



*Chef Wayne with daughter-in-law Jamie Braid (at left), daughter-in-law Tammy Braid, and grandsons Tanner (middle front), Austin (behind Tanner), Colten (beside Tanner), and Carter, at the lake*

## **Terrace Salmon with The Secret Ingredient!**

Obtain a 12 to 14 lb. salmon, preferably a fresh Sockeye.

Remove the head, tail, and fins and split the fish down the middle, longways. Remove the backbone.

Place the fish on 2 layers of Alcan Aluminum foil\*, enough to fully wrap the fish after it is prepared for the BBQ.

Thinly slice two lemons or limes.

Sprinkle rock salt inside the salmon. Add freshly ground pepper, a diced medium onion, and a handful of dill weed or fresh parsley.

Layer the lemons or limes on the inside of the fish. Now add The Secret Ingredient—a bottle of Kraft Ranch Dressing! Depending on the size of the fish, you'll need a half to a full bottle of the dressing. Liberally spoon the dressing under, inside, and over the fish.

Wrap the salmon in the aluminum foil. Cook on medium to medium-high heat for 45 minutes . . . more, if it is a larger fish.

- If you use Sockeye salmon, there is sufficient oil in the fish.
- If you use Coho or Pink salmon, add 4 or 5 tablespoons of butter.

When you get close to the final cook time, check the fish—to make sure you don't overcook it. It's ready when the flesh just begins to flake.

Note: The fish continues to cook for another 5 minutes after you take it off the BBQ.

Enjoy, with chilled white wine or beer!

*G. W. (Wayne) Braid*

\* Manufactured in the Kitimat-Terrace Region