Salmon Recipes

A delicious selection of salmon recipes

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Salmon Cooking Tips

Baking Salmon
Season salmon, then brush with butter or substitute. Place in a greased baking pan and cook in a preheated oven at 350 degrees for approximately 10 minutes per inch of thickness. Measure at the thickest point. Salmon should flake when done.

Steaming Salmon
Use a steamer or steaming basket. Arrange salmon portions on rack, then pour liquid (wine, water, etc.) over fish into pan. Lightly season salmon and add spices and herbs to water. Cover and bring to a boil. Steam salmon one minute per ounce over medium heat. You can also wrap your fish portions in cheese cloth to remove them from steamer in whole pieces.

Poaching Salmon
Assemble poaching liquid of a mix of chicken broth, white wine, water. Add one teaspoon of bouquet garni and bring to simmer. Be sure there is enough liquid to cover fish in a skillet. Poach 6 to 7 minutes. Can serve warm with lemon dill sauce or chill in refrigerator and serve cold.

Pan Frying Salmon
Pan-frying salmon makes for a delicious entree. The trick is to allow your oil or butter to get hot before frying. This captures the oils and juices and keeps them in the salmon. Do not allow your oil to get too hot and smoke. The basics include rinsing your fish quickly or wiping with a damp cloth. Dip your fillet portions or steaks into milk, then in cracker crumbs or flour. You can season either as well. Your oil should be deep enough to cover 1/2 of the fillet or steak thickness. Fry on medium heat about 3 to 5 minutes on each side, until golden brown.

Broiling Salmon
Preheat oven and broiling pan at least 10 minutes beforehand. Quickly wash your fillets or steaks in cold salt water. Then dust the salmon lightly with flour. Brush the top of the salmon with butter and seasonings. Place on broiler rack about 2 to 3 inches from heat. You do not need to turn salmon fillets while they're broiling, however, you should baste them often with butter. Add a little seasoning to your butter on your last basting. Salmon steaks should be turned once to cook both sides and basted as well.
Salmon Main Entrees

Sockeye Salmon Steaks with Wine Sauce

Ingredients:
- 2 (8oz) Alaska Sockeye Salmon Steaks
- 1/2 cup Half & Half Light Cream
- 2 tsp Cooking Oil
- 1 large beaten Egg Yolk
- 1 Tbsp Butter or Margarine
- 2 Tbsp dry White Wine
- 1 tsp Cornstarch
- 1 Seedless Green Grapes, optional
- dash White Pepper

Directions:
Thaw sockeye salmon steaks, if frozen. Preheat a 6 1/2-inch microwave browning dish on 100% power for 3 minutes. Add cooking oil to the browning dish; swirl to coat the dish. Place fresh or thawed salmon steaks in the browning dish. Microwave, covered, on 100% power for 30 seconds. Turn the salmon steaks and micro-cook, covered, on 50% power about 3 minutes or till the salmon flakes easily when tested with a fork. Let the salmon steaks stand, covered, while preparing the wine sauce.

For the wine sauce, in a 4-cup measure microwave the butter or margarine, uncovered, on 100% of power for 45 seconds to 1 minute or till melted. Stir in the cornstarch and white pepper. Stir in light cream. Microwave, uncovered, on 100% power for 2 to 3 minutes or till mixture is thickened and bubbly, stirring every minute. Stir in half of the hot cream mixture into the beaten egg yolk. Return all to the 4-cup measure. Microwave, uncovered, on 50% of power for 1 minute, stirring every 15 seconds. Stir till mixture is smooth. Stir in dry white wine.

Transfer the sockeye steaks to a serving platter. Spoon the wine sauce atop. Garnish with seedless green grapes, if desired. Serves 2.

Peking Sockeye Salmon

Ingredients:
- 4 Alaska Salmon Steaks
- 2 Tbsp Soy Sauce
- 2 Tbsp Oil
- ¼ cup hot Mustard
- 2 Tbsp Orange juice

Directions:
Place the salmon steaks in a Pyrex baking dish. Whisk together the mustard, soy sauce, orange juice and oil in a bowl. Pour the sauce over the salmon steaks and marinade for 2 to 3 hours. When ready to serve, place the salmon under a hot grill. Baste with the marinade, and grill for 4 minutes per side. Transfer to a platter and serve. Serves 4 to 6.
Salmon Main Entrees

Royal Broiled King Salmon Steaks

**Ingredients:**
- 2 lbs *King Salmon* steaks
- 1 tsp Salt
- 1/4 tsp Pepper
- 3 oz Butter or Margarine
- 8 green Olives, chopped
- 1/8 tsp Paprika
- 2 sprigs Water Cress, or Lemon slices

**Directions:**
Be sure steaks are around 1 inch thick. Blend salt, pepper, paprika and rub salmon steaks lightly on both sides with this mixture. Spread 1 ounce of butter over top of steak. Preheat broiler 10 minutes and place salmon steaks on preheated broiler pan about 2 inches from heat. Broil 3 minutes on one side, then turn over. Quickly spread another ounce of butter to that side. Broil for four more minutes, or until light brown. Meanwhile, soften last ounce of butter, add chopped olives and blend well.

Arrange king salmon steaks on a preheated platter, spread olive/butter mixture over the top of each steak, and garnish with water cress and/or lemon slices. Serve immediately.

