

## Chef from the Hood Recipes



**Chef:**

Anthony Delima of the Tides Wharf Wholesale Seafood Division, Bodega Bay

**Restaurant:**

The Tides Wharf

### Anthony's BBQ'd Salmon!

Anthony Delima credits Chef Chris Varante at the Bay View Restaurant for this marinade method.

To make sure you have enough fish, and maybe even a bit of leftover, plan to buy at least 1/2 pound of filets or steaks for each person. Quantities are a guideline only, use as you wish.

**Marinate 1 pound of salmon for 1 1/2 hours before grilling in:**

1 cup orange juice  
Thinly sliced peels of 1 or 2 lemons (squeeze & reserve lemon juice for serving, then slice the peels for marinade)  
1 tablespoon chopped garlic  
1 teaspoon paprika  
Pinch of salt & fresh ground pepper

### Sonoma Seared Salmon!

Heat a large, well seasoned cast iron pan over a high flame until it is almost glowing. Season salmon steaks or filets with a pinch of salt & pepper. Carefully and quickly rub the pan's surface with just a bit of oil on a paper towel & drop the salmon onto the hot surface. Don't move it! It will sear nicely. When you see the edges start to brown, flip and sear other side.

**Sauce:** 2 teaspoons chopped fresh dill  
1/4 cup local extra virgin olive oil  
2 tablespoons mayonnaise  
Juice of 1/2 large lemon  
2 cloves finely minced garlic

Blend in a bowl  
Add salt & fresh ground black or white pepper to taste.  
Garnish fish with sauce, lemon wedges & drained capers.