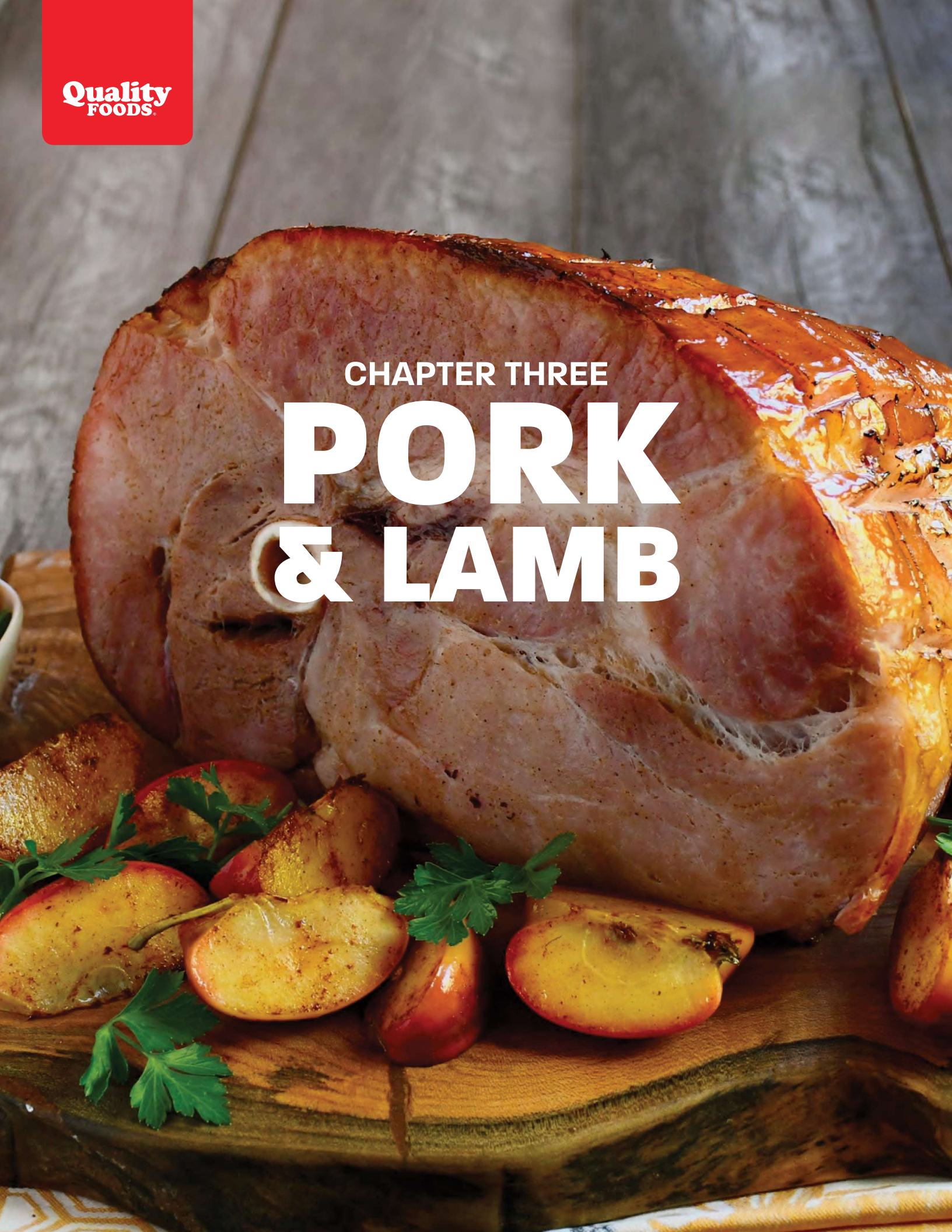
Method

1. Preheat your barbecue or indoor grill to medium-high. Combine the oil, chili powder, paprika and sage in a shallow bowl. Add the chicken and turn to coat. Season chicken with salt and pepper.
2. Grill the chicken 4 to 5 minutes per side, or until cooked through. Set chicken on a cutting board and let cool to room temperature. Now slice each chicken breast, widthwise.
3. Divide and mound lettuce on each of 2 shallow bowls or dinner plates. Arrange the chicken, tomatoes, cheese, cucumber, radishes and egg, if using, on top of the lettuce. Let diners top their salad with bacon ranch salad dressing, to taste.