Poached Salmon with Cucumber-Dill Sauce

**Ingredients:**
- 4 *Salmon Fillets* (about 1 lb)
- 1 Cucumber
- 1/3 cup light Sour Cream
- 1 Tbsp low-fat Mayonnaise
- Salt, to taste
- 1/4 tsp dried Dill
- 1 tsp fresh Lemon Juice
- 1-2 cups Water
- 1-2 cups dry White Wine

**Directions:**
Cut cucumber in chunks and finely mince in a food processor. Add sour cream, mayonnaise, salt, dill and lemon juice; puree until smooth. In a saucepan or skillet that can hold salmon in a single layer, place enough water and wine in equal amounts to cover fillets (or use all water). Bring to a boil. Add salmon, reduce heat and simmer 5 minutes for 1/2" thick fillets. Test a fillet to make sure salmon is cooked through. Remove salmon from liquid and drain briefly on paper towels. Place poached salmon on dinner plates and spoon a ribbon of sauce over the salmon. Makes 4 servings.
Salmon Main Entrees

Salmon with Pears, Apples and Limes

**Ingredients:**
- 6 *Salmon Steaks*
- 2 Tbsp Butter
- 2 Limes
- fresh ground Pepper
- 1 Apple
- 1 Pear

**Directions:**
Prepare the fruit by thinly slicing the lime, including the ends. Halve and core the apple and pear and cut into thin slices, about 1/8”. In a large skillet, at a low heat, melt the butter and sprinkle with pepper. Add the lime slices, turning to coat them with butter. Add apple and pear and sauté until butter is absorbed by the fruit, about 5 minutes. Fruit should be tender, but not browned. Place salmon steaks on the grill. Remove the lime ends from the sautéed fruit and rub over salmon, simultaneously squeezing juice. Broil about 5 inches from the heat until brown, about 7 minutes. Turn and repeat on the other side. Carefully remove steaks. Serve immediately with sautéed fruit complimented with brown rice milanese and green beans with mushroom and sesame seeds. Serves 6.

Teriyaki Salmon

**Ingredients:**
- 4 *Salmon Steaks* or 2 lbs *Salmon Fillets*, skinned
- 1.25 cups Soy Sauce
- 1/3 cup Sake, Mirin, or Sherry
- 6 Tbsp granulated Sugar
- 3 Garlic cloves, minced or pressed
- 1 Tbsp minced or grated Ginger Root
- 1/3 cup vegetable Oil

**Directions:**
Combine all the ingredients for the marinade in a small bowl and stir until the sugar dissolves. To prepare the salmon: quickly rinse the salmon under cold running water and pat dry with paper towels. Divide each steak into 2 pieces by cutting along either side of the central bone and then discarding the bone; alternatively, cut the fillet into 8 equal pieces. Place the salmon in a shallow glass or ceramic container and pour 1 cup of the marinade over the fish. Cover and refrigerate for 2 hours, turning the fish occasionally. Let come to room temperature before cooking. Prepare grill. Remove the salmon from the marinade, reserving the marinade. Place the fish on an oiled grill rack. Position the fish 5 to 6 inches from the heat source, turning once and brushing with the reserved marinade several times, until the flesh is just opaque, 3 to 5 minutes per side, depending on thickness. Serve the salmon at once with reserved teriyaki marinade as dipping sauce. Makes 4 servings.
Salmon Recipes

Salmon Main Entrees

Barbecue Salmon

Ingredients:
- 5 to 10 lb whole Salmon, cleaned
- 2 cups Mushrooms, chopped
- 1 cup Green Onions, chopped
- 2 Tbsp Parsley, minced
- Salt and Pepper, to taste
- 1/2 cup grated Parmesan Cheese
- Grated peel and juice of 1 lemon
- 1/2 cup (1 stick) butter or margarine, melted
- 5 each lemon and orange slices

Directions:
Prepare barbecue grill for cooking. Remove head from salmon, if desired. Place salmon on a double-thick piece of foil. Make sure foil is 3 or 4 inches larger than the salmon on all sides. Lightly sprinkle the salmon inside and out with salt and pepper to taste. Combine mushrooms, onion, parsley, cheese, lemon peel, and juice in a large bowl.

Stuff heavenly mixture into fish cavity. Then melt butter and pour over salmon. Top with lemon and orange slices. Cover with another double-thick piece of foil and seal completely. Place the wrapped salmon on the grill about 4 to 6 inches from coals. Turn after 30 minutes and cook 20 to 30 minutes longer. If cooking on smoke-type grill, open foil during last 10 minutes and close the grill cover so smoke flavor penetrates the salmon.

Serve barbecue salmon center-table on a stylish serving platter. Garnish with lemon and lime wedges. Makes several delicious helpings.

Glenda's Grilled Salmon

Ingredients:
- Salmon Steaks
- 1/3 cup Italian Dressing
- 1/3 cup Worschestire Sauce
- 2 to 4 Tbsp Tony Cachere's Creole Seasoning

Directions:
Cut salmon steaks into one person servings. Place in large ziplock bag with Italian dressing, worschestire, and 2 to 4 tablespoons of Tony's creole seasoning (depending how spicy you want it). Marinate for 15 minutes or hours. Place on pre-heated grill approximately 10 minutes on each side, depending on thickness of steaks. The fish becomes flaky, making it difficult to flip large steaks, but in one person sizes, it won't fall apart on you. Great with chicken too. Difficulty Level: Easy, Serving Size: 6, Prep Time: 15 minutes, Cooking Time: 15 minutes.
Salmon Main Entrees

Salmon Pie

**Ingredients:**
- 2 cans Pink Salmon
- 1 Onion, cut up in small pieces
- Salt and Pepper
- 5 Potatoes cooked and mashed seasoned with butter
dash of Garlic Powder
- 2 frozen Pie Crusts
- Milk

**Directions:**
Drain salmon and check for any bones that might be in salmon. Brown onions and stir in drained salmon.
Boil potatoes, then mash and season with butter, salt, pepper, and garlic powder. Add salmon and onions mixture in with potatoes. Put in pie crust and put top crust on rubbing milk on top of crust. Bake at 350 degrees for 45 minutes.

