### Cajun Halibut Quesadillas with Fresh Salsa

Salmon is a beautiful species of fish caught off our west coast and Alaskan waters. This flat fish is prized for its firm white meat; referred to as barn doors small ones as ivory king; salmon are extremely tasty and versatile ranging in flavor depending on species. In this recipe Dawn will be showing you how to make this beautiful fish in to one tasty burger that is sure to be the topic of your dinner.

### Salmon Sliders with a Caper Mayonnaise

A Red Seal Chef from Krimat BC, Dawn Peterzen has a passion for cooking and the wild outdoors. As an avid angler, Dawn's always seeking the freshest fish possible to anchor succulent culinary dishes to tantalize those around her. Her early experience in angling was mostly lake-based, and a curiosity for the ocean and seafood options led to the purchase of a well-equipped boat to tackle the coastlines of BC where the seafood side of her culinary skills has flourished.

### Bouillabaisse

This is a traditional French fish stew that was created by fishermen who had little to sustain themselves. They would collectively add seafood that they caught in tough times to a communal pot for all to share. The great thing about this dish is, that you can add anything to it! Delicious stock is created by the shells and bones, served with a rouille to spread on bread or add to the stew for added sustenance.

### Salmon Charcuterie Board

Salmon burgers are a delicious alternative to the beef burger. Delicious flavours, low in fat, high in vitamins and omega 3 fatty acids, the salmon burger is a great way to feed your family and friends. Easy to prepare, fresh, and all the ingredients can be easily stored in a small space.

### BIO

**Tammy Wood, Agassiz's hometown celebrity, finished in the Top Ten of Canada’s Master Chef, Season Two.** Since the show, Tammy's career has blossomed in the culinary world. As a passionate Chef and avid hunter and fisher girl, Tammy has combined her loves of the outdoor lifestyle and cooking to create a career of Wild Game cooking.

You can catch her on the Canadian Sportsmen Channel January 2020, on her new Show, "Sossy Outdoors", sharing her passion and love for fishing, hunting and cooking!

Tammy also works with BC Outdoors as a Food Editor for both the BC Outdoor Hunting and Fishing magazines and has earned the title of "Pro Staff" at Abbotsford's Cabela's, where you can often find her cooking wild game dishes for the customers during special events, or just hanging out in the hunting department.

We are excited to welcome Chef Tammy to the Dockside Grill, her motto of "loving what you do" is sure to be an inspiration to us all!
Salmon a beautiful species of fish caught off the coast, known for its amazing fighting abilities and aerial acrobatics. Salmon come in 5 different species ranging from light pink meat to red and if you’re lucky snow white known as an ivory king; salmon are extremely tasty and versatile ranging in flavor depending on species. In this recipe Dawn will be showing you how to make this beautiful fish in its one tasty burger that is sure to be the topic of your dinner.

Ceviche is a Peruvian dish made from fresh fish, chopped and cooked in citrus juice. Many different components of vegetables and fruit can be added and served with tortilla chips. It is a light, fresh dish that can be served before a meal, or as part of your appetizer line up. White fish is traditionally used, but salmon, scallops or prawns can create some amazing variations of ceviche.

Pacific Halibut are the largest of all halibut species; they can grow to 500+ lbs. living off our west coast and Alaskan waters. This flat fish is prized for its firm white meat; referred to as a chicken of the sea. This extremely strong fish is an all-time favorite for many anglers; large ones know as barn doors small ones as anchors. Pacific Halibut can put up a great fight. In this recipe Dawn will show you how to marinate and grill this fish turning it to a delicious shore lunch accompanied by some tangy fresh salsa.