Note: You can use store-bought or homemade bacon ranch dressing. To make the latter: in a jar, combine 1/4 cup mayonnaise, 1/4 cup buttermilk, 1 tbsp lemon juice, 1 tsp honey, 1 tbsp minced green onion, pinch garlic powder and 2 slices bacon, cooked crisply, drained and crumbled. Taste and season dressing with salt and freshly ground black pepper.

CHAPTER THREE

PORK & LAMB





SOY GINGER MARINATED PORK CHOPS WITH SESAME SAUCE

Prep Time
3 hrs 30 min

Cook Time
7 - 8 min

Serves
4

Pork chops, flavoured and tenderized in a soy and ginger rich marinade, grilled and served with an addictive sesame sauce. Serve the chops with a vegetable stir-fry and rice.

Ingredients

- 1/3 cup + 2 tsp less sodium soy sauce (divided; see Note)
- 3 tbsp vegetable oil, plus some for the grill
- 4 tbsp brown sugar (divided)
- 2 tbsp minced green onion
- 3 tsp finely grated fresh ginger (divided)
- Freshly ground black pepper, to taste
- 2/3 cup mayonnaise
- 1 tbsp + 1 tsp roasted sesame seeds (see Note)
- 1 tsp sesame oil
- 1 tbsp + 1 tsp rice vinegar or cider vinegar

Note: Kikkoman less sodium soy sauce was used when testing this recipe. Jars of roasted sesame seeds are sold in our Asian foods aisle

Method

1. Combine 1/3 cup soy sauce, 3 tbsp vegetable oil, 3 tbsp brown sugar, green onion, 2 tsp grated fresh ginger and black pepper in a 13 x 9 inch glass or other non-reactive dish. Set in the pork chops, turn to coat and ensure there are sitting flat in the dish. Cover, refrigerate and marinate 3 hours, turning chops every 30 minutes.
2. While chops marinate, make sesame sauce by combining, in a bowl, 1 tsp ginger, mayonnaise, sesame seeds, sesame oil, vinegar, 2 tsp soy sauce and 1 tbsp brown sugar. Cover sauce and refrigerate until needed.
3. When pork chops have marinated, lift out of the dish, drain well and set on a plate. Discard marinade. Let chops sit out at room temperature 20 minutes.
4. Preheat your barbecue or indoor grill to medium-high. Oil the bars of the grill. Set on the pork chops and cook 3 1/2 and 4 minutes per side, or until just barely pink in the centre. (If you're not sure if the chops are done, make a small incision into the thickest part of one of the chops and peek inside to how see it's cooked.) Plate the chops and serve with the sesame sauce.



KOREAN STYLE PORK SIDE RIBS

Prep Time
20+ min

Cook Time
1 hrs 55 min

Serves
3 - 4

These tender, succulent, Asian style ribs have a palate pleasing salty, sweet, spicy and sour flavour.

Serve the ribs with steamed rice and an Asian style salad, such as the Taylor Farms Asian Chopped Salad Kit sold in our Produce Department.

Ingredients

- 1/2 cup soy sauce (see Note)
- 1/4 cup water
- 2 tbsp rice vinegar
- 2 tsp sesame oil
- 2 tsp sriracha, or other smooth hot chili sauce
- 4 large garlic cloves, minced
- 2 tsp finely grated ginger
- 1/3 cup coarsely grated onion
- 3 to 3 1/2 lbs. pork side ribs
- 2 to 3 tbsp honey
- 2 tsp roasted sesame seeds (see Note)
- 1 large green onion, halved lengthwise, and then thinly sliced, widthwise

Method

1. Place soy sauce, water, vinegar, sesame oil, sriracha, garlic, ginger and onion in 13 x 9 inch dish and mix to combine. Cut the ribs, widthwise, into 2- to 4-inch pieces. Add the ribs to the dish and turn to coat. Cover, refrigerate and marinate ribs 8 hours, or overnight, turning them occasionally.
2. Preheat oven to 325 F. Line a large sided baking sheet with parchment paper. Now set ribs in a single layer, meaty-side up, on the baking sheet. Spoon the marinade left in the dish over the ribs. Tightly cover ribs with foil and bake 1 hour 40 minutes.
3. Uncover ribs. Drizzle ribs with honey. Bake ribs, uncovered, 10 to 15 minutes more, or until richly glazed and tender. Arrange ribs on a serving platter, drizzle with pan juices, sprinkle with sesame seeds and green onion, and serve.