Fresh Salmon smothered in Alfredo Lemon Sauce

**Ingredients:**
- 1 lb fresh boneless [Alaska Salmon](#) fillet, cut into bite-size pieces
- 1 Medium Tomato, diced
- 1 cup sliced Mushrooms
- 1 medium Yellow Onion, slivered
- 2 Green Onions, finely chopped
- Garlic (got garlic?), minced
- 2 Tbsp Lemon Juice (1 jar 16 oz.)
- Five Brother Creamy Alfredo Sauce
- Olive Oil
- Salt & Pepper, to taste

**Directions:**
Coat the bottom of a fairly hot large frying pan with olive oil. Right about here throw in the yellow onion and the garlic. Stir for no longer than about 1 minute, or so. Now it's time to toss in the pieces of fresh salmon. Mix everything up and stir for about 1 minute, or so. Plop in the parsley and it's all in the wrist. Mix in well. Now, pour in the alfredo sauce. Add in the mushrooms, green onions, tomato, lemon juice and salt & pepper.

Bring this beautiful bountiful batch up to a simmer and let it cook down for about 7 minutes, or so.

Garnish with perhaps tomato wedges and parsley

Serve over your favorite bed of white rice.
Salmon Recipes

Salmon Main Entrees

Blackened Coho Salmon

Ingredients:
- 1 Coho(Silver) Salmon fillet
- Butter
- Blackening Seasoning Mix

Directions:
Skin the wild salmon if not already done, and cut the fillet into 3” wide pieces. Melt the butter and spread onto the salmon with a brush. Sprinkle the blackening seasoning on both sides of the salmon. If you want it very spicy put enough on so you can't see the flesh anymore.

Preheat the skillet (cooking should be done outdoors on a grill unless you have very good ventilation) on high until it is white hot. Place the salmon in the skillet and cook on one side until the spices turn black. Gently flip the salmon over and repeat on the other side. Check to see if it is done by breaking a piece open. It should be just slightly raw in the middle. It will finish cooking by the time it is served. Serves 3 to 4.

Salmon Loaf

Ingredients:
- 2 cans Salmon (15 oz each)
- dry Bread Crumbs, for pan
- 1 pkg (10 oz) frozen chopped Spinach, thawed
- 24 unsalted Saltines
- 4 Green Onions, chopped
- 1/2 cup Parsley sprigs
- 1/3 cup liquid no-cholesterol fat-free Egg Substitute
- 1/4 cup Evaporated Skimmed Milk
- Rind and Juice of 1 Lemon
- 1 1/2 tsp Dill Weed
- 1/4 tsp Pepper

Directions:
Preheat oven to 350F. Grease 9 x 5-inch loaf pan; coat with bread crumbs. Drain salmon; de-bone and discard dark skin. Place in large bowl. Press liquid from spinach. Combine spinach, saltines, green onion, parsley, egg substitute, evaporated skimmed milk, lemon rind and juice, dill weed and pepper in food processor. Whirl until vegetables are finely chopped. Add to salmon; mix well with clean hands to blend. Spoon mixture into the prepared pan. Bake in preheated 350F oven for 50 minutes until lightly browned. Cool in pan 10 minutes. Invert the salmon loaf onto a serving platter. Serving Size: 8.
Salmon Main Entrees

Broiled Salmon with Lime and Cilantro

**Ingredients:**
- 4 big King Salmon Steaks
- 1/2 cup Cilantro Leaves, finely chopped
- 1 Tbsp Olive Oil
- 1 Garlic clove, large, fine chopped
- 1/2 tsp Salt
- 2 Tbsp Lime Juice

**Directions:**
Combine cilantro, garlic, lime juice, oil and salt in bowl. Reserve 2 tablespoons. Pour remainder over fish in bowl. Let stand, covered, 10 minutes. Spray broiler rack with nonstick cooking spray. Place salmon on rack. Brush with 1 tablespoon of marinade. Then broil 6 inches from heat for 3 to 4 minutes. Turn steaks over. Brush with remaining tablespoon marinade. Broil 3 more minutes or until cooked through. Serve broiled salmon with thin lemon wedges.

Salmon Steaks with Cucumber Dill Sauce

**Ingredients:**
- 2 Salmon Steaks
- 1/4 cup dry White Wine
- 1 Bay Leaf
- 2 Tbsp fresh Dill
- 1 stalk Celery, cut up

**Cucumber Dill Sauce:**
- 1/4 cup plain low-fat Yogurt
- 1/4 cup lite Mayonnaise
- 1 small seeded grated Cucumber
- 1 small Onion, peeled & grated
- 1/8 tsp dry Mustard
- 1/4 cup freshly chopped Dill
- Salt & Pepper, to taste

**Directions:**
Place steaks in microwave dish w/ thick end to outside. Add remaining ingredients on top of steaks. Cover and microwave on high for 4-6 minutes.

