

Smoked Salmon



Delicious smoked salmon with green beans and caramelized onions, pilaf, and tomatoes with feta and balsamic.

This is a delicious combination of flavors and makes a very colorful plate.

Smoked Salmon

Ingredients:

- 8 oz portion fresh salmon
- 1/2 tsp ground rosemary
- 1/2 tsp fresh cracked pepper
- 1/2 tsp pink himalayan salt
- 1/2 tsp garlic powder
- 1/2 cup shagbark hickory syrup

Combine seasonings in a small bowl

Remove skin from the salmon

Pat dry

Rub the salmon down with seasonings

Put salmon in a ziploc bag

Add shagbark hickory syrup, and the seasonings left after rubbing

Let marinate, turning occasionally, for about 2 hours.

Smoke for about an hour and 40 minutes, to a temperature of 140°F

Green Beans with Caramelized Onions

Note: I always use cast iron skillets for this sort of cooking

Ingredients

- Green Beans (15 oz can)
- Fried bacon, chopped/diced
- 1/2 medium onion
- garlic and salt to taste

Fresh or frozen green beans would work and probably taste even better. You'd just need to cook them a bit longer.

First dice half an onion and saute them on low heat in butter. I used about a tablespoon of butter. Stir them frequently and don't let them burn. Saute until they are translucent and browned.

Add the green beans, garlic, salt, and pepper and saute with the onions until the beans have lost most of their moisture.

Add bacon bits and saute a little longer.

tip: I always fry more bacon than we need at breakfast and put the leftover slices in a ziploc in the freezer. When I need them for a recipe like this, they're much easier to chop and crumble while frozen.

Tomatoes and Feta

Slice cherry tomatoes in half, season with salt and pepper, toss with feta and top with your favorite dressing. I used a balsamic but I like it with Italian, too.

Pilaf

This was just a boxed pilaf, but wild rice would have been good too!