Options: Kikkoman brand soy sauce was used when testing this recipe. Jars of roasted sesame seeds are sold in our Asian foods aisle.

CHAPTER FOUR

FISH





AHI TUNA POKE BOWLS FOR TWO

Prep Time
60+ min

Cook Time
20 min

Serves
2

Colourful, tasty bowls of Hawaiian-style marinated tuna and seasoned sushi rice, topped as you like, with such things as avocado, mango, sweet onion, chopped cashews and microgreens.

Ingredients

- 2 tbsp each soy sauce & orange juice
- 1 tbsp lemon juice
- 2 tsp honey
- 1 1/2 tsp sesame oil
- 1/2 tsp finely grated fresh ginger
- 1 tsp Sriracha or other smooth hot chili sauce, or to taste
- 2 (about 6 oz./170 g) ahi tuna loins, thawed if frozen, patted dry and cut into 1/2 inch cubes
- 1 cup sushi rice (see Note)
- 1 1/3 cups cold water, plus some for rinsing the rice
- 2 tbsp rice vinegar
- 2 tsp granulated sugar
- 1/2 tsp salt, or to taste
- Poke bowl toppings, to taste, such as diced avocado, diced mango, diced sweet onion, sliced Fresno or jalapeño pepper, chopped cashews, sliced cherry tomatoes, sliced cucumber, cilantro sprigs and/or microgreens (see Note)

Note: Sushi rice is sold in our bagged rice aisle. Microgreens are the small shoots of vegetables, such as radish, picked just after the first leaves have developed. They are sold in small containers in our Produce Department.

Method

1. Combine soy sauce, juices, honey, sesame oil, ginger and Sriracha in a medium bowl. Add tuna and gently toss. Cover, refrigerate and marinate this tuna poke 4 hours, turning occasionally.
2. Place rice in a small pot (the one used when testing this recipe was 6 inches wide and 5 inches tall). Cover rice with three inches of cold water. With your hands, rub the grains of rice together to remove excess outer starch from them. Thoroughly drain the water from the rice. Add the 1 1/3 cups of fresh cold water to the pot. Bring the rice to a boil over high heat, and then turn the heat to its lowest setting. Cover and steam the rice until tender, about 15 minutes.
3. While rice cooks, place vinegar, sugar and salt in a second small pot. Set over medium-high heat, bring to a boil for a few seconds and stir to dissolve the sugar. Remove from the heat. When rice is cooked, spoon and spread into a large, shallow-sided pan. Stir vinegar mixture into the rice, and then let cool a few minutes.
4. To serve, divided rice between 2 shallow serving bowls and set on the tuna poke. Now accent the poke and rice, to taste, with your desired toppings, and enjoy.



BAKED SOLE WITH SHERRY GINGER CREAM

Prep Time
20 min

Cook Time
12 min

Serves
2

B.C. sole fillets rolled, baked, plated and topped with a rich, creamy, easy to make sauce spiked with sherry and fresh ginger. Serve the fish with boiled or steamed miniature potatoes, carrots and a green vegetable, such as asparagus or green beans.

Ingredients

4 (about 80 to 90 gram each) sole fillets (see Options)
2 tsp lemon juice
2 tsp olive oil
Salt and ground white pepper, to taste
1/4 cup sherry (see Note)
1 tsp finely chopped fresh ginger
1/2 cup whipping cream
1 to 2 tsp chopped parsley

Note: Harveys Bristol Cream sherry was used when testing this recipe. It's sold at most liquor stores.

Method

1. Preheat oven to 400 F. Line a shallow baking pan with parchment paper. Lay the sole fillets flat on a work surface. Season with salt and pepper. Roll each sole fillet into a tight cylinder and set in the baking pan, seam-side down. Drizzle sole with lemon juice and olive oil, and then bake, uncovered, 12 minutes, or until cooked.
2. While sole cooks, make sauce by placing the sherry and ginger in a small pot, set over medium, medium-high heat. Bring sherry to a simmer and reduce to about 2 tsp. Add the whipping cream and simmer until a lightly thickened sauce forms. Turn heat to low, mix parsley into the sauce, and then season with salt and pepper.
3. When cooked, divide the sole between two dinner plates, top with the sauce and serve.

