

Sauces, Dressings and Condiments



Beurre Blanc

Serve with **Ole's Hakai Salmon**

1/2 shallot chopped fine
Zest of 1/2 lemon
1/2cup white wine(dry)
1/2cup white wine vinegar
1/2lb butter(cold cut in cubes)

- Put everything but the butter in a stainless steel pot and reduce to 1-2 oz
- On mod-high heat, whisk in the butter cubes
- Keep adding the butter while whisking until the sauce becomes creamy
- When all the butter is melted, remove from heat and whisk till smooth
- You can hold the sauce somewhere warm but not hot until the salmon is ready.

Raspberry Dressing

In a blender add

2 cloves Garlic
1 small onion
1 teaspoon Mustard
1 dash Tabasco
1 cup Raspberry Vinegar (or 1 cup Wine Vinegar & 6 Raspberries)
2 cups Vegetable oil
2 Tablespoon Mayonnaise or Miracle Whip
Salt and pepper to taste

Blend until creamy.

Curried Bell Pepper Sauce

2 large red peppers, halved and seeds removed
1 cup chicken stock
4 cloves garlic
1 medium onion, quartered
1/2 tablespoon red Thai curry paste
2 tablespoon flour
1 cup whipping cream
1/2 cup white wine
1 tablespoon sugar

For the sauce place the pepper, onion and garlic in the oven and roast at 425 F. for 15 minutes or until the pepper skin starts to darken. Peel the skin off the peppers and place in a blender with onion and garlic. Chop coarse. Place puree, curry and flour in a pot and stir together. Add chicken stock and white wine and simmer for 30 minutes.

Add cream; reduce to desired thickness and season to taste. Great on roast boneless, skinless Chicken Breast, seasoned with salt and pepper then cooked with chicken stock.



Dill Mustard Sauce

Serve with **Gravlax**

25 ml Keens mustard
25 ml Regular dijon
50 ml Grainy Dijon
1 tablespoons chopped dill (from salmon)
25 ml of juice from salmon gravlax
75 ml canola oil appx
touch of lemon juice
Splash of Balsamic vinegar to taste (tangyness)

Method:

Put mustard, dill, and juice from salmon in a bowl. While whisking add the oil slowly so that the sauce thickens, when it has the right consistency season with lemon juice. Gravlax should be served with thin sliced onion rings and lemon and the sauce on the side.

Ginger Mint Mayonnaise

Serve with **Hoisin Salmon**

1/4 cup drained pickled ginger (chopped)
1 cup mint leaves
1/2 cup chopped green onions
1 tsp. grated lime rind

Combine above and blend until slightly chunky, stir into mayonnaise and yogourt mixture,

1/2 cup mayonnaise
1/4 cup plain yogourt

Salt and pepper to taste

Sweet Chili Sauce

Serve with **Crisped Halibut**

1/2 cup sugar
3/4 cup water
1/2 sweet pepper (stem removed)
2 Tbsp. chopped garlic
2 Tbsp. Sambal Oelek (Asian Chili Sauce)
1/4 cup fish sauce
5 Tbsp. fresh lime juice

Combine water and sugar in saucepan, bring to boil for 3 minutes or reduced by 1/4 (until it thickens slightly), set aside and let cool.

In a food processor put the remaining ingredients together with above syrup, blend until combined.

Fresh Tomato Sauce

Serve with **Pan Seared Halibut & Mushroom Risotto**

¼ cup butter
4 tbsp olive oil

Heat until almost smoking, add 3 cups fresh tomatoes, cherry or diced. Cook until they start to break down, add ½ cup diced onions, 2 tbsp minced garlic.
Deglaze with white wine, add zest of one lemon.

1 tbsp tomato paste
1 tbsp grainy Dijon mustard
½ cup water

Simmer to desired consistency.
Add 1 tbsp honey, splash of hot sauce, parsley, green onions, salt & pepper to taste.



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