

Where citrus and salmon meet

Summer is the perfect time to find new things and experiment with them. This includes different recipes and flavours. If you want to take your taste-buds on a new adventure, try a slow-cooked salmon with a citrusy marinade.



KATE'S KORNER

Royal LePage Real Estate Services Ltd. Brokerage

Citrus marinated slow-cooked salmon

- Salmon ingredients**
 1 small side of salmon with skin, (about 2 – 2 1/2 pounds)
 1 Sunkist Navel orange
 1 Sunkist lemon

- Marinade ingredients**
 3 tablespoons extra-virgin olive oil
 1 tablespoon Dijon mustard
 1 tablespoon local honey
 1 Sunkist lemon, zested
 2 tablespoons chopped minced fresh dill
 2 tablespoons chopped fresh parsley

- Salmon directions**
 1. Bring fish out of refrigerator 20 minutes before cooking and preheat oven to 250 degrees F°.
 2. Cut two pieces of heavy-duty wide foil to fit a baking sheet pan. Stack the pieces shiny side down. Spray generously with cooking spray.
 3. Pat fish dry with paper towels.

Place the salmon skin side down in the middle of the foil. If the salmon is too long for your baking sheet or if the tail end is thin, tuck the tail under.

4. Slice the orange and lemon each into thin slices. Set aside.

Marinade directions

1. In a small bowl, mix together marinade ingredients. Spoon the marinade over the salmon, coating well.

2. Lay the sliced citrus over the top of the salmon arranging in a “scale-like” pattern. Cook salmon for approximately 40 - 45 minutes, depending upon desired doneness and the thickness of your salmon.

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Why to choose the wood deck



Among all of the flooring options available on the market for decks, terraces and patios, treated lumber is undeniably one of the more popular choices, mainly for its reasonable cost and long lifespan. Often made from pine or spruce, these pressure-treated wooden planks are equally suitable for ground-level patios and elevated balconies. Are you looking to complement your yard with a beautiful terrace? Treated wood might be exactly the building material you're looking for.

Easy to cut, carve and paint, treated lumber is the perfect choice of material for a terrace that is unique in design and resistant to insects and rot. In addition to its superior resistance, it's also very easy to work with. For example, to preserve the natural beauty of the surface, you can stain or paint the wood in a colour of your choosing. Furthermore, to ensure your deck remains in prime condition for years to come, you can apply a transparent, waterproof sealant available at any hardware store.

Contrary to popular belief, wood is actually one of the more eco-friendly options available for deck flooring. Given their exceptional durability, wooden planks limit the number of trees chopped down each year. Additionally, wood is a reusable and biodegradable material that is highly regulated by environmental agencies worldwide. To build a timeless wooden deck of the highest quality, entrust your project to a professional carpenter. (NPT)



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