

A close-up photograph of a whole Atlantic salmon on a metal tray. The fish is fresh, with its scales glistening. In the foreground, there are several thick slices of salmon, some showing the skin. The background is slightly blurred, showing lemons and green herbs in a blue bowl. A blue banner is at the top right, and a white text box is at the bottom center.

FOOD
SERVICE
GUIDE

Atlantic Salmon

ATLANTIC CANADA'S FINEST

Naturally Delicious Always Fresh

With its melt-in-your-mouth texture and delicate flavor, Atlantic salmon is one of the world's most popular foods.

It's delicious, nutritious and by far the top-selling type of salmon enjoyed around the world.

Grown in the cold, clean waters of Canada's North Atlantic Ocean, this fish is known for its unparalleled quality and freshness.

Farmers from small, coastal communities across Atlantic Canada grow salmon in the best place possible – their natural, native ocean. Salmon farmers have worked alongside traditional fishermen in Atlantic Canada's pristine waters for nearly forty years.

Nutritional Analysis

per 100 g portion

| | Amount |
|--------------------|---------|
| Energy | 220 cal |
| Protein | 21 g |
| Lipids | 15 g |
| Omega-3 | 2 g |
| Omega-6 | 2 g |
| Cholesterol | 55 mg |

“The American, Canadian and International Heart and Stroke Foundations all recommend eating fish, especially fatty fish like Atlantic salmon, at least twice a week.”

© Mike Hall

Naturally Healthy

Whether grilled, baked, poached or smoked, Atlantic salmon is one of the most nutritious foods you can eat. Eating farmed salmon can help prevent heart disease, lower cholesterol and blood pressure, boost your brain function and reduce the risk of cancer, stroke, depression, Alzheimer's disease, arthritis, Crohn's disease and asthma.

- Great source of heart-healthy omega-3 polyunsaturated fatty acids
- Low in saturated fat
- No trans fats
- Low in calories
- High in lean protein
- One of the best natural sources of vitamin D

Atlantic salmon is lower in calories and saturated fat than beef or chicken, which makes it an excellent choice for those who want to eat healthy.

Saturated Fat Content

per 100 g portion

| | |
|--|-------|
| Atlantic Salmon - raw | 2.2 g |
| Ground Beef - 15% fat, raw | 5.9 g |
| Chicken - whole fryer with skin | 4.3 g |
| Pork - blade roast, raw | 5.5 g |

Photo Courtesy of: Province of New Brunswick

Farmed Atlantic salmon is:

- ➔ Delectable and versatile
- ➔ Available year round
- ➔ Affordable
- ➔ Always fresh
- ➔ Easy to prepare
- ➔ One of the healthiest foods you can eat
- ➔ Sustainably grown by local farmers

Atlantic salmon is also a source of:

- ➔ Vitamin A
- ➔ Vitamin B (including thiamine, riboflavin, niacin, B6 and B12)
- ➔ Zinc
- ➔ Potassium
- ➔ Antioxidants
- ➔ Iodine
- ➔ Iron
- ➔ Phosphorus



