

Chef Billy Alexander's Recipes

The following four recipes have been donated by Chef Billy Alexander. He brings together traditional Indigenous foods, care, and creativity in these dishes. Give them a try!

Three Sisters and Honey Beetroot Noodle Stack

You will need the following:

- 1 beet – spiralized or thinly cut
- 1 handful green beans cut into small slivers, or pinto, navy or any pole variety bean.
- ½ butternut squash – spiralized or thinly cut
- 1 cup fresh sweet corn
- ¼ cup of extra virgin olive oil
- ¼ cup honey
- Fresh, flat leafed Italian parsley – chopped for garnish
- Salt and pepper to taste
- 1 medium skillet

Instructions:

1. Place a medium skillet over medium or high heat. Add oil and heat until hot but not smoking.
2. Add the squash and beet spirals and cook until it begins to soften. This will take about 2 minutes. Add the honey, beans and corn and cook for about 30 seconds or just until squash begins to brown. Remove from the heat and season with salt and pepper.
3. Add to a plate piled high and top with any remaining oil and honey from the pan and the parsley and serve.

Cedar and Maple Plank Salmon

You will need the following:

- 2 tablespoons grainy mustard
- 2 tablespoons pure maple syrup
- 1 teaspoon minced rosemary
- 1/2 teaspoon each salt and pepper
- 1 tablespoon grated lemon zest
- 1 (2 pound) salmon fillet with skin (1-1/2 inches thick)
- 1 teaspoon dried sage
- 1 tablespoon microgreen
- 1 cedar plank

Instructions:

1. Soak cedar grilling plank in water for four hours, keeping it immersed.
2. Preheat the oven to 325 degrees Fahrenheit or 165 degrees Celsius.
3. Combine mustard, maple syrup, rosemary, zest, and 1/2 teaspoon each of salt and pepper. Spread mixture on the flesh side of the salmon and let it stand at room temperature for 15 minutes.
4. Put salmon on the cedar plank, skin side down and place in the oven at 325 degrees. Cook for approximately 25 minutes or until salmon edges are browned and salmon easily flakes.
5. Let salmon stand on the plank five minutes before serving.
6. Plate salmon atop three sisters' salad and garnish with dried sage and microgreen.

Seared Elk Loin

You will need the following:

- 1 pound elk loin
- 1 teaspoon smoked spice rub (see recipe below)
- 2 tablespoons olive oil
- 1 oven proof skillet

Instructions:

1. Preheat the oven to 350 degrees Fahrenheit or 180 degrees Celsius.
2. Dry off the surface of the elk with paper towels and sprinkle spice rub mix liberally on top.
3. Heat an oven proof skillet on high with olive oil. Once hot, place the elk into the skillet to sear, turning every minute or so to make sure all sides are cooked. Then place the pan in the oven for 7-10 minutes. The time depends on the thickness of the meat.
4. Remove the pan from the oven and place the elk on a sheet of foil. Allow it to rest 10 minutes before slicing.
5. Plate the elk, drizzle the blueberry sweet grass sauce down the center of it and serve.

Smoked Spice Rub Recipe

You will need the following:

- 1 teaspoon sea salt
- 1 teaspoon black pepper
- ½ teaspoon smoked paprika
- ¼ teaspoon onion powder
- ¼ teaspoon garlic powder
- 1 teaspoon ground nutmeg
- 1 small bowl

Instructions:

1. To make the dry rub, combine salt, pepper, smoked paprika, onion powder, nutmeg, and garlic powder in a small bowl. Set aside.