

## Lapsang Souchong Salmon

This is a simply wonderful and wonderfully simple recipe.

1 lb, boneless, skinless Salmon

1 teaspoon salt

2 teaspoons sugar

1/2 cup Lapsang Souchong Tea



Mix the above ingredients together, sprinkle both sides of the salmon, pressing it gently into the fish, cover and refrigerate overnight.

Scrape the tea from the salmon. Cook in a heavy non stick frying pan, over medium heat with a tablespoon of vegetable oil for about 3-4 min. (or until the outside is crisp).

Let stand for a minute or two before serving.

Note: Lapsang Souchong Tea is smoked while drying and this imparts a wonderful complex flavour to the Salmon. It is best to purchase this tea from a reputable tea merchant.

Note: Remember all fish continues to cook after you take it off the heat; always be careful not to overcook whenever preparing fish of any kind.

*Ole's Hakai Pass Fishing Lodge  
Mid West Resorts Ltd.  
PO Box 753,  
Campbell River, BC, V9W 6J3  
phone: 1 - 250- 287 - 8303  
email: fish@ole.ca*

*Please feel free to visit our web site at: [www.ole.ca](http://www.ole.ca)*