**Cucumber Dill Sauce Directions:**
Combine all ingredients in a food processor. Process until blended. Pour into bowl and refrigerate 1-2 hours before serving. Pour small amount of dill sauce across salmon steaks and sprinkle with small amount of fresh dill. Serve remaining sauce in serving dish.
Salmon Main Entrees

Baked Salmon

**Ingredients:**
1 whole Alaska Salmon, about 6 lbs, cleaned
freshly ground Pepper
1 medium Onion, thinly sliced
1 Lemon, thinly sliced
4 to 5 sprigs Parsley
1 tsp dried Thyme, or 5 sprigs fresh thyme
1 Tbsp Olive Oil

**Directions:**
Preheat oven to 400 degrees. Rinse the salmon inside out and pat it dry. Sprinkle the inside with salt and pepper, and stuff it with half of the onion, half of the lemon, and all of the parsley. Tear off a sheet of aluminum foil large enough to wrap the salmon. Place the salmon on the foil and sprinkle with salt, pepper, and thyme. Rub with olive oil. Scatter the remaining onion and lemon slices on top and seal foil tightly. Place on a cookie sheet and bake 40 to 45 minutes. Cool in the foil on a rack. Remove onion and lemon, and skin if desired. Serve baked salmon at room temperature. Serves 6 to 8 people.

Salmon Fillets Buried in Potatoes

**Ingredients:**
4 skinless Salmon Fillets
Kosher Salt and Pepper
2 lbs Russet Potatoes
12 Tbsp Butter
1 Tbsp Lemon Juice
1/2 cup Shallots
6 large Scallions, sliced
1/2 cup dry White Wine
1/2 cup White wine vinegar

**Directions:**
Heavily butter 4 pieces of 9 by 12 inch aluminum foil. Then sprinkle with salt and pepper. Preheat oven to 450 degrees. Shred potatoes and mix with lemon juice and scallions. Make a bed using half the potatoes on each piece of aluminum foil. Place a salmon fillet on the potato bed, sprinkle with salt and pepper and cover with remaining potatoes. Press down on the potatoes, then enclose tightly in foil. Place in oven for fifteen minutes. Meanwhile, combine shallots, wine, and vinegar in saucepan. Place over medium heat and cook until most of the liquid is evaporated. Remove from heat and beat in remaining butter. Add salt and white pepper to taste and set aside in a warm place. When it's time to put dinner on the table, heat the broiler. Unwrap the salmon, and place close to the heat. Brown well, about 2 minutes per side. Arrange the salmon on a platter and serve the sauce separately. Serves 4.
Salmon Main Entrees

Tex-Mex Salmon

Ingredients:
- 4 6-oz. Salmon Steaks
- 2 fresh Jalapeno Chilies, seeded, and finely chopped
- 2 Tbsp Capers, drained
- 1/3 cup thinly sliced pimento-stuffed Green Olives
- 3 Tbsp finely chopped fresh Cilantro
- 2 Tbsp Olive Oil
- 1 large Onion, chopped
- 2 cloves Garlic, minced
- 4 tsp Sugar
- 1 tsp Salt
- 1/4 tsp ground Cinnamon
- 1/4 tsp ground Cloves
- 4 cups Tomato Puree
- 1 1/2 tsp Lemon Juice
- 1 1/2 tsp Water
- 1 Tbsp Cornstarch

Directions:
Heat the oil in a wide frying pan over medium heat. Add the onion and garlic and cook, stirring often, until the onion is soft. Stir in the sugar, salt, cinnamon, cloves, and puree. Cook over high heat until a thick sauce forms. Blend the lemon juice, water and cornstarch together, and stir into the tomato mixture. Cook until the mixture boils. Nestle the salmon steaks into the sauce, cover and cook over medium-high heat for about 4 minutes. Then turn the salmon steaks, cover and cook another 4-5 minutes, or until the salmon begins to flake at the touch of a fork. Add the chilies and capers, and cook another 2-3 minutes. To serve, place the steaks on individual plates, and surround and top the fish with the sauce. Makes 4 servings.

Salmon Scampi with Wine

Ingredients:
- 1 1/2 lb Salmon Fillets
- 2 Tbsp Bacon Drippings
- 6 Tbsp Butter or Margarine
- 1 clove Garlic, crushed and minced
- 1/2 tsp Oregano Leaves
- 1/2 tsp Thyme Leaves
- 1 tsp whole Tarragon
- 2 Tbsp Lemon Juice
- 1/2 cup dry White Wine

Directions:
Trim fillets to 1 1/2" pieces with uniform thickness. In frying pan, slowly cook 1-2 strips of bacon, or enough to yield 2 tablespoons drippings. Remove bacon and use for another dish. Sauté the salmon in the bacon drippings over medium heat, turning gently. Remove to a baking dish and keep warm. Deglaze pan with a little of the wine and scrape the residue from the pan over the fish. Meanwhile, in a small saucepan, melt the butter and add the garlic and spices. Cook, stirring over medium low heat, for 2-3 minutes to extract the flavors. Remove from heat and add the wine and lemon juice. Pour this sauce over the fish. Bake at 400 F for 10 minutes. Serve over rice, spooning pan juices over all. Garnish with lemon wedges and finely chopped parsley.
Salmon Main Entrees

Salmon Steaks Almondine

**Ingredients:**
- 4 Salmon Steaks

**Court Bouillon Ingredients:**
- 6 1/2 cups Water
- 1 large Carrot, cut in 1" pieces
- 1 1/2 cups White Wine
- 1 medium Onion, sliced or chopped
- 2 to 3 thin Lemon slices
- 1 Tbsp Parsley, snipped
- 1/8 tsp Peppercorns
- 1 Bay Leaf

**Almondine Butter Ingredients:**
- 1 Tbsp Butter
- 1/4 cup Almonds, sliced
- 5 Tbsp Butter
- 1 Tbsp fresh Lemon Juice
- 1 dash Cayenne

**Directions:**
Combine the ingredients in a sauce pan and bring to a boil. Reduce the heat and simmer until the liquid is reduced by about 1/3. Strain the liquid through cheese cloth. Use 1-2 cups for steaming the salmon steaks, about 9-10 minutes. The rest of the court bouillon may be saved by freezing. In a small skillet, melt 1 tablespoon butter over medium heat. Add almonds. Cook and stir over medium heat until almonds are light brown, about 4 minutes. Add 5 tablespoons of butter, the lemon juice and a dash of cayenne pepper. Stir until the butter melts and then pour over the steamed salmon steaks. Serve with a fresh fruit salad, au gratin potatoes, broccoli spears and fresh Italian bread. Serves 4.

