



SALMON

Full of nutrition...full of flavor

Today we are going to break down a whole salmon and prepare.....

- salmon Wellington with a blackberry gin sauce
- cedar planked salmon with a Scotch whisky mop
- salmon steaks poached in white wine and aromatics served with lemon dill sauce

...and **demonstrate** how to prepare salmon en papillote

We're going to start the poaching liquid now so all the flavors will have time to be absorbed into the liquid.

- fresh parsley & dill

- slice of onion

- slices of lemon

- whole peppercorns

- bay leaf

- white wine

- The salmon represents the transfer of the ocean's nutriment to people
- High in protein, omega 3 and vitamin D....and numerous other vitamins and essential minerals
- Human consumption continues to increase annually and far exceeds what the natural, wild fisheries can produce



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“A significant part of the pleasure of eating is one’s accurate consciousness of the lives and the world from which the food comes”.

Wendell Berry

WILD

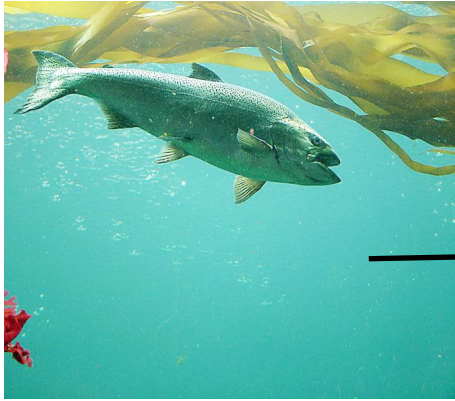
VS

FARMED

When wild salmon are available, look for:

- Silver or Coho
- King or Chinook
- Red or Sockeye

} Different names for
the same species



They live in the ocean from 3 to 8 years depending on species



WILD



When ready to migrate they stage in the bays and estuaries of their natal river. This is where the commercial fishermen catch the salmon we eat



When the salmon enter the river they are embarking on their self fulfilling death march





After laying their eggs in the same area where they were born years earlier, the surviving salmon have completed their life's mission and die to provide food and nourishment for other life along and in the river

For those that survive to live a complete life cycle, it begins and ends on the same gravel bed in the upper reaches of a river or stream.



Wild salmon feed on plankton, krill and other smaller fish

Back to the sea



As juveniles 8 to 10 inches long they start their journey hundreds of miles downstream to the sea.

Copper River salmon



FARMED

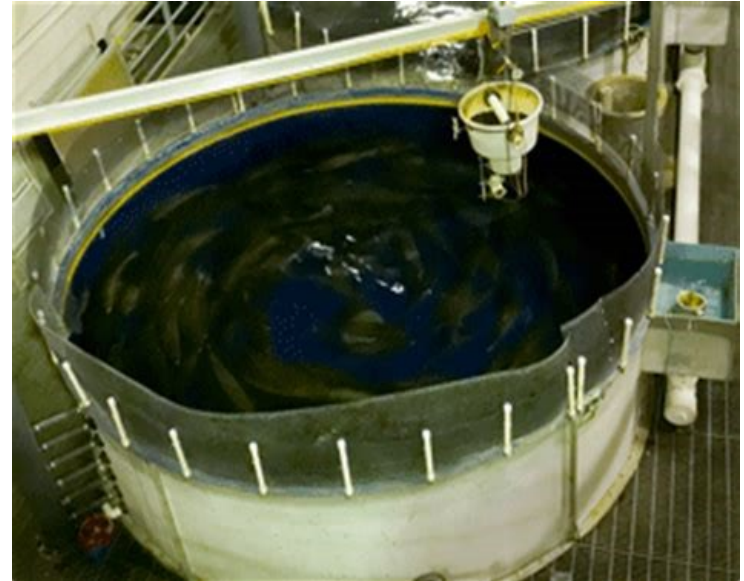
Assembly line salmon

Most farmed raised salmon are of the Atlantic Salmon species and most come from Chili although Norway and Canada are becoming big producers.

