

grilled
WHOLE
CALIFORNIA KING salmon
with
AROMATIC RUB



- 1 California King Salmon, cleaned, scaled with or without head and tail, about 4 to 9 pounds

Aromatic Rub (makes about 1/4 cup)

- 1 Tbsp. paprika
- 2 tsp. garlic powder
- 2 tsp. ground white pepper
- 2 tsp. ground cumin
- 2 tsp. dried leaf oregano, crushed
- 1-1/2 tsp. salt
- 3/4 tsp. granulated sugar
- 1/8 tsp. cayenne pepper
- Garnish, lemon slices

In small bowl, combine aromatic rub ingredients. Make 5 deep cuts in salmon skin on each side of fish. Rub aromatic seasoning into the cuts, on skin and into center of salmon.

To grill King Salmon, oil grill. Grill over medium hot coals or gas barbecue. Cover and cook for 10 minutes per inch at thickest part of the salmon. Check salmon for doneness by piercing meat at center bone. Salmon is done when meat flakes easily and is even in color. Remove from grill, cover and let stand for 10 minutes. Place on large platter, garnish.

To serve, use two forks to lift meat off bone. Portion into servings. Makes 8 to 12 servings.

Nutrients per serving: calories 286; protein 42g; carbohydrates 2g; dietary fiber 1g; fat 12g; iron 1mg; cholesterol 86mg; sodium 372mg.

grilled
CALIFORNIA KING
salmon skewers

- 1-1/4 lbs. fresh California King Salmon fillet, skin removed and sliced into 4 strips
- 4 8-inch wooden skewers, soaked in water for 30 minutes
- 4 slices (1/2-inch thick) rosemary bread, brushed with olive oil

Marinade

Combine 2 Tbsp. balsamic vinegar, 1 Tbsp. each olive oil and lemon juice, 1 Tbsp. finely chopped lemon peel, 1 clove finely chopped garlic, 1 tsp. dry mustard, 3/4 tsp. ground black pepper and 1/2 tsp. salt. Place salmon strips in sealable plastic bag and add marinade. Seal and turn bag so that all strips are coated. Refrigerate and marinate for one hour.



Gazpacho Salsa

- 3/4 cup chopped red bell pepper
- 1/2 cup peeled, seeded and chopped cucumber
- 1/2 cup peeled and chopped jicama
- 1/4 cup finely chopped red onion
- 1/4 cup cilantro leaves, lightly packed and chopped
- 2 tsp. finely chopped lemon peel
- 1 Tbsp. each balsamic vinegar, fresh lemon and lime juice
- 1 Tbsp. honey
- 1/2 tsp. fresh ground black pepper
- 1/4 tsp. salt

In medium bowl, combine all gazpacho salsa ingredients. Cover and refrigerate for 1 hour to allow flavors to blend. To prepare salmon, remove salmon strips from marinade. Thread each strip onto soaked skewer.

Nutrients per serving: calories 409; protein 39g; carbohydrates 32g; dietary fiber 4g; fat 14g; iron 2mg; cholesterol 73mg; sodium 699mg

herb baked
CALIFORNIA
KING SALMON
on
ROCK SALT



Wildwood Restaurant, Portland OR

- 4 lbs. California King Salmon fillets, rinsed and patted dry
 - 2 Tbsp. finely chopped fresh herb leaves such as tarragon, basil, Italian parsley and thyme (use a combination for interesting flavor)
 - 2 Tbsp. cracked fennel seeds
 - 1 tsp. salt
 - 1/2 tsp. ground black pepper
 - 1 box kosher or rock salt
 - 8 oz. assorted cherry tomatoes, halved
- Garnish, fresh chopped herb leaves

Rub salmon fillet with chopped herbs and fennel seeds. Season with salt and pepper. At this point, salmon can be covered and refrigerated overnight.

Cover a large jelly roll pan or roasting pan with foil. Pour salt over surface to cover. Place salmon, skin-side down, on salt. Bake in preheated 325°F oven for 35-45 minutes. This method of cooking allows salmon to cook through without becoming dry. Salmon is done when meat flakes easily with fork and is even in color. Remove from oven, cover and let stand 5 minutes. Salmon will continue to cook.

To assemble, use a wide spatula to remove salmon from salt. Remove skin and portion salmon onto plates. Spoon on cherry tomatoes and garnish with chopped fresh herb

Nutrients per serving: calories 286; protein 42g; carbohydrates 1g; dietary fiber 1g; fat 12g; iron 1mg; cholesterol 86mg; sodium 277mg.

CALIFORNIA
KING salmon
wrap appetizer



- 1 lb. California King Salmon fillet, cut into 1/2-inch thick slices 2-inches long
- 1/2 cup sweet-hot or honey mustard
- 2 Tbsp. rice wine vinegar
- 2 tsp. dried dill weed
- 1 package (17-1/4 oz.) frozen puff pastry sheets
- 2 eggs
- 1 Tbsp. water

In large bowl, combine mustard, vinegar and dill weed. Add salmon strips and gently toss to coat. Refrigerate until ready to use. Defrost puff pastry according to package directions. Unfold 1 defrosted pastry sheet, flatten gently pressing seams. Cut into ten 1/2-inch strips. Cut each strip in half. (Repeat process with second pastry sheet after first one is used.) In small bowl, beat together egg and water; set aside.