Options: If only large sole fillets are available, buy 2, about 160 to 180 gram ones, and serve one per person



B.C. COD FILLETS WITH SUMMER SUCCOTASH

Prep Time
20 min

Cook Time
22 min

Serves
4

Succotash is a sautéed vegetable/bean dish great to make in the summer because you can use B.C. grown corn, peppers and zucchini in it. In this recipe, it's served with cooked until golden B.C. cod fillets. If desired, you can also serve the fish with steamed rice or miniature potatoes.

Ingredients

3 tbsp butter (divided)
 2 tbsp olive oil (divided)
 1/2 cup diced onion (see Note)
 1 large garlic clove, minced
 1 medium zucchini, diced
 1 medium red bell pepper, diced
 1 (14 oz./398 mL) lima beans, drained, rinsed in cold water, and drained again (see Note and options)
 1 1/4 cups fresh corn kernels (see Note)
 1/2 tsp dried thyme
 1/4 tsp ground sage
 Pinches ground cayenne pepper and smoked paprika
 Salt and freshly ground black pepper, to taste
 2 tbsp chopped parsley
 560 to 680 gram B.C. grey or other cod fillets, cut into 8 roughly equal pieces, any bones removed, and patted dry
 1/2 cup all-purpose flour
 1 tbsp olive oil
 1 tbsp butter
 Lemon slices and parsley sprigs, for garnish

Method

1. To make succotash, place 2 tbsp butter and 1 tbsp oil in an 8 inch or so wide pot set over medium heat. When butter is melted, and the onion and garlic and cook until softened, about 5 minutes. Add the zucchini, bell pepper, lima beans, corn, thyme, sage, cayenne, smoked paprika, salt and black pepper to the pot and stir to combine. Partially cover and cook, stirring occasionally, until the vegetables are tender, about 10 minutes. Remove succotash from the heat, stir in the chopped parsley, and then set aside for now.
2. Spread flour on a wide plate. Coat each piece of fish in flour. Place 1 tbsp oil and 1 tbsp butter in a large non-stick skillet set over medium-high heat. Swirl the pan until butter is melted. Add fish to the skillet and cook 4 minutes. Turn each piece over and cook 2 to 3 minutes on the other side, or until just cooked through. While fish cooks, set succotash over medium heat and make hot again.
3. To serve, spoon some succotash on each of 4 dinner plates. Now set 2 pieces of fish on each plate, garnish with lemon slices and parsley sprigs, and serve.

Note: Canned lima beans are sold in our canned vegetable aisle. One large shucked cob of corn should yield the amount needed here. Use a sharp paring knife to cut the kernels off the cob.

Options: If you prefer, 1 1/2 cups of frozen, thawed, lima beans can replace the canned lima beans in this recipe. Bags of them are sold in our frozen foods aisle.



B.C. HALIBUT À LA MEUNIÈRE

Prep Time
10 min

Cook Time
10 min

Serves
2

Here's a classic, lemony and buttery, French style way to prepare fish. Serve the halibut with miniature potatoes and green beans.

Ingredients

3 tbsp all-purpose flour
2 (140- 170 gram) halibut fillets
Salt and ground white pepper, to taste
1 tbsp olive oil
3 tbsp butter (divided)
1 tbsp chopped fresh parsley
1 tbsp freshly squeezed lemon juice
2 tsp capers or to taste (optional)
Parsley sprigs and lemon slices, for garnish

Method

1. Preheat oven to 200 F. Spread flour out on a plate. Pat fish dry with paper towel, and season with salt and pepper. Coat fish in flour.
2. Place oil in a non-stick skillet set over medium-high heat. Add 1 tbsp of the butter and swirl the pan until its melted. Shake excess flour off the fish fillets, and then add them to skillet.
3. Cook the fish 4 minutes, and then turn each fillet over and cook 2 to 3 minutes on the other side, or until just cooked through. Carefully remove fish from the skillet and set a piece on each of 2 dinner plates. Keep fish warm by setting the plates in the oven.
4. Drain away the oil/butter you cooked the halibut in. Use a paper towel to wipe the skillet clean. Set the skillet over medium heat. Add the remaining 2 tbsp butter and melt and cook 1 minute or so. Remove skillet from the heat and mix in lemon juice, chopped parsley and capers, if using. Spoon this mixture over the fish, garnish with parsley sprigs and lemon slices, and serve.



