

Hot Pepper Salsa Marinade

- 6-7 [long hot green peppers](#), tops removed, seeded and minced
- 3/4 c parsley leaves, finely chopped (or dill, coriander, or a mixture)
- 5 garlic cloves, minced (or 5 roasted [elephant garlic](#) cloves, chopped)
- 1 t sea salt or to taste
- freshly ground black pepper
- 1 T lemon juice
- zest from 1 lemon
- olive oil to cover the salsa marinade

Food processor method: Mince garlic, then add the parsley. Next process the peppers. Add all the ingredients except for the olive oil. Transfer the salsa to an 8-10 ounce squeaky-clean jar, then add olive oil until it covers the freshly minced ingredients.

Chopping by hand: You may want to wear gloves. Layer ingredients into jar and add oil. Mix with a small spoon.

Cover the top in parchment before closing the lid. When you're ready to use the salsa, lift it out from below the olive oil and to the extent possible, avoid removing the oil. Using a fork and tilting the jar will help.

Ted Reader's BBQ Seasoning

- 1/2 c paprika
- 1/4 c chili powder
- 3 T sea salt
- 2 T ground coriander
- 2 T garlic powder
- 2 T granulated white sugar
- 2 T mild Indian curry powder
- 2 T dry hot mustard powder (Keen's or Coleman's)
- 1 T freshly ground black pepper
- 1 T dried basil
- 1 T dried thyme
- 1 T ground cumin
- 1 T cayenne

Mix all ingredients and store in a cool dry place. Makes about 2 1/4 cups.

Marinated BBQ Skirt Steak

- 3 1/3 lb [organic skirt steak](#) (it's a long cut, with half thinner and half thicker, also called "bavette")
- 1/4 c [BBQ seasoning rub](#)
- 1/4 c hot pepper marinade

Heat the BBQ on high for 15 minutes. Turn the temperature down to medium-high. Cook in a covered BBQ for 15 minutes, turning once. Check and remove the thinner part of the skirt steak if cooked to medium-rare. Continue cooking the thicker part until it's done. Do not cook the steak past medium-rare, or you may as well serve rubber bands, says **Kevin** from [Living Pastures](#). Allow meat to rest on a platter, covered, for 10 minutes, then slice thinly against the grain, which changes direction, so pay attention. Serve with roasted potatoes and salad. Excellent cold as well. Serves 8-10.

Marinated Salmon or Trout

- 3 lbs salmon or trout
- 1/4 c **BBQ seasoning rub**
- 1/4 c hot pepper marinade

Cook on the BBQ or in the oven. Roast at 400F for 10 minutes. Remove the thinner parts when done and cook the thicker parts longer, as required. Do not overcook. Flesh turns from bright, dark orange to pale salmon colour when cooked. Served with orzo coated in pesto and portobello mushrooms brushed with olive oil, balsamic vinegar, garlic, sea salt and black pepper, then roasted for 30 minutes at 400F. Serves 8.

Jittery Cook