To assemble: Using 1 strip of pastry, place a salmon strip in center crosswise. Brush each end of pastry strip with egg mixture. Fold over pastry around salmon. Place on greased cookie sheet. Repeat, making 40 appetizers. Brush tops of pastry with mixture. Bake in preheated 375°F oven for 15-17 minutes, until browned and puffy. Remove from cookie sheet and serve. Makes 40 servings.

Note: To prepare 20 servings, use 1/2 pound of California King Salmon. Defrost only 1 pastry sheet and keep remaining sheet for later use. Use half of ingredients listed in recipe. Follow directions for preparation.

Nutrients per serving: calories 94; protein 4g; carbohydrates 6g; dietary fiber .6g; fat 6g; iron .5g; cholesterol 17mg; sodium 87mg.

Cooking Secrets

cooking times

California King Salmon cooks in minutes. A small cut in the thickest part of the meat shows that it is done when it flakes easily and is opaque throughout. Internal temperature at thickest part should reach 150°F. Do not overcook; it will continue to cook for a short time after removed from heat.

- For pieces 1/2 to 3/4 inches thick Cook 5 to 8 minutes total
- For pieces 1 to 1-1/2 inches thick Cook 10 to 12 minutes

cooking methods

bake Bake at 400°F until internal temperature is 150°F, according to cooking times above.

broil Lightly oil broiler pan. Place fillets, skin-side up, on pan. Broil 4 inches from heat source until done. Do not turn.

grill Brush both sides of the salmon with vegetable oil. Grill, skin-side down, on hot griddle, turning halfway through to cook evenly.

grill over hot coals Brush both sides of salmon with oil or butter. Place in grilling basket or on wire rack, skin-side down, and grill over single layer of medium hot coals until done.

poach Poach fish in water, fish stock or a combination of white wine and stock or water. Fill pan large enough to hold fish with enough liquid to cover fish completely. Bring to boil; reduce to simmer and add fish. Cook until done.

sauté or pan fry Heat a small amount of oil or butter in heavy frypan. Cook fish over high heat, turning once to finish.

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whole

CALIFORNIA
KING salmon



It's the
Catch
of the
Day



don't get caught up in the
what to do with
 a Whole
 dilemma!



What do you do with a whole California King Salmon? Savor the flavor and enjoy! Native to the Pacific Ocean, individually line-caught King "Chinook" Salmon have a leaner, firmer texture and more robust flavor than other salmon. Grilled, baked, steamed, roasted or poached, California King Salmon is fish at its best.

The preparation instructions in this brochure for fresh whole California King Salmon are simple to follow. The fresh season is short — May through September — making salmon perfect for summertime meals. So, fire up the grill and barbecue the whole fish immediately, or use a portion now and freeze or smoke the remaining fish for later enjoyment. Typically, a 10-pound King Salmon serves 8-10 people.

closer ^{the} **CATCH,**
 the **FRESHER** the

No doubt about it—Pacific salmon are among the world's most fascinating fish. They live most their life at sea. Then, instinctively, they return to their natal stream to spawn and complete their life cycle.

Of the five species of Pacific salmon, one rules the flavor scale. And that's the California King Salmon.

Arguably the finest fish in the sea, the King has been harvested commercially since the early 1850's, when 100-pounders were netted from California's Sacramento River to feed the gold miners.

Today, ocean-roving fishermen employ a harvesting technique called trolling to ensure a premium quality catch. This hook-and-line method is the first of many steps that California fishermen and handlers employ to provide a fresh, local catch of the highest quality possible.



California trollers also have taken the highest road

to preserve this valuable resource. For many years, they've assessed themselves millions of dollars to rebuild salmon habitat and restore salmon populations in the state's rivers.

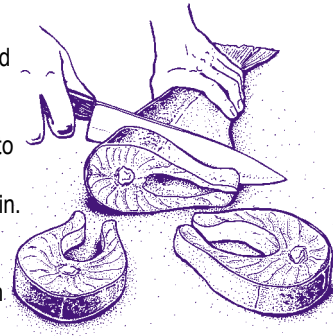
Buying California King Salmon helps protect and conserve this "king" of fish. That's good news for all salmon lovers.

