Salmon

Recipe from Phil & Joe's Crab Co., Garibaldi, Oregon

Overview

This card is a cooking technique reference for salmon rather than a single recipe. It covers preparation methods for steaks and fillets as well as instructions for stuffing and baking a whole salmon.

Ingredients

- Whole salmon (or salmon steaks/fillets)
- Salt (for interior)
- Oil (for pan and skin surface)
- Stuffing of your choice

Instructions

Steaks and Fillets

1. Salmon steaks or fillets may be prepared by any of the following methods: butter sautéed, pan-fried, deep fried, oven-fried, broiled and basted, barbecued, poached, or smoked.

Whole Stuffed Salmon

1. Preheat oven to 350°F.
2. Salt the interior of the fish lightly.
3. Stuff the fish well with stuffing of your choice.
4. Use skewers to secure the edges closed.
5. Place the fish in a lightly oiled pan and oil the surface of the skin.
6. Bake approximately 10 minutes per pound, or until the flesh flakes easily from the bone.

SALMON

Chinook (King, Spring) and Silver (Coho, Silverside) have a rich distinctive flavor and firm flesh of a light pink to bright red color. Salmon steaks or fillets may be butter sautéed, pan-fried, deep fried, oven-fried, broiled and basted, barbecued, poached or smoked. Whole salmon may be stuffed and baked in a 350° oven. Salt the interior of the fish lightly and stuff it well. Use skewers to secure the edges. Place the fish in a lightly oiled pan and oil the surface of the skin. Allow 10 min. per pound or until it flakes easily from the bone.

Compliments of Phil & Joe's Crab Co.
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