

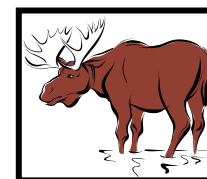
## Food for High Achievers



### DISHIN' WITH DEBBIE!



September Greetings to you all. Fall is my favorite time of year and I always feel like cooking when there's that little nip in the air! This month we travel to Canada for our culinary adventure. As I mentioned last month, aside from maple syrup, I couldn't think of any other foods native to Canada, except perhaps moose!



When I was a kid, my Dad went hunting- I believe in the Yukon territory- and bagged a moose. He brought home a piece of it for my Mom to cook and it smelled awful while it was cooking and I begged her to let me go to McDonald's!

Master networker Linda Avetta reached out to a colleague in Vancouver, British Columbia, Kristen Woodrow, Archives Systems, for a contribution for this month's Canadian Comestibles. Kristen raved about her step mother's salmon recipe and contacted her for this contribution. It turns out the recipe is an original David Veljacic creation. Who is David Veljacic, you may be saying to yourself. Well, read on and be educated!

David Veljacic was named the Canadian Barbecue Champion in 1991. He is a fireman from Vancouver who has been barbecuing competitively and capturing awards internationally for his barbecued salmon. He eventually took the granddaddy of all barbecue prizes from the Kansas City Barbecue Society. David writes "This prize winning recipe will make you a champ with the guests at your next barbecue party. HINT: An Abundance of garlic calls for a parsley garnish!

## "THE ONLY" BBQ SALMON

### Ingredients:

- 1 (1 ½ pound) salmon fillet
- 8 garlic cloves (Linda's note: I think I'll try it with 1 or 2 cloves; not 8! Editor's note: Be BOLD! Go for 8! ;)
- 1 teaspoon salt
- 4 Tablespoons finely chopped fresh parsley
- 2 Tablespoons finely minced sun dried tomatoes
- ¼ cup olive oil



### Directions:

- 1.) Chop the garlic cloves finely and sprinkle with salt and grind together with the flat side of a knife.
- 2.) Combine garlic with the parsley, tomatoes and olive oil and store, covered, in the refrigerator overnight.
- 3.) Prepare the barbecue and oil the grill to help prevent salmon from sticking.
- 4.) With a sharp knife, cut two lengthwise slits in the fillet, being careful to cut to, but not through, the skin.
- 5.) Spread half the garlic mixture over the fillet and into the slits.
- 6.) Place skin side down on the barbecue grill at low temperature with the lid closed.
- 7.) Barbecue for 10-15 minutes.
- 8.) Spread remaining garlic mixture over the fillet, close the lid and increase the temperature to medium and cook another 15 minutes or until the flesh separates into natural moist sections when pressed with a fork.

Prep time: Overnight

Cooking time: 20-30 minutes

Serves: 4

Here's a recipe for a Lobster Casserole I found at AllRecipes.com. I have become very adept at finding appropriate recipes since SOME people (and you know who you are) don't send me any. Just sayin',,,

## New Brunswick Lobster Casserole

### Ingredients:

- 3 Tablespoons butter
- 3 Tablespoons all-purpose flour
- 3/4 teaspoon dry mustard
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 cup milk
- 1 cup light cream
- 3 cups mushrooms, sliced
- 1/4 cup shredded Swiss cheese
- 3 cups cooked lobster meat,
- 2 cups soft bread cubes
- 1/2 cup fine dry bread crumbs
- 2 Tablespoons melted butter



### Directions:

- 1.) Preheat oven to 350 degrees. Lightly grease a casserole dish.
- 2.) Melt 3 tablespoons of butter in a saucepan over medium heat.

- 3.) Stir in flour, mustard powder, salt, and pepper until smooth.
- 4.) Pour in the milk and cream and bring to a simmer. Cook until thickened and smooth, stirring constantly.
- 5.) Add the mushrooms and cheese, stir until the cheese has melted.
- 6.) Fold in the diced lobster meat and the bread cubes.
- 7.) Pour into prepared casserole dish.
- 8.) Mix the dry bread crumbs with the 2 tablespoon of melted butter to moisten.
- 9.) Sprinkle the crumbs over the casserole.
- 10.) Bake in preheated oven until the crumbs have browned and the casserole is hot; about 30 minutes.

Since we can't very well have an issue of Dishin' with Debbie and not have a recipe with maple syrup NOR an issue without dessert, here's a recipe from AllRecipes.com that fills BOTH needs. How efficient!

### Maple Syrup Custard Cups

#### Ingredients:

- 4 eggs
- 3 cups milk
- 3/4 cup real maple syrup
- 1/2 teaspoon vanilla extract



#### Directions:

1. Preheat oven to 350 degrees.
2. Whisk eggs in a bowl until lightly beaten.
3. Add milk, maple syrup, and vanilla extract; gently beat until incorporated.
4. Pour mixture into six 1/4-cup ramekins.
5. Arrange ramekins in a baking dish.
6. Pour enough water into baking dish to cover ramekins halfway up the sides.
7. Bake in the preheated oven until a knife inserted in the center of a custard comes out clean, 35 to 45 minutes.
8. Remove ramekins from baking dish and refrigerate until completely chilled, at least 1 hour. (Editor's note: I like warm custard. I think chilling it too much dulls the flavor. But you do it the way you like. This column promotes a free and responsible search for yumminess!)

That's all for this month! Please join me next month when we travel to Germany for Oktoberfest. Have any of you actually been there for the fest? If so, please share your stories- as well as your recipes- with me.

**Send me those recipes as soon as you can! I will be forever grateful to you to not have to come up with them all on my own.**

### October - Oktoberfest in Germany

November - Culinary Adventures from the Land Down Under (Australia/New Zealand)

December - South American Treasures

Please send recipes to [dereihart@pa.gov](mailto:dereihart@pa.gov). Hurry up and do it now so you



***UNTIL NEXT MONTH- KEEP ON DISHIN'!***

*- Debbie*