handling a whole fresh

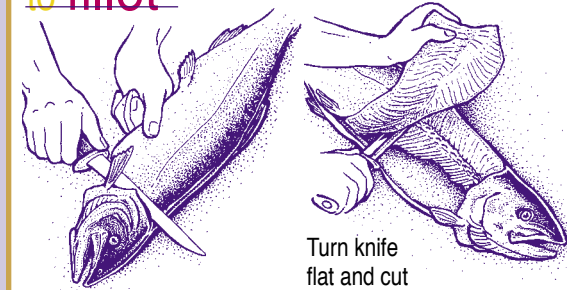
When you purchase a whole California King Salmon from a commercial fishing boat or retailer, you can be assured that only the highest quality standards have been followed. Each salmon is cleaned at sea and held at an optimum temperature until the boat returns to shore and the fish sold.

to **steak**

With a sharp or serrated knife, cut cross-section slices of desired thickness (usually 3/4-inch to 1-1/2 inches thick) from dressed fish. Do not skin. If backbone is large, cut down to it on both sides; tap the knife with a mallet to cut through the bone.



to **fillet**



Insert a sharp knife at an angle behind the gills at the belly flap; cut just to backbone.

Turn knife flat and cut flesh from bone, sliding knife over rib bones. Sever at the tail end and lift off the fillet. Turn the fish over and cut the fillet from the other

to **skin**

Lay skin-side down. With knife, free a corner of skin from flesh at wider end of fillet. Grasp free corner and, holding knife flat against skin, cut horizontally to release flesh from skin.



freezing instructions

To preserve the California King Salmon's fresh flavor and firm texture, freeze immediately using **one** of the following packaging methods. Packages should not be more than 1-inch thick. Clean, rinse and drain fish; cut into steaks or fillets.

- Wrap fish tightly in "cling wrap" or similar moisture and vapor proof material. Keep as much air as possible out of the package. Overwrap packaged fish with freezer paper or aluminum foil to protect the "cling wrap."
- Place fish in "zip-lock" plastic freezer bags. Press the bag gently to remove air or use a straw to suck air out of bag. Seal the bag. Overwrap packaged fish with freezer paper or aluminum foil to protect the freezer bag.
- Place fish in vacuum packaging bag without getting the sealing area of the bag wet. Follow the manufacturer's instructions for creating a vacuum and sealing the bag.
- Place fish in 1-inch rigid plastic sandwich containers or milk cartons. Fill container with water to the top to prevent drying or oxidation of the fish during storage; seal.

Label packages with type of fish and date. Freeze quickly in single layers in freezer. A 1-inch thick package will freeze completely in about 16 hours. Thicker packages, or packages stacked on top of each other during freezing, will take several hours longer.

smoking
CALIFORNIA KING
 salmon

While any fish can be smoked, California King Salmon, with its higher oil content, absorbs smoke faster producing a truly delectable flavor.

Use only freshly-caught fish that have been kept clean and cold. Fish that have been handled carelessly or stored under improper conditions will not produce a satisfactory finished product. Do not use bruised, broken, or otherwise damaged fish.

Before preparing fish for smoking, it must be soaked in brine. Use 1 gallon of brine for every 4 pounds of fish. To prepare a brine, use 3-1/2 cups table salt in 1 gallon of cold water; stir salt until a saturated solution is formed. (Red or white wine can be substituted for a portion or all of the water, if desired.) Use a plastic, stainless steel or crockery container to brine fish. Brine 1/2-inch thick fillets for about 15 minutes, 1-inch thick pieces about 30 minutes, and 1-1/2 inch thick pieces about 1 hour. Brining times can be adjusted to give the fish a lighter or heavier cure. Spices such as black pepper, bay leaves, seafood seasoning, or garlic, as well as brown sugar, may be added to brine depending on your preference. Brine fish in refrigerator, if possible.

Keep fish covered with brine throughout the brining period. A heavy bowl can be floated on the brine to keep fish submersed, but do not pack fish so tightly that brine cannot circulate around each piece.

to **hot-smoke fish**

- 1 Remove scales by scraping against the grain with the dull edge of a knife. Wash body cavity with running cold water.
- 2 Fillet fish according to instructions under "Handling a Whole Fresh California King Salmon." Cut the sides into uniform pieces about 1-1/2 inches thick and 2 inches wide.
- 3 Brine fish according to instructions at left. After brining, rinse the fish briefly in cold running water.
- 4 Place fish, skin-side down, on greased racks in a cool place to dry. The fish should dry 2 to 3 hours or until a shiny skin or pellicle forms on the surface. The pellicle seals the surface and prevents loss of natural juices during smoking. A fan will speed pellicle formation.
- 5 Place the fish in a homemade or commercial smoker. For the first 2 hours, the temperature should not exceed 90 degrees F. This completes the pellicle formation and develops brown coloring.
- 6 After the initial 2-hour period, raise the temperature to 150 degrees F and smoke the fish for an additional 4 to 8 hours. The length of time will depend on the thickness of the fish and your preference for dry or moist smoked fish. Generally, 1/2-inch thick pieces are smoked for 4 hours, 1-inch thick pieces for 6 hours, and 1-1/2 inch thick pieces for 8 hours.
- 7 Hot-smoked fish is **perishable** and must be stored in the refrigerator. Freeze if it will be stored longer than a few days.