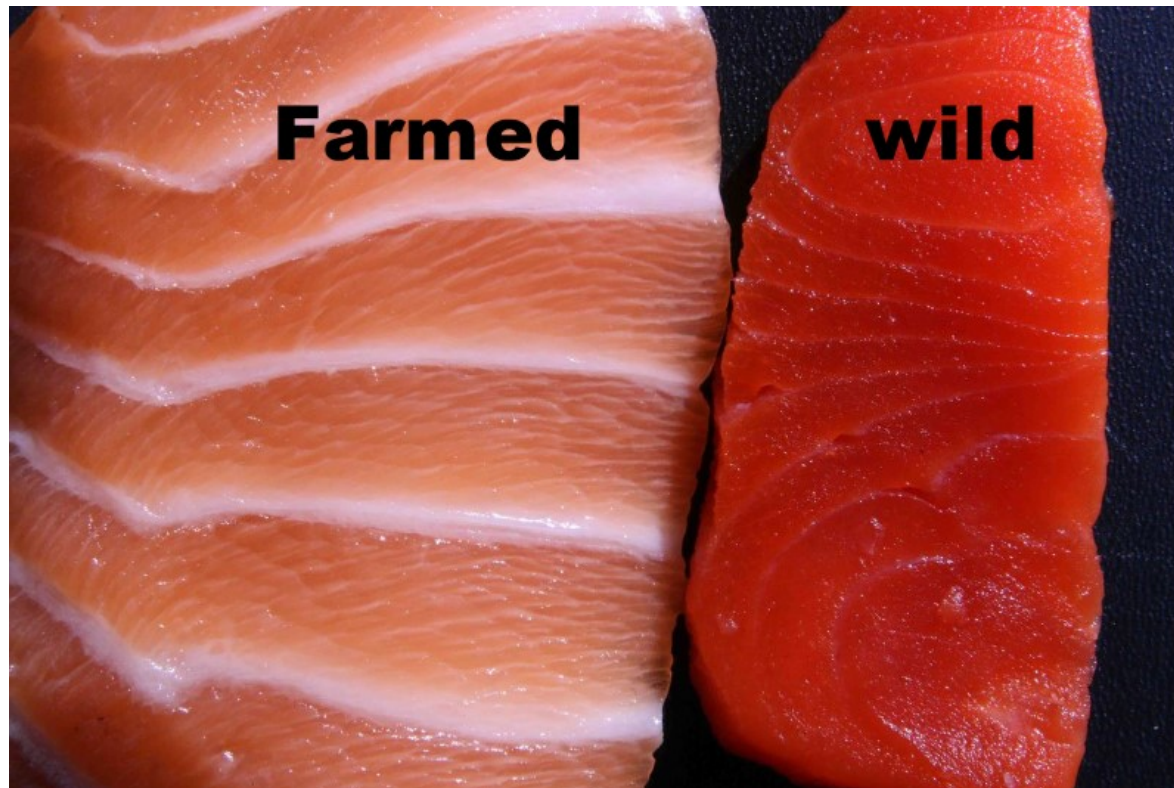
Farmed salmon are now genetically modified to greatly accelerate growth.



Feeding farmed salmon



Fishing for farmed salmon



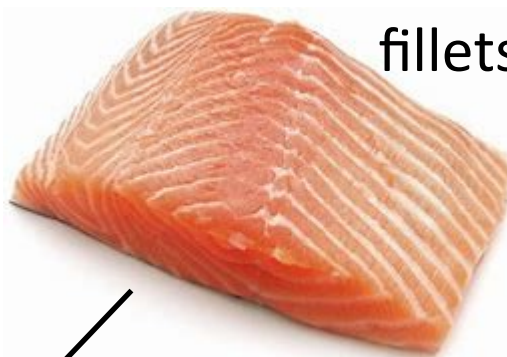
Stay away from any of the following:

- Pink (actually a species)
 - Silver Bright
 - Keta
- Marketing buzz words
to sell inferior salmon