ROASTED STEELHEAD WITH TAHINI LEMON SAUCE

Prep Time
15 min

Cook Time
10 - 12 min

Serves
2

Here's a Middle Eastern style way to flavour BC steelhead fillets, by roasting, plating and topping them with a sesame seed rich tahini sauce. Try serving the fish with couscous, cherry tomatoes and sliced cucumbers.

Ingredients

- 3 tbsp tahini (see Note)
- 2 tbsp + 1 tsp lemon juice (divided)
- 2 tbsp water
- 1/4 tsp ground cumin
- 1/8 tsp garlic powder, or small garlic clove, minced
- Pinch ground cayenne pepper
- 1/2 to 1 tsp honey (optional)
- 1 tbsp chopped freshly parsley
- Salt and ground white pepper, to taste
- 2 (140 to 170 gram) steelhead fillets
- 2 tsp olive oil
- 1/2 tsp smoked or regular paprika
- Lemon slices and parsley sprigs, for garnish (optional)

Method

1. Make sauce by combining, in a small bowl, the tahini, 2 tbsp lemon juice, water, cumin, garlic, cayenne and honey, if using. Mix in the parsley and taste and season sauce with salt. Cover and set sauce aside for now.
2. Preheat oven to 400 F. Line a baking sheet with parchment paper. Set on the steelhead fillets, skin-side down. Combine the oil, 1 tsp lemon juice and paprika in a second small bowl. Brush this mixture on top of the steelhead fillets. Season fish with salt and white pepper. Bake fish 10 to 12 minutes, or until cooked through.
3. Set a piece of the fish on each of 2 plates, generously top with the tahini sauce, garnish with lemon slices and parsley sprigs, if using, and serve.

Note: Tahini is a sesame paste sold in jars in the aisle similar blended products, such as nut butters, are sold. Make sure it is blended well before measuring it for this recipe.



GRILLED SOCKEYE SALMON WITH COUSCOUS TABBOULEH

Prep Time
40 min

Cook Time
11 - 13 min

Serves
6

Mediterranean-style grilled salmon served with flavourful tabbouleh made with quick-cooking couscous, not the bulgur wheat often used in this salad. Recipe can be halved if serving a smaller group.

Ingredients

- 1 1/4 cups water
- 1/3 cup + 3 tbsp olive oil (divided)
- 1 cup couscous (see Note)
- 2 tsp finely grated lemon zest (see Note)
- 3 tbsp fresh lemon juice
- 1 tsp + 1/2 tsp each ground cumin, dried oregano & paprika (divided)
- 1/4 tsp cayenne pepper (divided)
- 1 or 2 large garlic cloves, minced
- 2 medium, ripe, on-the-vine tomatoes, cut into 1/4 inch cubes
- 1/3 of a large English cucumber, cut into 1/4 inch cubes
- 2/3 cup chopped fresh parsley
- 1/3 cup chopped fresh mint
- Salt and freshly ground black pepper, to taste
- 6 (about 170 gram) sockeye salmon fillets
- Tzatziki, to taste (see Note)
- Parsley sprigs and lemon slices, for garnish (optional)

Note: Couscous is available in the aisle other grains, such as rice, are sold. One medium to large lemon should yield the zest and juice needed here. Tubs of tzatziki are sold in our Deli Department.

Method

1. Place water, 1 tbsp olive oil and a pinch of salt in a small pot, set over medium-high heat and bring to a boil. Stir in couscous, cover, turn off the heat, and let stand 5 minutes. Fluff couscous with a fork, spread out on a plate, and let cool to room temperature.
2. Combine 1/3 cup oil, zest, juice, 1 tsp cumin, 1 tsp oregano, 1 tsp paprika, 1/8 tsp cayenne and garlic in a salad bowl. Add couscous, tomato, cucumber, parsley and mint, season with salt and pepper, and toss to combine. Cover and refrigerate salad until needed. It can be made many hours in advance.
3. Preheat a barbecue or indoor grill to medium-high. Combine 2 tbsp oil, 1/2 tsp cumin, 1/2 tsp oregano, 1/2 tsp paprika and 1/8 tsp cayenne in a small bowl. Brush this mixture on each piece of salmon, and then season with salt and pepper. Oil the bars of your grill. Set on salmon, skin side up. Cook 4 to 5 minutes undisturbed. The salmon should easily release itself from the grill when ready to flip. Grill 1 or 2 minutes on the skin side, or until the fish is just cooked through. Plate fish, serve with tzatziki and couscous tabbouleh, garnish with lemon slices and parsley sprigs, if using, and serve



