

Grilled Sockeye Salmon with Huckleberry Compote



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35 min

CA

OR

WA

8

Ingredients

3 tablespoons shallots, minced

$\frac{3}{4}$ cup merlot wine

1 $\frac{1}{2}$ cups huckleberries, frozen

$\frac{3}{4}$ cup blueberries

1 $\frac{1}{2}$ tablespoons sugar

1 $\frac{1}{2}$ cups huckleberries, fresh

1 $\frac{1}{2}$ tablespoons honey

Sea salt to taste (about $\frac{1}{2}$ teaspoon)

$\frac{1}{2}$ teaspoon fresh ground black pepper

1 ½ teaspoons sherry vinegar
8 7-ounce portions sockeye* salmon

*Any other salmon species may be substituted for sockeye

In a heavy bottomed stainless steel pan, combine the shallots and merlot. Bring to a slow boil and reduce to about 3 to 4 tablespoons. Add the frozen huckleberries, blueberries, and sugar. Bring to a simmer and reduce by half.

Remove the pan from the heat. Add the fresh huckleberries, honey, sea salt, and pepper. Gently mix the compote together. Add the sherry vinegar. Taste and adjust salt, pepper, and honey to your preference. The compote is best served at room temperature, but should be refrigerated between uses.

For the sockeye salmon, season it lightly with kosher salt (just a pinch) and a little crushed fennel seed (about ½ teaspoon per 7-ounce portion). Grill it over a BBQ grill, or bake in the oven. Health code recommends cooking all fish to 145°F, but if you prefer your salmon cooked medium-rare, cook it to 120°F.

Top each portion of salmon with about 2 tablespoons of the huckleberry compote and the side dishes of your choice. (Serving suggestion: with a wild mushroom gourmet rice blend, steamed broccolini, and spaghetti squash with honey and butter).

Notes: You can use either fresh or frozen huckleberries for the entire recipe. You can also substitute the huckleberries with blackberries to make a blackberry compote instead.

Recipe and photo courtesy of [NOAA Fisheries](#).

Species Group
Salmon