

HOW TO BUY AND COOK FARM-FRESH SALMON?



How do I choose salmon?

Look for a shop that keeps their fish cold, well iced, and frequently restocks with fresh products. When buying whole salmon, look for clean, glistening skin, clear eyes, clean pink/red gills, firm flesh that springs back when pressed, and a fresh, mild aroma. When buying steaks and fillets, look for firm, elastic flesh, and a mild aroma.

What cuts of salmon are available?

Salmon are processed in many forms. Whole salmon make a marvelous, impressive meal when you are having several guests over for dinner. Whole salmon can be stuffed and baked in the oven or cooked in foil on your barbeque. Salmon portions such as steaks and fillets are easier to cook for smaller numbers of people, and can be used in many different recipes. Boneless fillets, available at most fish shops and grocery stores, make salmon a treat for those who love fish but don't like the bones.

How do I store salmon?

Salmon have a delicate flesh and must be stored carefully. After purchasing, do not leave your fish sitting in the car or on the kitchen counter for a prolonged period: if the fish warms up it will lose some of its quality. Place the fish in the coldest part of your refrigerator, and preferably cook it within two days. If you want to store salmon for longer, freezing is your best option. To avoid freezer burn, wrap the fish tightly in plastic wrap or plastic bags and eliminate open air spaces as much as possible. Salmon will stay fresh in the freezer for three to five months.

How do I thaw frozen salmon?

Salmon is best thawed if it is placed in your refrigerator for 24 hours. If pressed for time, salmon can be thawed by placing it under cold running water or in the microwave on low power for four to five minutes per pound (followed by equal standing time). Care should be taken when using the microwave not to prematurely cook the fish during the thawing process.

How much salmon do I serve?

A standard light portion of salmon is 100 grams (3 ounces), although if you have some healthy appetites or real salmon lovers they may eat as much as 200 grams (7 ounces). Whole salmon has more inedible weight (fins, carcass & head) so it is best to plan on 150-300 grams (1/3-2/3 pound) per person when purchasing whole fish.

Is salmon difficult to cook?

Not at all. If you have never tried cooking salmon before, try this easy, classic recipe: simply sprinkle some lemon juice, salt and pepper on some salmon fillets or steaks, and grill them in a pan or barbeque for 10-12 minutes per inch of thickness. Flip them once if your barbeque does not have a lid. That's it! Fast, easy and delicious. Once you find how easy salmon is to cook, you will be trying out some of the many tasty recipes for salmon that will impress your friends and your taste buds.

How do I tell when salmon is cooked?

It is important not to overcook salmon. Farm-raised Atlantic salmon has a rich flesh, and it does not dry out as easily as other types of salmon. Nevertheless, avoid overcooking so that you can enjoy salmon's full potential. Salmon changes color during cooking from an uncooked translucent red/pink to an opaque pink when it is cooked. You can check if the fish is cooked by inserting a knife into the thickest section of the fish and ensuring that there is a consistent, opaque pink coloration all the way through the salmon. A good rule of thumb is to cook farmed salmon for 10-12 minutes per inch (at its thickest section) at 450° F. Add 5 minutes to this time for fish that is wrapped in foil.