Nanci’s Blackened Salmon

**Ingredients:**
- 2 fillets of Salmon sprinkled with:
  - Garlic Salt
  - fresh ground Pepper
  - Onion Powder
  - Paprika (lots)
  - Cayenne Pepper (enough to suit your taste)

**Directions:**
Press the seasoning into the fish. Put in very hot fry pan with olive oil and fry until crusted. Place blackened salmon in baking dish and bake about 10 minutes. If you use garlic salt you don't need additional salt.
Salmon Recipes

Salmon Main Entrees

Scandnavian Salmon Souffle

Ingredients:
- 1 slice Whole Wheat Bread
- 1/4 cup drained, flaked, canned Salmon
- 1 Egg, beaten
- 1/2 cup evaporated Skim Milk
- 1 Tbsp chopped Onion
- 1 Tbsp chopped Celery
- 1 Tbsp chopped Parsley
- 1 tsp Lemon Juice
- 1/4 tsp dried Dill Weed
- dash Pepper
- 1/4 tsp Worcestershire Sauce

Directions:
Preheat oven to 350F. Coat small souffle dish with non-stick spray. In bowl, break bread into small pieces. Mix in remaining ingredients. Pour mixture into prepared souffle dish. Bake 35 minutes or until knife inserted in center comes out clean. Serving Size 1.

Firecracker Grilled Salmon

Ingredients:
- 4 (4 to 6 oz. each) Alaska Salmon Steaks or Fillets
- 1/4 cup Peanut Oil
- 2 Tbsp Soy Sauce
- 2 Tbsp Balsamic Vinegar
- 2 Tbsp chopped Green Onions
- 1 1/2 tsp Brown Sugar
- 1 clove Garlic, minced
- 3/4 tsp grated Ginger
- 1/2 tsp Red Chili Flakes (or more to taste)
- 1/2 tsp Sesame Oil
- 1/8 Salt

Directions:
Place salmon steaks or fillets in a glass dish. Whisk together remaining ingredients and pour over salmon. Cover with plastic wrap and marinate in refrigerator 4-6 hours. Remove salmon from marinade and place on a well-oiled grill 5 inches from coals. Grill salmon for 10 minutes per inch of thickness, measured at the thickest part, or until salmon just flakes when tested with a fork. Turn halfway through cooking. Makes 4 delicious grilled salmon dishes.
Grilled King Salmon

**Ingredients:**
- 1 skinless, boneless fillet of King Salmon (1 1/4 lbs)
- 1 Tbsp Parsley, finely chopped
- 1 Tbsp Chives, finely chopped
- 1 Tbsp Tarragon, finely chopped
- 4 oven baked, sun-dried Tomatoes
- Olive Oil
- Salt, to taste

**Herb Butter Sauce:**
- 1 Tbsp Olive Oil
- 2 1/2 Tbsp Shallots, finely chopped
- 1 cup Tomatoes, seeded, peeled, cut into 1/4 inch cubes
- 2 sprigs fresh Tarragon
- 1/4 cup Heavy Cream
- 1 tsp dried Thyme
- 4 sprigs fresh Parsley
- 3/4 tsp Garlic, finely minced
- 1/2 cup rich Chicken Broth
- 16 Tbsp Butter
- 2 Tbsp White Wine
- Salt and Pepper

**Directions:**
Preheat an outdoor grill to high. Heat the 1 Tbsp olive oil in a heavy saucepan and add the shallots and half teaspoon of garlic. Cook over gentle heat without browning for 7 to 8 minutes. Add tomatoes and salt and pepper to taste. Tie sprigs of parsley and tarragon into a bundle and add. Add chicken broth and bring to a boil. Cook about 30 seconds, then remove from heat.

Line a saucepan with a sieve and pour tomato sauce into it. Drain, discard parsley and tarragon bundle, set aside tomato pulp. Bring liquid to a boil, and add cream. Cook over moderately high heat, stirring constantly, about 3 minutes. Add butter fairly rapidly, 2 to 3 Tbsp at a time, stirring constantly. Cook until butter is melted and sauce is smooth. Add the tomato pulp, remaining garlic, thyme and wine. Bring to simmer, then remove from heat.

Cut king salmon fillet cross-grain into four equal pieces. Brush lightly on both sides with olive oil, and sprinkle with salt and pepper. Brush grill with olive oil. Grill salmon about one minute. Turn salmon a quarter-turn, and cook another minute. Turn over, and repeat, extending cooking time to taste. Reheat sauce and add chopped parsley, chives and tarragon. Bring to a simmer, stirring.

Spoon portions of the sauce onto heated dinner plates. Place grilled salmon in center of the sauce, garnish with sun-dried tomatoes, and serve. Serves 4.
Salmon Main Entrees

Salmon Italianne

**Ingredients:**
- 2 lbs [Salmon Fillet](#)
- Mayonnaise
- Ketchup
- 4 strips Bacon, cut in 1" pieces
- 1/2 to 3/4 cup finely minced Onion

**Ingredients:**
Line baking pan with a sheet of tin foil. Cut salmon into about six pieces, each about 3" x 3". Cover the pieces with a thick layer of mayonnaise, about 1/3" thick. Cover the mayonnaise with a very thin layer of ketchup. Sprinkle minced onion over each serving and divide the bacon evenly over the fish. Bake at 400F for 40 to 45 minutes. Serves 6.

