

Pickled Salmon

- 4 lbs Salmon
- 1c sugar or 2/3 c agave syrup
- 1 c white vinegar
- 750 ml Heinz Chili Sauce
- 4 T Pickling spice
- 2 large thinly sliced Spanish onions

If you have a poacher then you can wrap the salmon in cheesecloth to make it easier to remove.

Simmer the salmon for about 8 minutes until the colour goes from bright to pale in water, salt and 1 tablespoon of pickling spice. You can use steaks, filets, whole sides or pieces of salmon and any shaped pot, as long as you don't overcook the fish. After 6 minutes you can lift it gently out of the water, replacing it as needed. If it is on the brink of cookedness, you can lay it on a tray and spoon the hot liquid over the fish to complete the cooking process.

Combine the sugar, vinegar and chili sauce in a medium sized bowl.

Layer the onions and pickling spices under and over the fish in a large flat pyrex dish or a glass bowl.

Pour the sauce over the fish, cover, refrigerate at least 1 day before serving and voila! You are done.

Most amazing of all is that this tasty dish will last for 2 WEEKS in your fridge.