Photo Courtesy of: Province of New Brunswick



Grown with Care, Naturally

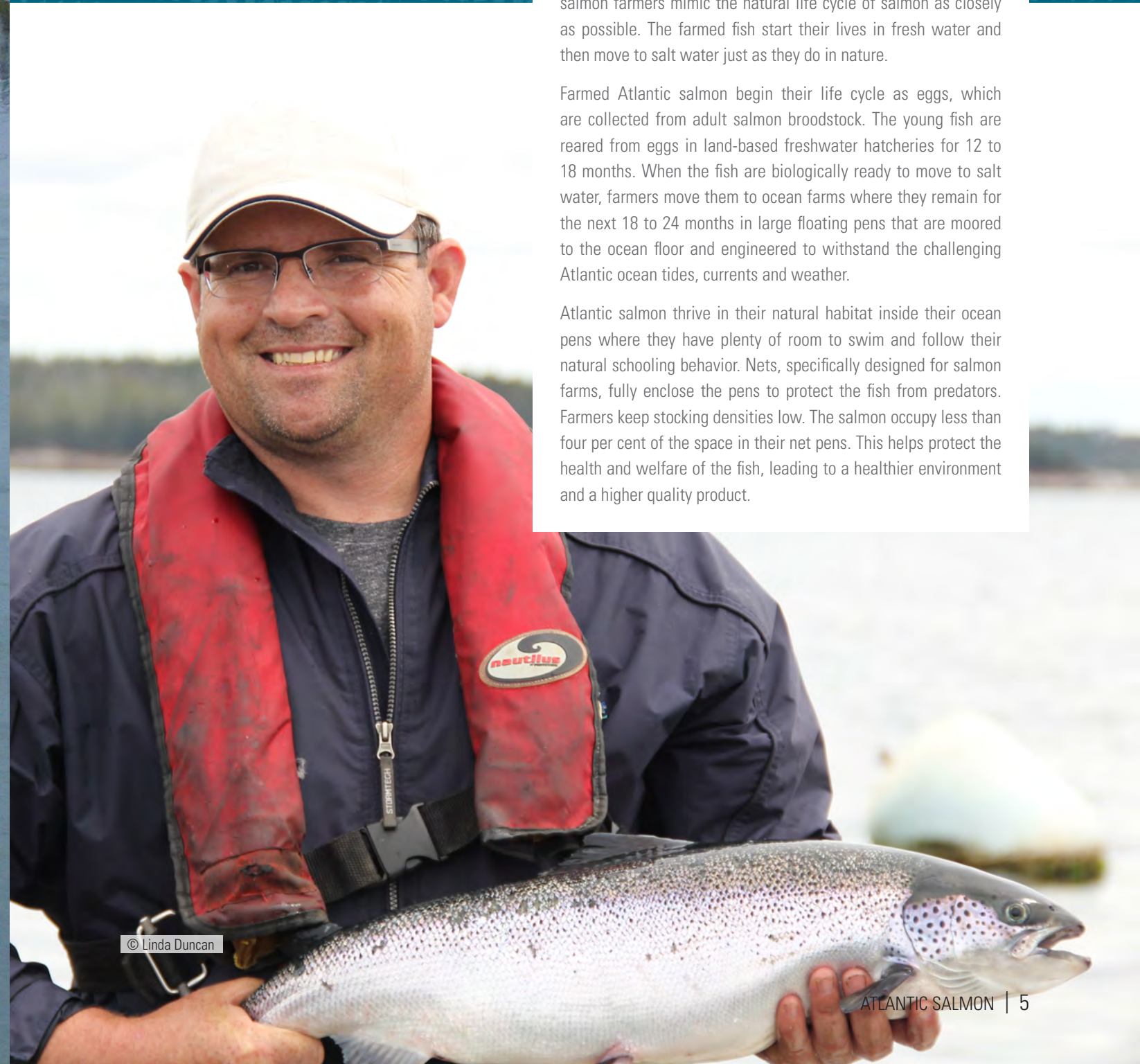
No commercial fishery exists in the world today for wild Atlantic salmon. Thanks to modern salmon farming, though, consumers do not have to go without this delicious, lean protein.

Farmed Atlantic salmon is available year-round.

Salmon grown in Atlantic Canada originate from the real, native fish that have been swimming in waters off the eastern coast of Canada for hundreds of thousands of years. Atlantic Canadian salmon farmers mimic the natural life cycle of salmon as closely as possible. The farmed fish start their lives in fresh water and then move to salt water just as they do in nature.

Farmed Atlantic salmon begin their life cycle as eggs, which are collected from adult salmon broodstock. The young fish are reared from eggs in land-based freshwater hatcheries for 12 to 18 months. When the fish are biologically ready to move to salt water, farmers move them to ocean farms where they remain for the next 18 to 24 months in large floating pens that are moored to the ocean floor and engineered to withstand the challenging Atlantic ocean tides, currents and weather.

Atlantic salmon thrive in their natural habitat inside their ocean pens where they have plenty of room to swim and follow their natural schooling behavior. Nets, specifically designed for salmon farms, fully enclose the pens to protect the fish from predators. Farmers keep stocking densities low. The salmon occupy less than four per cent of the space in their net pens. This helps protect the health and welfare of the fish, leading to a healthier environment and a higher quality product.



© Linda Duncan



Sustainable Farming Practices

Farmers know that pristine seawater is essential for the production of healthy, high-quality salmon. Each farm's location is carefully chosen in areas with the right temperature, water depth and swift currents. The tidal movement flushes out the pens naturally and eliminates waste buildup. Farmers follow strict codes of practice to ensure their fish are healthy, properly contained in their pens and waste is managed responsibly.