STEELHEAD WITH SPINACH, FETA & LEMON HONEY SAUCE

Prep Time
15 min

Cook Time
14 - 17 min

Serves
2

This is a light and flavourful Mediterranean style way to serve B.C. steelhead fillets. This recipe can be doubled if you're feeding a larger group.

Ingredients

- 2 tbsp lemon juice
- 1 tbsp honey
- 1/3 cup fish or chicken stock
- 1 tsp cornstarch
- Salt and ground white pepper, to taste
- 4 (140-170gr) steelhead or other salmon fillets
- 5 cups loosely packed baby spinach (see Note)
- 2 to 3 tbsp crumbled feta cheese, or to taste (see Note)

Note: 1 (142 gram) tub of baby spinach should contain the amount needed here and more. Tubs of crumbled feta cheese are sold in our dairy section.

Method

1. To make sauce, place juice, honey, stock and cornstarch in a small pot and whisk to combine. Set over medium-high heat, bring to a simmer, simmer 30 seconds, and then remove from the heat. Season sauce with salt and pepper.
2. Preheat oven to 400 F. Line a baking pan with parchment paper and set steelhead fillets on it. Drizzle each fillet with 1 tbsp of the lemon honey sauce. Cover and set rest of the sauce aside until needed below.
3. Roast fish 12 to 15 minutes, or until just cooked through. When fish is almost cooked, bring 1/8 inch of water to boil in a large, wide skillet or pot. Set the pot with the lemon honey sauce over medium-low heat and return to a simmer.
4. When the water in the skillet (or pot) is boiling, add the spinach and cook until it barely wilts. Remove pan from the heat and drain water from the spinach. When fish is cooked, set some wilted spinach on each of 2 dinner plates. Disperse the feta cheese on the spinach. Now set a piece of steelhead on top of the spinach on each plate. Spoon over the remaining lemon honey sauce and serve.



ROASTED WHOLE SALMON WITH SWEET AND SOUR BLUEBERRY SAUCE

Prep Time
30 min

Cook Time
45 min

Serves
6

A whole baked salmon served with a beguiling, savoury blueberry sauce flavoured with such things as balsamic vinegar, soy sauce and ginger.

Ingredients

- 1 cup apple jelly (see Note)
- 1/4 cup balsamic vinegar
- 1 tsp finely grated fresh ginger
- 1 tbsp + 1 tsp soy sauce
- 1 tsp chopped fresh rosemary or thyme, or a few pinches of either dried
- 1 tbsp cornstarch mixed with 2 tbsp water
- Salt and freshly ground black pepper, to taste
- 1 cup fresh or frozen (thawed) blueberries
- 1 whole (about 2 1/2 to 3 lb) sockeye or other salmon, thawed if frozen
- 1/2 small onion, thinly sliced
- 1 small lemon, halved and thinly sliced
- Lemon slices and rosemary or thyme sprigs, for garnish (optional)

Note: Jars of apple jelly can be found alongside the other jams and jellies we sell. If unavailable, try making the sauce with 1 cup of blueberry jam or apricot jam.

Options: You can make the sauce many hours in advance of serving. When cooled to room temperature, cover and refrigerate until ready to reheat and serve with the salmon.

Method

1. To make sauce, place jelly, vinegar, ginger, soy sauce, chopped rosemary (or thyme) and cornstarch/water mixture in a small pot. Set over medium heat and bring to a simmer. Cook and stir until jelly is melted and blended with the other ingredients, about 1 minute. Taste and season sauce with salt and pepper, as needed. Now mix in the blueberries. Remove sauce from heat and set aside until needed below (see Options).
2. Preheat oven to 400 F. Line a large baking sheet with parchment paper. Cut tail and fins off the fish. Pat fish dry with paper towel. Set salmon on the pan. Season fish with salt and pepper inside and out. Stuff cavity of the fish with onion and lemon slices. Tent salmon with foil. Bake in the middle of the oven 35 to 40 minutes, or until cooked through and the internal temperature at its thickest point reaches 145 F (63 C) on an instant-read thermometer.
3. When salmon is cooked, set blueberry sauce back over medium heat and make warm again. Carefully transfer salmon to a serving platter and, if desired, garnish with lemon slices and rosemary (or thyme) sprigs. Put the sauce in a sauceboat and serve with the salmon.

