



Culinary Capers Catering Presented Caterer of the Year Award

Debra Lykkemark, CEO of Culinary Capers Catering was honoured with the **Caterer of the Year** award at the **2016 Canadian Event Industry Awards** on March 31st in Toronto. The award represents the pinnacle of professional achievement and is the highest Canadian honour for professional caterers. The recipient is acknowledged as an event professional who inspires others to achieve success and raise the bar in the field of food service and design, has made significant contributions to the catering industry, and displays exemplary ingenuity with food ingredients, preparation and presentation. [Read more...](#)

Our recipe this month celebrates spring! Chef Margaret shows you two very easy ways to prepare filets of salmon that ensures your delicate fish remains moist, flavourful and vibrant. The pickled shallots also make a nice addition to a charcuterie or cheeseboard.

March was an incredible month of industry recognition for our team! **The Canadian Event Industry Awards** presented Culinary Capers with **Caterer of the Year**. Another prestigious achievement was a **2016 CATIE Award** (Catered Arts Through Innovative Excellence) for **Signature Caterer for a Multiple Day Event** for our Nordstrom Vancouver Opening events.

When we opened the company almost 30 years ago, our goal was to become one of the top caterers in the world. To be recognized by my peers in the international catering and event communities for our hard work is extremely gratifying and a tribute to our entire team

Debra Lykkemark

Sous Vide Spring Salmon with Pea and Tarragon Mousse

Serves 4 for appetizer or 2 as a lunch



Photo: Executive Chef Margaret Chisholm

- 4 - 2 oz wild spring salmon filet, boneless and skinless
- 2 cups brine water
- ½ cup pea and tarragon mousse
- 4 Tbsp pickled shallots
- ½ long English cucumber, peeled and cubed
- 1 bunch fresh watercress
- 4 thin slices of artisan bread, we use Terra Breads multigrain loaf buttered, sliced and crisped in oven

Place salmon in cold brine to cover for 1 hour in the fridge.



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Press: Real Weddings, Feeding Frenzy

Gluten. Dairy. Peanuts. Pork. It seems everyone has a food sensitivity these days. Local experts, including our CEO Debra Lykkemark, give advice on how to feed your guests without losing your mind. [Read article...](#)

Sous-vide method: Set your water bath to 48°C and bag the salmon with a splash of highest quality olive oil. Cook in the water bath for 60 minutes. Either serve immediately or chill in an ice water bath until you are ready to serve.

Oven roast method: This will still be delicious slow roasted uncovered on a non-stick sheet pan at 275°F for 14-18 minutes. Serve warm or cold.

Brine Water

- 5 Tbsp Kosher salt
- ¼ cup white sugar
- 2 cups water

Bring 1 cup of water to a boil and stir in salt and sugar. Once salt and sugar are dissolved remove from heat and add the remaining 1 cup of cold water. Chill before using.

Pickled Shallots

- 2 large shallots, very thinly sliced
- ½ cup raspberry vinegar
- ½ cup white sugar
- ½ cup water

In a saucepan over low heat warm water and sugar until sugar is dissolved. Remove from heat and add raspberry vinegar. Pour warm pickle liquid over shallots and let them steep for 20 minutes. Drain.

Pea and Tarragon Mousse

Yield 1 cup

- 2 eggs, hard boiled
- 1¼ tsp white wine vinegar
- ¼ tsp fine sea salt
- ¼ cup water
- 1 Tbsp grapeseed oil
- ½ cup packed baby spinach leaves, blanched
- 1 Tbsp fresh tarragon leaves
- 1¼ cups green peas, blanched

Combine all in a blender. Blend on high, stopping to scrape the sides, until super smooth. This will take a few minutes, especially if you are not using a Vitamix style blender. Chill.

To serve

Spoon 2 Tbsp pea and tarragon mousse on each plate. Place the diced cucumber on the plate and top with your cooked salmon. Garnish with pickled shallots, watercress leaves and crisped bread.

