

Diet

The diet of the Northwest Coast Indians during the time of this story was extremely healthy. They had a rich soil for harvesting hundreds of plants, and they were supported by a vast amount of food from the ocean. While they enjoyed trout, halibut, herring, and other sea foods, their staple diet was salmon and boiled potatoes. Salmon was roasted in cedar planks or set out to dry in order to provision the long winter.

Healthy recipe

Cedar planked salmon (serves 6-8)

Ingredients

3 (12 in.) untreated cedar planks
¾ cup olive or canola oil
1 tsp. sesame oil
1 ½ tbsp. rice or balsamic vinegar
2 tbsp. soy sauce
1 tbsp. grated fresh ginger
2 cloves pressed garlic
2 lb. salmon fillets, skin removed

Directions

- Soak the cedar planks for at least 1 hour in warm, salted water.
- Make the marinade by stirring together the vegetable and sesame oils, vinegar, soy sauce, ginger, and garlic in a shallow, wide dish.
- Place the salmon fillets in the marinade turning to coat. Cover and let sit for 1 hour.
- Preheat an outdoor grill for medium heat. Place the planks on the grate. The boards are ready when they start to smoke and crackle.
- Remove the salmon fillets from the marinade and place them on the planks. (For food safety, discard the marinade.) Cover, and grill for about 20 minutes. The salmon is done when you can flake it with a fork.
- Cut into serving sizes and serve with boiled red potatoes.