- Farms are fallowed regularly and the environment under and around their farms is monitored routinely.
- Salmon farmers use underwater cameras and sensors to monitor feed delivery to avoid overfeeding.
- Divers inspect the fish, the pen systems and the ocean floor on a weekly basis.

Farmed salmon eat nutrient-dense, dry pellets made from animal, plant and fish proteins. Carotenoids – the same natural ingredients found in carrots and egg yolks – are added to their diet to provide salmon with antioxidants, vitamin A and to give them their pink colour.

- No artificial dyes or growth hormones are ever used.
- Atlantic salmon are not genetically modified in any way.
- Antibiotic use on salmon farms is far lower than any other agricultural animal producing industry. Strictly regulated withdrawal periods – far longer than any other agriculture sector – follow the use of any medication.

THIRD PARTY CERTIFICATION

All Atlantic Canadian salmon farming companies are involved in third-party certification programs to ensure the highest quality salmon is produced. Atlantic salmon products can be traced back to the original farm and hatchery where the fish was raised, including records of what they ate and how the farmer cared for them.



Always Fresh

Atlantic salmon are often swimming in the cold, clear waters of the Atlantic Ocean right up until the moment a seafood vendor places an order. Farmers harvest, process and ship Atlantic salmon daily, ensuring a steady and fresh supply all year long.

State-of-the-art technology is used to process full-size salmon quickly, humanely and at the ideal temperatures to maintain the freshest quality. Farmed salmon are processed, packaged and shipped typically within 24 to 48 hours.

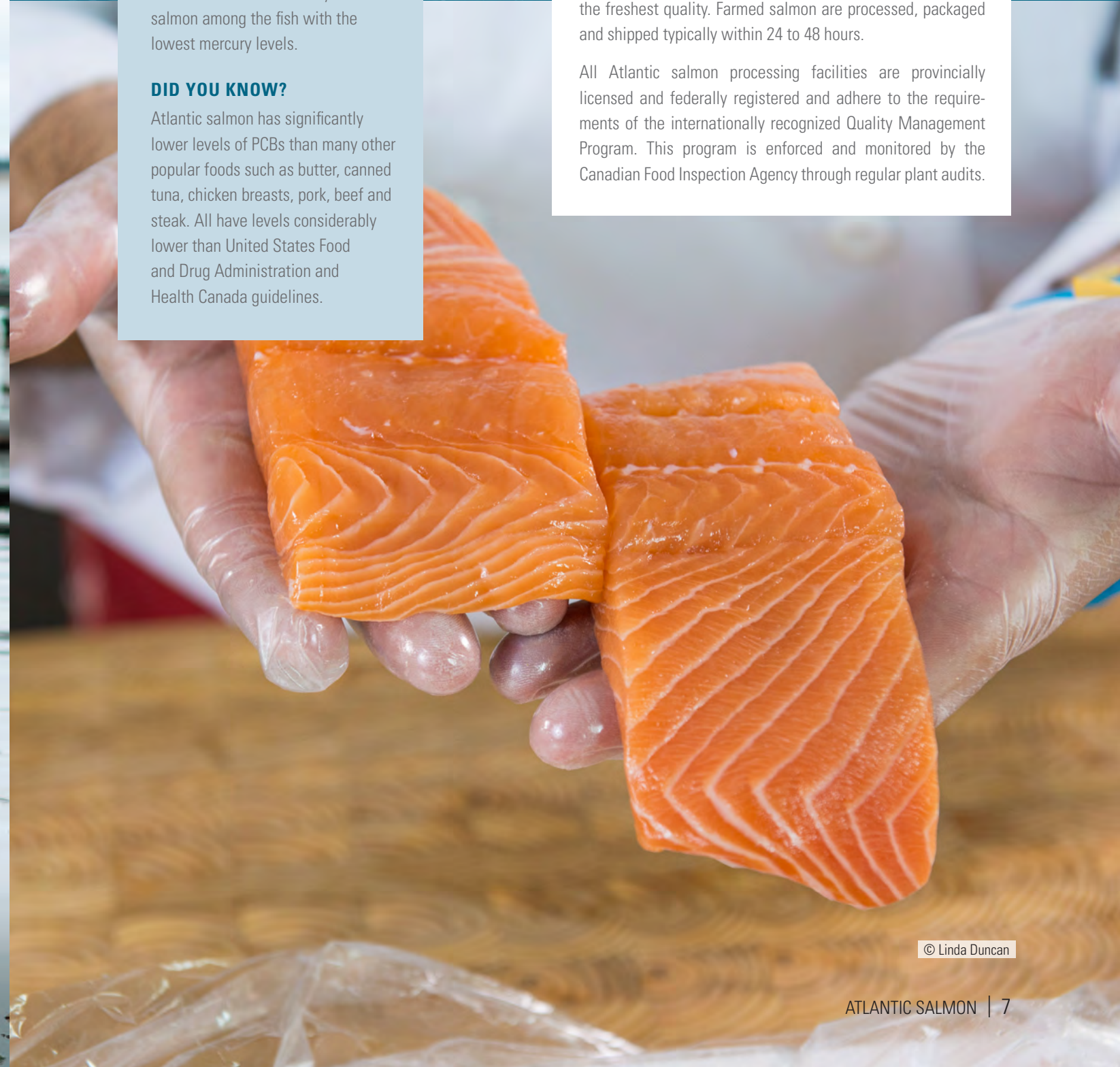
All Atlantic salmon processing facilities are provincially licensed and federally registered and adhere to the requirements of the internationally recognized Quality Management Program. This program is enforced and monitored by the Canadian Food Inspection Agency through regular plant audits.