CHAPTER FIVE

SHELLFISH





CREAMY FETTUCCINI WITH SCALLOPS, STEELHEAD & ASPARAGUS

Prep Time
30 min

Cook Time
10 min

Serves
2

Rich, creamy pasta sumptuously stocked with scallops, cubes of steelhead and bits of asparagus.

Ingredients

200 grams dry fettuccini
 2 tsp butter
 2 tsp olive oil
 16 to 20 bay (40 to 60 count) scallops, patted dry
 1 (about 170 gram) steelhead fillet, skin removed & cut into 1 inch cubes
 1 tbsp minced shallots
 1 medium or large garlic clove, minced
 1/2 tsp dried basil
 1 tbsp lemon juice
 1 (237mL) container whipping cream
 1/4 cup freshly and finely grated Parmesan cheese (not the dried powder type)
 Salt and ground white pepper to taste
 10 to 12 (not overly thick) asparagus spears, tough lower stems trimmed off, spears cut, widthwise, into 1 inch pieces and blanched (see Note)
 Lemon slices and parsley sprigs, for garnish (optional)

Method

1. Bring a large pot of lightly salted water to a boil. Add the pasta and cook until just tender, about 10 minutes.
2. While pasta cooks, place butter and oil in a large skillet set over medium-high heat. When butter is melted, add the scallops and cubed steelhead and cook and stir 2 minutes, or until just cooked through. Remove skillet from the heat, and use tongs to transfer the scallops and steelhead to a plate.
3. Set the skillet over medium heat, add the shallots, garlic and basil, and cook until fragrant, about 1 minute. Add the lemon juice and simmer it until almost evaporated. Add the cream to the skillet, bring to a simmer, and simmer until cream has reduced by a quarter and thickened slightly, about 1 minute. Mix in the Parmesan cheese, and season with salt and pepper.
4. Put the cooked scallops and steelhead in the sauce. When the pasta is cooked, add 2 tbsp of its cooking liquid to the sauce, and then drain the pasta well. Add the pasta to the sauce and gently toss to combine. Divide pasta between two serving bowls, garnish with lemon slices and parsley sprigs, if using, and serve.

Note: To blanch asparagus, cook in boiling water 2 minutes. Drain well, cool in ice-cold water, and then drain well again.



BUTTERY SCALLOPS WITH LEMON, GARLIC & BASIL

Prep Time
15 min

Cook Time
7 min

Serves
2

Plump scallops seared and set in an easy-to-make, rich and flavourful melted butter mixture. Serve scallops with rice and your favourite vegetables. The scallops cook quickly, so have all ingredients prepped and ready to go before searing them.

Ingredients

12 large East Coast scallops
Salt and white pepper, to taste
1 tbsp olive oil
1 garlic clove, minced
3 tbsp butter, or to taste
1 tbsp lemon juice
1/4 tsp finely grated lemon zest
Pinch ground cayenne pepper
2 tbsp chopped fresh basil (see Options)
Lemon slices and basil leaves, for garnish (optional)

Method

1. Preheat oven to 200 F. Pat scallops dry with paper towel and season with salt and white pepper. Pour oil into a large non-stick or cast iron skillet and set over medium-high heat. When oil is hot, add scallops and cook and sear 1 to 2 minutes on each side, or until just cooked through (see Note). Set scallops on a plate and keep warm in the oven.
2. Remove any oil left in the skillet. Set skillet over medium-low heat. Add the garlic and cook and stir 30 seconds. Add butter, juice, zest and cayenne to the skillet and cook and stir until butter is melted and bubbly.
3. Set scallops, and any juices on the plate they sat on, back in the skillet. Sprinkle in the basil. Turn and coat scallops with the butter mixture, garnish with lemon slices and basil, if using, and serve.

Note: When cooked, the scallops will feel slightly firm, but still have a little give in the centre. If overcooked, they'll feel very firm, shrink in size and become unappealingly chewy.

