



June 24, 2009

Joke of the Day

Q. What is the difference between the pigeon and the investment banker?
A. The pigeon can still put a deposit on a BMW

What's New This Week

Fresh Sea Asparagus has ARRIVED!



Available fresh throughout June and harvested seasonally on Vancouver Island in B.C. It grows in marshes and on beaches, this marine plant is primarily known for its vivid color and salty flavour. It can be used as a substitute for green vegetables. This succulent sea vegetable is usually served with seafood. Served in fine dining establishments around the world it is used as a substitute for green vegetables.

"It's loaded with vitamin A, vitamin B, especially vitamin B2 is high gives you a lot of energy," said Wenham Sun of Marine Agriculture. "Also they have a huge amount of folic acid, vitamin B9 which is a good for very stomach and skin." This hydroponically grown sea vegetable helps detoxify your liver and improve muscle function. It also contains what is called TMG. "TMG is a super antioxidant against the homosystine. Homosystine is the leading cause of stroke and also cause for liver disease," said Sun.

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Salmon with Shiitake Relish

What another beautiful week we had. I don't know about you all, but I feel like having some fish on the BBQ. Luckily, I have this great recipe for Salmon with Shiitake Relish.



Ingredients:

- 12 oz shiitake mushroom caps
- Olive oil
- 2 tbsp. minced shallot
- 2 tbsp minced garlic
- ½ tps. chopped flat leaf parsley
- ½ tps. chopped fresh sage
- ½ tps. chopped fresh rosemary
- ½ tps. chopped fresh thyme
- 1 tbsp. balsamic vinegar
- 2 tps. fresh lemon juice
- Salt and freshly ground black pepper
- 1 fillet of Salmon
- Olive oil, for brushing
- Lemon wedges

Directions:

To make Shiitake Relish: Preheat a grill to medium-high heat. In a bowl, toss mushroom caps with oil and dash of salt and pepper. Grill caps on both sides, over direct heat, until cooked through, about 5 minutes total cooking time. (Unless your mushroom caps are large, you may want to set a rack over your grill so you don't have any mushrooms falling through the grates.) Remove mushrooms from grill and thinly slice. Heat oil in sauté pan on medium heat. Add shallots and garlic, stir 2 to 3 minutes until soft and aromatic. Set aside to cool. In a bowl, combine mushrooms, shallot-garlic mixture, herbs, vinegar, and lemon juice. Season the relish to taste with salt and pepper and set aside at room temperature. Lightly brush the salmon with oil and grill until done to your liking. Serve each portion of salmon topped with shiitake relish. Garnish with lemon wedges.

Source : <http://www.mushroominfo.com/recipes/detail/SalmonwithShiitakeRelish.html>

Shiitake Facts

Shiitake mushrooms have a strong aroma and earthy flavour. Commonly, used in Asian dishes, they are very delicious in Western cooking as well. They have a beautiful plate presentation and can be eaten whole, sliced and stemless. These mushrooms also contain anti-oxidants, tumour and anti-cancer fighting properties.



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