Grilled Salmon & Cheddar Sandwiches

**Ingredients:**
- 1 can Salmon
- 1 Tbsp Lemon Juice
- 1 Tbsp Onion, grated
- 1/4 cup Mayonnaise
- 4 slices medium Cheddar Cheese
- French Bread

**Ingredients:**
Mix the salmon with the onion, lemon juice, and mayonnaise. Spread the mixture on thick slices of French bread and top with a slice of cheddar cheese. Add a top slice of bread and butter both sides of the sandwich generously. Grill until brown, then turn and brown the other side, and the cheese is melted. Serve hot. Serves 4.
Salmon Main Entrees

Simple Salmon Fillets

Ingredients:
- 3/4 lb Salmon Fillet, portions
- Lemon
- 1 tsp fresh Dill, chopped
- 2 Tbsp Mayonnaise
- Salt
- White Pepper

Directions:
Preheat the oven to 400 degrees. Place the fillets skin side down in a baking dish. Squeeze the lemon over and lightly sprinkle with salt and some white pepper. Then spread the dill over the fillets and let set for fifteen minutes. Spread the mayonnaise evenly over the entire surface and cut ends of the fillets. Place on a high shelf in the oven (just under the broiler element). Bake for 10 to 15 minutes for each inch of thickness. Then turn on the broiler for a few minutes, just until you see some browning of the mayonnaise. Serve hot.

Champagne Poached Salmon

Ingredients:
- 4 Salmon steaks or fillets (6-8 oz. each), skin and bones removed
- 2 cups Champagne
- 1/4 cup fresh Lime Juice
- 4 slices Red Onion
- 1 Tbsp Capers, optional
- 4 sprigs fresh Tarragon
- 1/2 cup Honey Dijon Mustard
- 1-1/2 tsp fresh Tarragon, chopped
- Salt and Pepper, to taste

Directions:
Mix together mustard and chopped tarragon, hold aside. Season Alaska salmon steaks/fillets lightly with salt and pepper. Place in a pan just large enough to hold the salmon in 1 layer. Add the champagne, lime juice and just enough water to cover the fish. Remove the fish and bring the liquid to a boil. Return the salmon steaks/fillets to the pan. Top each with an onion slice, capers and tarragon sprig. Reduce heat to a simmer, cover pan with foil and poach at no more than a simmer fro 6-10 minutes (depending on the thickness of the salmon).

Remove salmon steaks/fillets from the liquid and place on 4 warm serving plates. Top each piece of fish with 1 oz. of the mustard mixture and serve. Makes 4 servings.
Salmon Main Entrees

Poached Salmon Steaks

Ingredients:
- 4 *Salmon Steaks*, 1-inch thick
- 1 1/2 cups White Wine
- 1 Lemon, sliced
- 1 tsp dried Dill
- 1/4 tsp Pepper
- 1/2 cup Water
- 1 Onion
- 4 sprigs of Parsley

Directions:
Combine all ingredients, except salmon steaks in a skillet. Bring to a boil, reduce heat, and simmer 10 minutes. Add salmon steaks. Cover and simmer 8 to 10 minutes or until fish is flaky. Serve poached salmon with your favorite vegetables and a big baked potato.

Lomi Lomi Salmon

Ingredients:
- 1 1/2 lb *Salmon Fillets*
- Sea Salt or Kosher Salt
- 3 large Tomatoes, diced
- 1 small Onion, diced (about the size of a ½-cup measuring cup)
- juice of two Limes
- 1/8 tsp Tabasco Sauce
- 1 tsp Sugar
- 1 tsp Pepper, coarse, freshly ground

Directions:
Remove skin from salmon. Lay salmon on bed of salt in glass dish and gently press down. Sprinkle more salt on top and rub it all over the salmon. Top with even more salt, cover with plastic wrap and place in the refrigerator for 24 hours to pull out the water. Table salt is not recommended for this process. The following day rinse the salmon thoroughly in cold water to wash away the salt. Taste to check for saltiness. If too salty, soak in cold water for an hour – or longer, if needed. Blot dry and cut into ¼-inch cubes.

Mix tomatoes and onions with salmon then add other ingredients. Chill until ready to serve, at least one hour. Serves 10-15 people.

Note: This recipe uses uncooked salmon that has been salt-cured. If you cannot purchase salted salmon, directions are included for salting your own. This is served as a salad. Most people cannot tell they are eating fish and think it is salsa. Very tasty.
Salmon Fillets with Soy-Honey and Wasabi Sauce

**Ingredients:**
- 4 (6-oz) pieces *Salmon Fillet*
- 1 Tbsp peeled fresh Ginger, finely grated
- 1/2 cup Mirin (Japanese Sweet Rice Wine)
- 1/4 cup Rice Vinegar, not seasoned
- 2 Tbsp Soy Sauce

**Soy-Honey Sauce:**
- 2 Tbsp Soy Sauce
- 1/4 cup Honey
- 1 Tbsp fresh Lime Juice

**Wasabi Sauce:**
- 2 tsp Wasabi Powder
- 1 Tbsp Water

**Directions:**
In a large bowl, stir together mirin, soy sauce, vinegar, and ginger in a shallow dish. Add salmon, skin side up, and marinate covered at room temperature 10 minutes, or so. Preheat broiler.

Broil salmon, skin side down, on an oiled rack of a broiler pan 5 to 7 inches from heat until salmon is just cooked through, about 6 minutes.