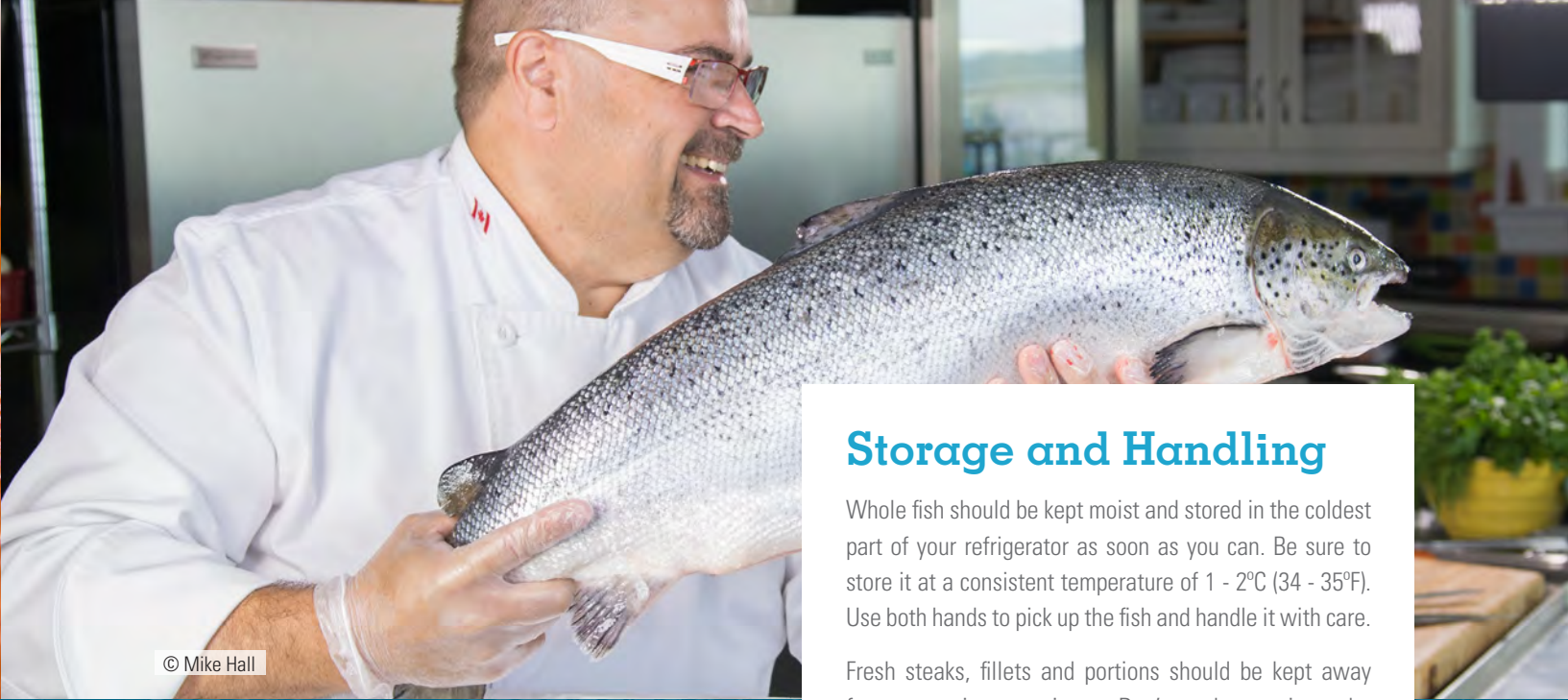