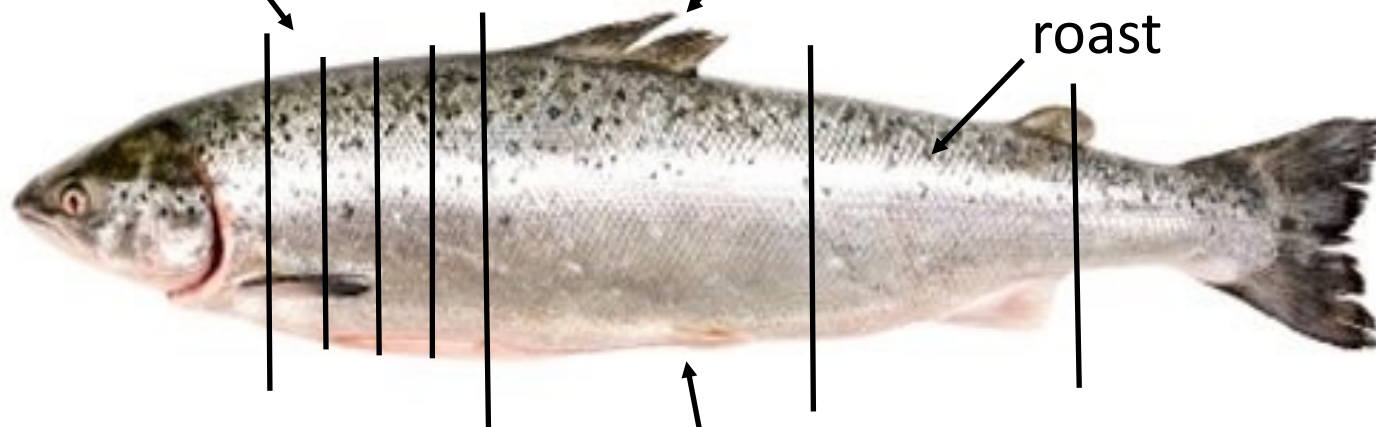
These are all best used to feed your cat



steaks



fillets/roasts, etc



roast

fillets



Collar and tail meat to be used for salmon cakes. Bones chopped up and simmered in the poaching liquid to make fish stock for salmon chowder.

Pairing with salmon



Wild blackberries



Wild asparagus



Morels



Juniper berries (gin)

These are all indigenous to salmon country

salmon Wellington with blackberry gin sauce

Sauce

1 pt **blackberries**

1—teaspoon balsamic vinegar

1—shot **gin**

Simmer to reduce

Mash up the blackberries in a bowl with a fork. Add the gin and balsamic vinegar and mix together.

You will also need puff pastry and egg wash.

Filling

Cream cheese

Sour cream

Fresh chopped dill

Touch of caper juice

Topping

Asparagus

Morels



cedar planked salmon with Scotch whisky mop

Soak the plank in white wine or
water for about 30 min

For the mop

Good Scotch whisky

Touch of maple syrup

Brush the
whisky on 2
or 3 times
during the
cooking



salmon steaks poached in white wine

and aromatics with lemon/dill sauce

Poaching liquid

6 —cups of water

3— cups white wine

Fresh parsley and dill

Couple slices of onion

Some lemon slices

Several whole peppercorns



For the sauce

1/4—cup sour cream

1/4—cup mayo

1—teaspoon chopped fresh dill

small squeeze of lemon juice

smidgeon of horseradish

What do you do with this other half of salmon?

Invite your neighbors over for a party



A perfect 1st course for a summer cookout

COLD SALMON PLATE

**...the perfect drink to go with this is a
cucumber infused vodka martini**



Cucumber infused vodka

Dry vermouth

Garnish with cucumber

And if your 2nd course happens to be steak...



Served with a martini made with horseradish infused vodka

OTHER POSSIBILITIES
FOR SALMON YOU
MAY WANT TO TRY

smoked salmon chowder

1/2—stick butter
4—tablespoons flour
3 —cups smoked salmon
3—cups diced potatoes
1—can whole kernel corn
1/2—cup diced red bell pepper
3/4—cup scallions
1—cup fine diced celery
1/2—quart whole milk
2—cups fish stock
Salt and pepper
Instant potatoes

Par boil the potatoes and set aside. Melt the butter in a stock pot. Add the potatoes, celery, onion and bell pepper. Sweat them out then add the flour and stir constantly making a rue. Add all other ingredients and bring to a boil for 2 minutes, then turn down and simmer for 15 minutes. Serve and garnish with chopped scallions.