If you’re tight on time and space, halibut burgers with homemade tartar sauce will keep the crew satisfied! Katherine and Ainsley take a great recipe in simple and easy steps.
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Speaker</th>
<th>Recipe</th>
<th>Notes</th>
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<tbody>
<tr>
<td>1:00 PM</td>
<td>Dockside Grill - in the main floor food court</td>
<td>Tammy</td>
<td>Indian Style Spiced Rice with Prawns</td>
<td>Prawns are a delicacy that we all enjoy, and when prawning of the coast of Vancouver for our beautiful Spot Prawns, this warm hearty dish is sure to please your boat guests! Hints of Indian spices, sautéed vegetables rolled into the rice with lightly tossed prawns will be sure to make you go for that second helping. This recipe can be easily transformed into an Asian dish, adding ginger, soy sauce, sesame oil, and a hint of chili sauce. Tammy Wood, Agassiz’s hometown celebrity, finished in the Top Ten of Canada’s Master Chef, Season Two. Since the show, Tammy’s career has blossomed in the culinary world. As a passionate Chef and avid hunter and fisher girl, Tammy has combined her loves of the outdoor lifestyle and cooking to create a career of Wild Game cooking. You can catch her on the Canadian Sportsmen Channel January 2020, on her new Show, “Sossy Outdoors”, sharing her passion and love for fishing, hunting and cooking! Tammy also works with BC Outdoors as a Food Editor for both the BC Outdoor Hunting and Fishing magazines and has earned the title of “Pro Staff” at Abbotsford’s Cabela’s, where you can often find her cooking wild game dishes for the customers during special events, or just hanging out in the hunting department. We are excited to welcome Chef Tammy to the Dockside Grill, her motto of “loving what you do” is sure to be an inspiration to us all!</td>
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<td>2:00 PM</td>
<td>Dockside Grill - in the main floor food court</td>
<td>Dawn Peterzen</td>
<td>Cajun Halibut Quesadillas with Fresh Salsa</td>
<td>Pacific Halibut are the largest of all halibut species; they can grow to 500+ lbs. living off our west coast and Alaskan waters. This flat fish is prized for its firm white meat; referred to as chicken of the sea. This extremely strong fish is an all-time favorite for many anglers; large ones know as barn doors small ones as chickens all put up a great fight. In this recipe Dawn will show you how to marinate and grill this fish turning it to a delicious shore lunch accompanied by some tangy fresh salsa. A Red Seal Chef from Kitimat BC, Dawn Peterzen has a passion for cooking and the wild outdoors. As an avid angler, Dawn’s always seeking the freshest fish possible to anchor succulent culinary dishes to tantalize those around her. Her early experience in angling was mostly lake-based, and a curiosity for the ocean and seafood options led to the purchase of a well-equipped boat to tackle the coastlines of BC where the seafood side of her culinary skills has flourished.</td>
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<td>3:00 PM</td>
<td>Dockside Grill - in the main floor food court</td>
<td>Tammy</td>
<td>Steamed Asian Style Snapper</td>
<td>Steaming fish in a small space is a simple way to cook your meal. Wrapping in tinfoil, or using a bamboo steamer over boiling water, you will be sure to create a moist, flaky fillet. Adding vegetables, or a spice paste, the flavours will sink into your fish for a flavour explosion. Served with fresh vegetables, on a bed of rice, it’ll be sure to become a weekly favourite at home. Tammy Wood, Agassiz’s hometown celebrity, finished in the Top Ten of Canada’s Master Chef, Season Two. Since the show, Tammy’s career has blossomed in the culinary world. As a passionate Chef and avid hunter and fisher girl, Tammy has combined her loves of the outdoor lifestyle and cooking to create a career of Wild Game cooking. You can catch her on the Canadian Sportsmen Channel January 2020, on her new Show, “Sossy Outdoors”, sharing her passion and love for fishing, hunting and cooking! Tammy also works with BC Outdoors as a Food Editor for both the BC Outdoor Hunting and Fishing magazines and has earned the title of “Pro Staff” at Abbotsford’s Cabela’s, where you can often find her cooking wild game dishes for the customers during special events, or just hanging out in the hunting department. We are excited to welcome Chef Tammy to the Dockside Grill, her motto of “loving what you do” is sure to be an inspiration to us all!</td>
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Sossy Outdoors & BC Outdoors Sportfishing