

GRILLED SALMON STUFFED WITH POBLANO PEPPERS, SEKELS PEAR AND ROSEMARY.



Award-Winning chef, and culinary poet, Lamar Thomas, has contributed this month's recipe, which can be found in his soon to be published book, *Ginger, Lily, and Sweet Fire: A Romance with Food*. To experience Thomas' world class cuisine visit him at the East West Bistro in Downtown Athens.



SALMON

<i>2, 1 1/2 inch thick</i>	<i>7 oz salmon, center cut fillet</i>
<i>2 tablespoons</i>	<i>poblano, diced, half a pepper</i>
<i>2 tablespoons</i>	<i>pear, quarter of a pear</i>
<i>1 teaspoon</i>	<i>fresh rosemary leaves, please only fresh</i>
<i>1</i>	<i>lemon zested, use the zest</i>
<i>1 teaspoon</i>	<i>salt and pepper mix</i>

Make an incision across the thickest front part of the salmon about an inch and a half across and two thirds into the meat. Mix the other ingredients and stuff the salmon.

Rub the salmon with olive oil, lemon zest and salt and pepper. Refrigerate for one hour. Then get 14 asparagus stalks and cut 5 red potatoes in this slices. As always, if you do not have a grill, or if the weather is not quite right, then bake in the oven.

Grill: Use apple wood chips with your charcoal briquettes. Sometimes salmon is best grilled on high fast heat, but for this one you need to slow grill in order for the flavor of the stuffing to cook and permeate the flesh. After the charcoal has turned gray place the potatoes on the grill. Cook ten minutes. Add apple chips to coals. Cook five minutes.

-Put the salmon on the grill. Put lid on grill.

-Grill at least six inches above the coals. Cook 10 minutes per side.
 -Cook the asparagus 5 minutes.
 -Remember that I prefer to use a Smoke and Grill type grill. It helps to keep the lid on tight so that the smoke can do its job of seasoning the food.

Oven: -Cover the salmon with pear slices and bay leaves, -3 leaves and a half of pear for each salmon.
 -Roast the potatoes at 400 for 10 minutes before putting salmon into oven. Then cook them all together for the remainder of the time at 325 for fifteen minutes. Roast asparagus for 5 minutes.

Now, I rarely use any kind of sauce or extra butter with a meal like this, as it just seems superfluous. BUT! If you do want a sauce then try a light soy and rice vinegar mixture such as:

<i>1/2 cup</i>	<i>soy sauce</i>
<i>1/4 cup</i>	<i>Japanese Mirin or sweet rice vinegar</i>
<i>1/4 cup</i>	<i>light brown sugar</i>
<i>1 tablespoon</i>	<i>fresh ginger, skinned and shredded</i>
<i>2 tablespoons</i>	<i>green onion, diced</i>
<i>1 teaspoon</i>	<i>Chalula, a brand name pepper sauce</i>
<i>1 tablespoon</i>	<i>corn starch</i>

Combine and boil for 3 minutes. Brush onto the salmon as it cooks.