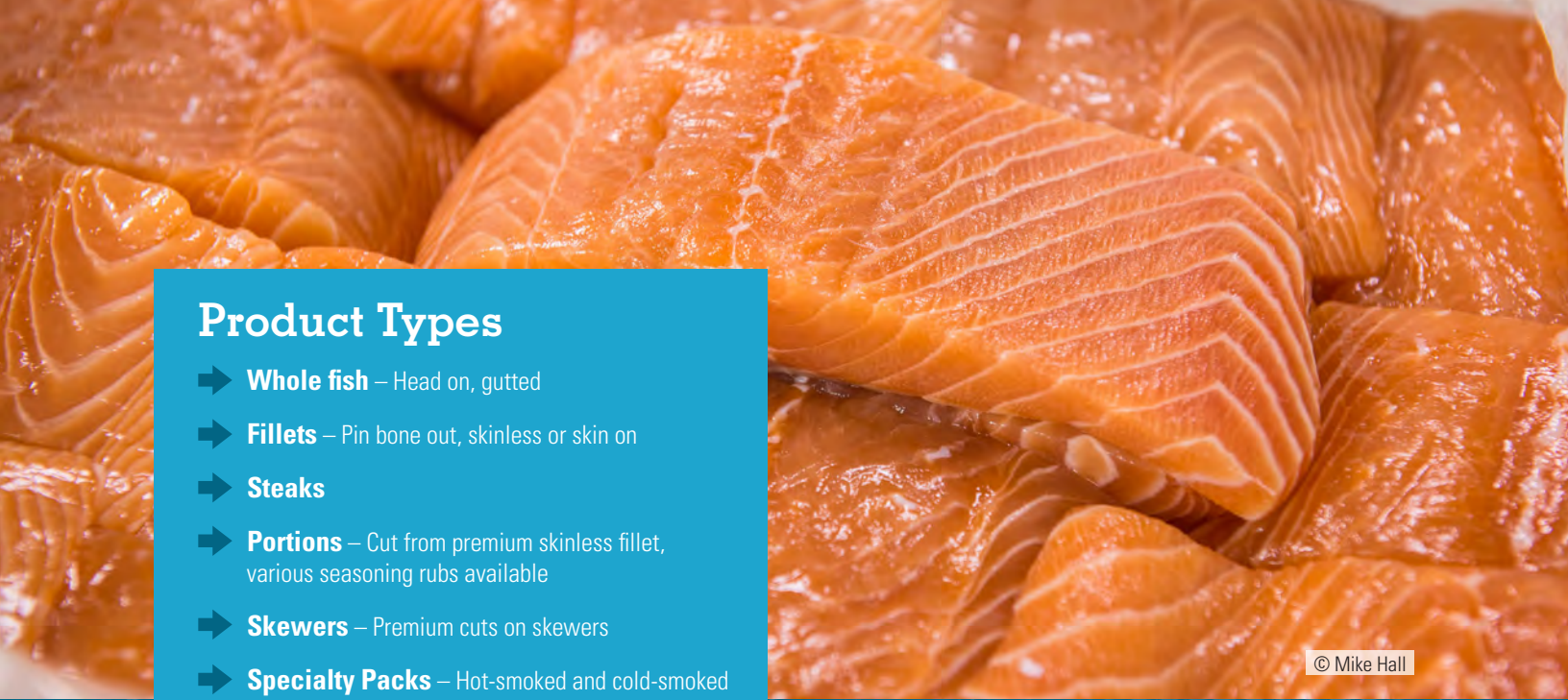
DID YOU KNOW?