Serve with fresh rice and steaming asparagus. Drizzle salmon with both sauces. Garnish plate with lime.

Makes 4 servings. Note: Despite many Asian ingredients in this dish, the end result only slightly reflects their presence. Soy-honey and wasabi sauces can be made 2 hours ahead and kept covered at room temperature.

Soy-Honey Sauce: Boil soy sauce, honey, and lime juice in a small saucepan, stirring frequently, until thickened, about 4 minutes.

Wasabi Sauce: Combine wasabi powder and water in a small bowl stirring until well mixed.
Easy Salmon Casserole

Ingredients:

- 1 can Salmon (15oz)
- crushed crackers
- 1 can Peas
- 1 can Mushroom Soup
- 4 to 5 Butter slices

Directions:

Grease casserole dish. Break salmon up into pieces. Layer crackers, then 1/2 of salmon, peas, and soup on bottom of casserole dish. Repeat, then cover top with more crushed crackers. Place butter slices on top of crackers. Bake salmon casserole at 350F until hot and bubbly. Serve salmon casserole with your favorite fresh vegetables. This is an easy salmon recipe that's quick to prepare.
Salmon Salads

Salmon Salad With Oranges

Ingredients:
1 can Salmon (8 oz) drained
1 1/2 cup thinly sliced Celery
1/3 cup sliced Green Onions
2 Tbsp chopped Parsley
1/4 cup sliced Pimento Olives
2 Oranges
Lettuce Leaves

Dressing:
3 Tbsp Sour Cream
3 Tbsp Mayonnaise
1 tsp Dijon Mustard
1 tsp prepared Horseradish
1/2 tsp Garlic Salt
1/2 tsp Pepper
1 tsp grated Orange Peel

Directions:
Empty salmon into a bowl, discard skin and bones. Break salmon into bite size pieces. Add celery, onion, parsley and olives. Mix together lightly, chill at least 15 minutes. Just before serving, peel oranges and remove white membranes. Separate orange sections and set a few aside for garnish. Cut remaining sections in half and add to salmon. Lightly toss salad with dressing. Serves 2.

Salmon Macaroni Salad

Ingredients:
1 1/2 cups Salmon, canned or cooked
1 small bag Salad Macaroni, small seashell-style
1 medium stock Broccoli, chopped
1 small chopped Onion
1 clove Garlic, chopped
1 small jar Artichoke Hearts, chopped
1 small bag sliced Almonds
1 Tbsp Mustard
1 cup Sour Cream
1 cup Mayonnaise
1 tsp Celery Salt
1/2 tsp Horseradish
1 Tbsp Lemon Juice

Directions:
Boil macaroni. When it is almost done add chopped broccoli. Drain. Add rest of the ingredients and bland well. Garnish macaroni salad with parsley, paprika, and almonds.
Salmon Salads

Summer Salmon Salad

Ingredients:
- 1 lb Salmon, freshly steamed
- 2 stalks Celery, chopped
- 1 small Bermuda Onion, sliced
- 8 ripe Olives
- 1 Green Pepper, cut into rings
- crisp Lettuce Leaves
- 2 hard-boiled Eggs
- 1/4 tsp Salt
- 1/8 tsp Pepper
- 1/4 tsp Celery Seed
- 1/4 tsp Dill
- Mayonnaise

Directions:
Break fresh steamed salmon into large chunks. In a large bowl, blend salmon carefully with desired amount of mayonnaise. Set aside. Chop celery, slice onion and hard boiled eggs, and cut green peppers into rings.

In another bowl, blend celery with salt, pepper, celery seed, and enough mayonnaise to slightly coat celery. Mix seasoned celery with salmon, being careful not to break up fish.

Line a pre-chilled salad bowl with crisp lettuce leaves and carefully place the salmon salad mixture in center. Arrange alternate slices of egg, onion, and green pepper rings around border. Sprinkle lightly with dill and garnish the top with the ripe olives.

Sprinkle salmon salad with freshly grated parmesan cheese, and serve with chilled ice tea on the patio.
Salmon Soups & Chowders

Salmon Soup

**Ingredients:**
- 1 can Salmon (7 3/4 oz)
- 4 Tbsp Butter
- 1 cup chopped Onion
- 1/4 cup chopped Celery
- 1 cup diced Potatoes
- 1/4 tsp White Pepper
- 1 1/4 tsp Thyme
- 1/4 tsp Dill Weed
- 2 Tbsp Flour
- 8 oz can Stewed Tomatoes
- 3 cups Milk
- 2 Tbsp Parsley
- 1 cup grated Monterey Jack Cheese

**Directions:**
Melt 2 Tbsp butter, sauté celery and onions. Add potatoes and enough water to cover. Simmer until potatoes are tender. Melt remaining 2 Tbsp butter; blend in 2 Tbsp flour to make a roux. Add roux and evaporated milk to potatoes. Heat until thickened over medium heat stirring constantly. Add seasonings, salmon and tomatoes. Heat until steamy. Do not boil. Add cheese just before serving.

Salmon Chowder

**Ingredients:**
- 1 1/2 to 2 cups cooked Salmon (2 small cans or 1 large can)
- 3 tablespoons butter
- 1 large onion, diced
- 11/2 cup celery, diced
- 4 medium or 3 large potatoes, diced
- 2 rounded tablespoons cornstarch
- 1 can, 12 oz. evaporated milk

**Directions:**
Sauté celery and onion in butter until brown. Add potatoes and enough water to cover. Simmer 20 minutes or until potatoes are done. Stir cornstarch into about 1 cup water and add to mix. Increase heat to thicken. Add milk and salmon and serve when hot. Serves 4.
Salmon Dips

Salmon Vegetable Dip

Ingredients:
2 cups Salmon, canned or leftover cooked
1 package Cream Cheese (8oz), softened
1 lb Sour Cream
1 package Knorr Vegetable Soup Mix
3 Green Onions, chopped

Directions:
Flake salmon and combine with remaining ingredients. Refrigerate several hours before serving. Serve with raw vegetables, crackers, chips, and bread.