salmon patties with whole grain mustard sauce

For the patties

4—cups salmon pieces

1/2—cup fine chopped celery

1/2—cup fine chopped red bell pepper

1/2—cup chopped green onion

1—teaspoon fresh dill

1—teaspoon lemon juice

1—egg

1—cup crushed saltine crackers

For the sauce

1—tablespoon whole grain mustard

3—tablespoons mayo

1—tablespoon fine chopped chives

1/2—teaspoon lemon juice

Combine all ingredients for the patties and mix well by hand being careful not to break up the chunks of salmon. Very much. Form into patties, and fry in butter and oil until crisp on the outside and serve with the mustard sauce.

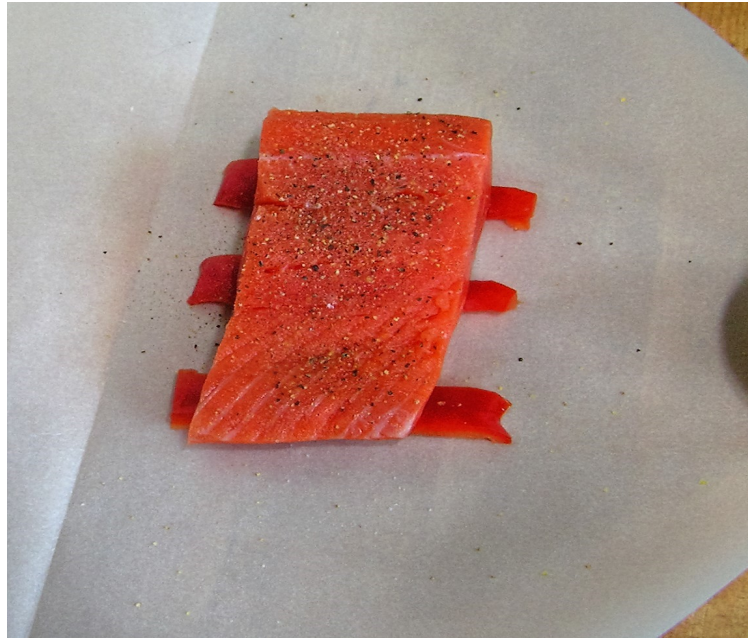
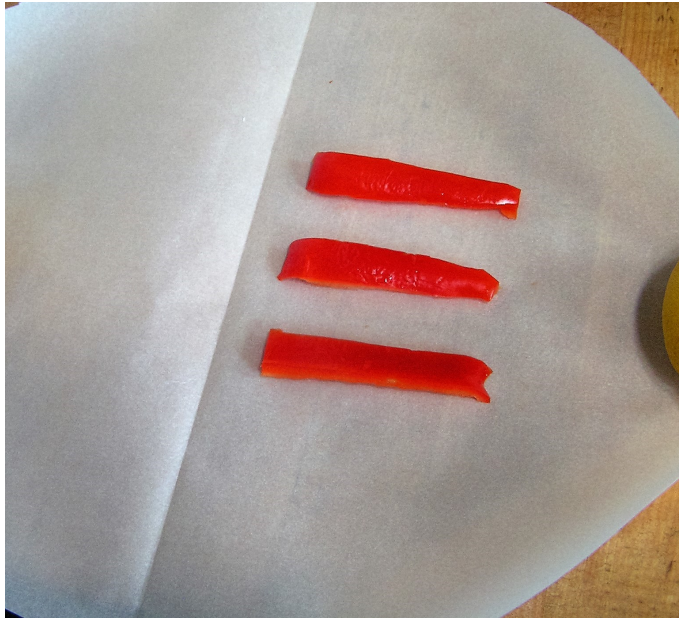
tea smoked salmon with micro greens, toasted sesame seeds, cashews and mandarin oranges



Marinate the salmon for 20 min in soy sauce. Line the bottom of your wok with foil and add 1 cup rice, 1 cup tea, dried orange peel and a few star anise, make a rack using chop sticks to place the salmon on then cover and turn on the wok and smoke/cook until the salmon is done.



Salmon in parchment





...and the best salmon of all