Options: For a milder herb taste, replace the basil with chopped fresh parsley.



ARGENTINE PRAWNS WITH CHIMICHURRI

Prep Time
20 min

Cook Time
3 min

Serves
2

This succulent, Argentine prawn dish for two has tangy, herbaceous, garlicky and other rich and appealing flavours.

Serve it with crusty bread to soak up any of the chimichurri mixture left in the pan after the prawns are eaten.

Make a meal by serving the prawns with steamed rice or boiled miniature potatoes and a green salad.

Ingredients

- 1/4 cup packed Italian (flat-leaf) parsley
- 1/8 cup packed cilantro leaves
- 1 large garlic clove, sliced
- 2 Tbsp olive oil
- 2 tsp lemon juice
- 1/8 tsp red pepper flakes
- 1/4 tsp dried oregano
- salt and freshly ground black pepper, to taste
- 14 Argentine raw red prawns, peeled with the tip of each tail left intact (see Options)
- 2 Tbsp butter
- lemon slices, for garnish

Method

1. To make chimichurri, place parsley, cilantro and garlic on a cutting board and with a large knife chopped them as finely as you can. Transfer the chopped mixture to a small bowl, and then mix in the olive oil, lemon juice, pepper flakes, oregano, salt and pepper.
2. To cook prawns, set a large skillet over medium-high heat and add the butter. When butter is melted, add prawns and cook 90 seconds. Turn each prawn over, and then spoon some of the chimichurri sauce over each one. Cook prawns 90 seconds more, or until cooked through, and then serve right from the skillet, garnished with lemon slices.

Options: When Argentine prawns are unavailable, any other large, 16- to 20-count, prawn or shrimp will also work in this recipe.



PRAWN BURRITO BOWLS

Prep Time
30 min

Cook Time
20 min

Serves
2

*Tasty, colourful ingredients you might wrap into a burrito, nicely arranged and served in a bowl.
Serve with tortilla chips, for scooping up some of the items in the bowl.*

Ingredients

- 1 tsp chili powder
- 1/2 tsp ground cumin
- 1/2 tsp oregano
- 12 to 14 cooked, peeled medium or large prawns or shrimp, thawed if frozen, and patted dry
- 1 cup long grain white rice (see Options)
- 1 1/2 cup cold water
- 2 tbsp olive oil
- 1/2 cup frozen corn kernels, thawed
- 3/4 cup canned black beans, rinsed and drained well (see Note)
- 1/2 cup diced poblano or green bell pepper (see Note)
- Hot pepper sauce, such as Tabasco, to taste (optional)
- 1 small, ripe avocado, quartered lengthwise, peeled, pitted and cubed
- 1/3 to 1/2 cup grated cheddar cheese, or to taste
- Fresh tomato salsa, sour cream and small cilantro sprigs or microgreens, to taste (see Note)
- 4 lime slices
- Tortilla chips, to taste

Method

1. Combine chili powder, cumin and oregano in a bowl large enough to hold the prawns (or shrimp). Add the prawns (or shrimp) and toss to coat. Refrigerate prawns until needed.
2. Put rice and water in a small pot and bring to a boil over high heat. Cover rice, reduce the heat to its lowest setting, and cook, undisturbed, 15 minutes, or until the rice is tender.
3. When rice is almost cooked, heat oil in a large skillet set over medium high. Add the corn, beans and poblano (or green bell) pepper and cook 2 minutes. Add the prawns (or shrimp) and hot pepper sauce, if using, and cook 2 minutes more, or until prawns (or shrimp) are heated through. Remove skillet from the heat.
4. To serve, divide rice between two large shallow bowls. Divide and arrange the prawn mixture on one side of each bowl. Set and mound avocado, cheese, salsa, sour cream and cilantro sprigs (or microgreens) on the other side of the bowls. Garnish with lime slices and serve the bowls with tortilla chips.

Note: You'll need a 14 oz can of black beans to get the amount needed here. The leftovers can be refrigerated or frozen for another use. Fresh tomato salsa is sold in our Deli Department. Poblano pepper is sometimes labeled a passilla pepper. It, and the microgreens, are sold in our Produce Department.

Options: Long grain brown rice can be used in place of the white. If you make that switch, increase the amount of water used to 1 3/4 cups and cooking time to 35 to 40 minutes.