Sockeye Salmon Dip

Ingredients:
1 can (6-8oz) Sockeye Salmon
1 1/2 Tbsp Onion, chopped
6 oz Cream Cheese
juice from 1/2 Lime

Directions:
Mix all ingredients thoroughly, then let set in refrigerator 3 hours before serving. Serve with crackers or fresh raw vegetables. A simple yet delicious salmon dip for parties and special occasions.
Salmon Marinade Sauces

Wallace Whiskey Sauce

**Ingredients:**
- 6 Egg Yolks
- 4 oz Fish Stock
- 2 Tbsp Wallace Whisky
- 3 oz Crème Fraîche or Double Cream
- 1/2 lb cold Butter, cut into cubes
- pinch of Cayenne Pepper
- Salt

**Directions:**
In a heavy saucepan, whisk the egg yolks with the crème fraîche, butter, whisky and fish stock over a low heat until the sauce is thick enough to coat the back of a spoon—about 5 minutes. (Note: the sauce will curdle if it gets too hot.) Take it from the heat and season with salt and cayenne pepper. The sauce can be kept in a tepid bain marie for up to 15 minutes. Serve with grilled salmon in ramekins or pour small amount across fillet.

**Wallace Malt Liquer:**
Named after William Wallace (Braveheart), this liqueur is a splendid mixture of malt whisky, Scottish berries and French herbs. It is available online at www.whiskyshop.com.

Sauterne Salmon Marinade

**Ingredients:**
- 1/3 cup Sauterne Wine
- 1/3 cup cooking oil
- 2 Tbsp Lime or Lemon Juice
- 1 small Bay Leaf
- 1 tsp Paprika
- 1 Tbsp crushed Juniper Berries, if desired

**Directions:**
Combine ingredients in a jar or container. Cover container and shake vigorously. Store in refrigerator until ready to use. Marinade salmon for a couple of hours before barbecuing. Use marinade to baste salmon while cooking. Makes about 3/4 cups of salmon marinade. Can be used as a baste to keep salmon moist during grilling.
Salmon Cakes, Croquettes, & Patties

Salmon Cakes

Ingredients:
- 2 cans Salmon
- 1/2 cup Cracker Crumbs
- 2 Eggs, beaten
- 1/2 tsp Salt
- 1/8 tsp Paprika
- Butter
- fresh Fennel, chopped

Directions:
Drain and flake salmon into a medium-sized bowl. Stir in cracker crumbs, eggs, salt and paprika. Form mixture into round cakes. Melt in butter in a skillet. Fry cakes until golden brown on each side. Serve salmon cakes with mushroom or celery soup with chopped fresh fennel.

Leftover Salmon Patties

Ingredients:
- Leftover Baked Salmon
- Leftover Mashed Potatoes
- 1 to 2 Eggs
- Flour
- Butter
- Salt and Pepper, to taste

Directions:
Flake leftover salmon into a large bowl. Add potatoes, salt, and pepper. You can also add other seasonings at this time to your liking. Beat the egg(s) lightly in a separate bowl, then stir into the fish-potato mixture. The mix should not be too moist. Form into balls, roll in flour, then flatten into patties. In a skillet, saute salmon patties in melted butter over medium to hot heat. Turn cakes to brown on both sides.
Salmon Cakes, Croquettes, & Patties

Canned Salmon Croquettes

**Ingredients:**
- 1 15oz Canned Salmon
- 1 Egg
- 1/4 cup Flour
- 1/4 cup Potato Flakes
- 1 small Onion, grated
- Black Pepper
- 1 tsp Baking Powder
- Oil for frying
- Dill and Lemon Wedges

**Directions:**
Drain canned salmon, reserving 1/4 cup liquid. Remove skin and bones. Place salmon in mixing bowl, breaking up into smaller pieces. Add egg, mixing thoroughly. Stir in flour. Blend in potato flakes, onion and black pepper. Combine baking powder and reserved 1/4 cup liquid. Stir into salmon mixture until well combined. Form mixture into 24 croquettes. Drop into deep hot oil (375°F) and fry with out crowding for 3-5 minutes or until golden brown on all sides. Drain on pepper toweling. Garnish salmon croquettes with dill and lemon wedges.

*If mixture is not easy to shape, cover and chill for 30 to 40 minutes.*

Salmon Patty Extraordinaire

**Ingredients:**
- 1 lb Alaska Salmon, fillets or steaks
- 1 Egg
- 1/2 cup Milk
- 1/2 tsp Salt
- 2 Tbsp Pickle Relish
- 1 cup dry Bread Crumbs
- 2 oz Butter
- pinch of Sage

**Directions:**
Steam salmon for 15 minutes until fish flakes easily with fork. Flake fish with fork removing all bones and skin, then set aside. In large bowl, mix eggs, milk, salt, relish, sage, and 3/4 cup bread crumbs. Blend well. Add flaked salmon and blend gently so as to keep larger pieces of flaked salmon intact. Shape mixture into salmon patties and roll in left-over bread crumbs. You should get about 8 patties. Fry patties in butter for about 3 minutes per side until golden brown. Serve with your favorite sauce.
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