Atlantic salmon does not have high levels of mercury. Tests conducted by the United States Food and Drug Administration consistently rate salmon among the fish with the lowest mercury levels.

DID YOU KNOW?

Atlantic salmon has significantly lower levels of PCBs than many other popular foods such as butter, canned tuna, chicken breasts, pork, beef and steak. All have levels considerably lower than United States Food and Drug Administration and Health Canada guidelines.





Product Types

- ➔ **Whole fish** – Head on, gutted
- ➔ **Fillets** – Pin bone out, skinless or skin on
- ➔ **Steaks**
- ➔ **Portions** – Cut from premium skinless fillet, various seasoning rubs available
- ➔ **Skewers** – Premium cuts on skewers
- ➔ **Specialty Packs** – Hot-smoked and cold-smoked salmon, Atlantic salmon burgers

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Storage and Handling

Whole fish should be kept moist and stored in the coldest part of your refrigerator as soon as you can. Be sure to store it at a consistent temperature of 1 - 2°C (34 - 35°F). Use both hands to pick up the fish and handle it with care.

Fresh steaks, fillets and portions should be kept away from water, ice or moisture. Don't wash or moisten the salmon.

If you want to store Atlantic salmon for longer than a week, you can freeze it by using a kryovac method for optimum freshness or by wrapping the fish tightly in plastic wrap, taking care to eliminate any air pockets.

Fresh salmon should be cooked within one to two days.

To thaw frozen salmon, unwrap the salmon and place in a dish or pan, then cover and leave overnight in the refrigerator.

Store leftovers, properly wrapped, in the refrigerator within two hours.

Product Sizes

| PRODUCTS OFFERED | PACK SIZES |
|------------------|---|
| Whole Fish | 4 – 6 lb 6 – 8 lb 8 – 10 lb 10 – 12 lb 12 – 14 lb 14 – 16 lb Pack sizes of 10 – 50 lb styro-box |
| Fillets | 1 – 2 lb 2 – 3 lb 3 – 4 lb Pack sizes of 10 – 30 lb styro-box |
| Portions | 4 – 10 oz range Pack size – 10 lb styro-box |
| Skewers | 5 oz skewers Pack Size – 10 lb styro-box |

Package sizes and products vary by processor and can be processed to your specifications.



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How to Fillet a Whole Atlantic Salmon

Use a 10 inch chef's knife to remove the head.

Place the salmon with the belly facing away from you and with the head facing to the right if you are right handed and to the left if you are left handed.

Firmly take hold of the fish by the belly flap and insert your knife at the head end. Hold your knife parallel to the spine.

Gently run the knife along the spine staying as close to the spine as possible.

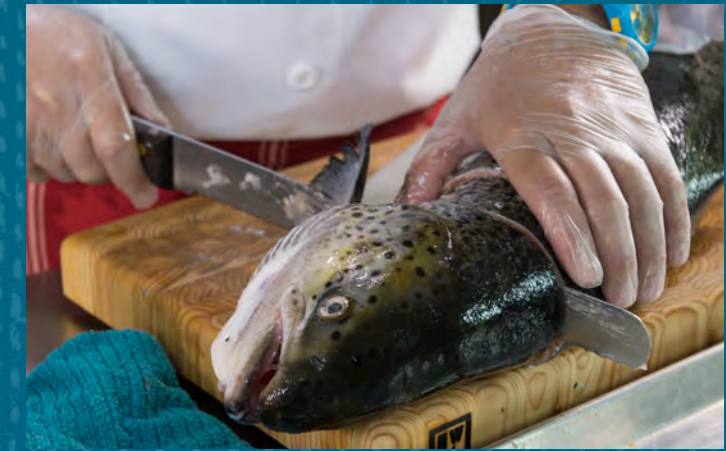
As you near the mid-section of the fish, remove your hand from the belly flap and place it half way down the length of the salmon staying behind the knife. Continue the cut until the fillet is free.

Flip the fish over, again with the head section facing to the right or left depending on your handedness. Repeat the process and remove the second fillet.

Place one fillet skin side down in front of you. Place your hand flat down on the rib bones. Place your knife parallel to the rib bone and begin cutting behind the bone in a gentle sweeping motion. Move your hand with the knife being very mindful of hand placement. Continue until the rib bone is free. Repeat with the other fillet.

Gently run your hand along the fillet, feeling for any pin bones. These are best removed with a pair of pliers.

Once the sides are clean, remove the collar and end. Leave as a whole side or cut into smaller portions.



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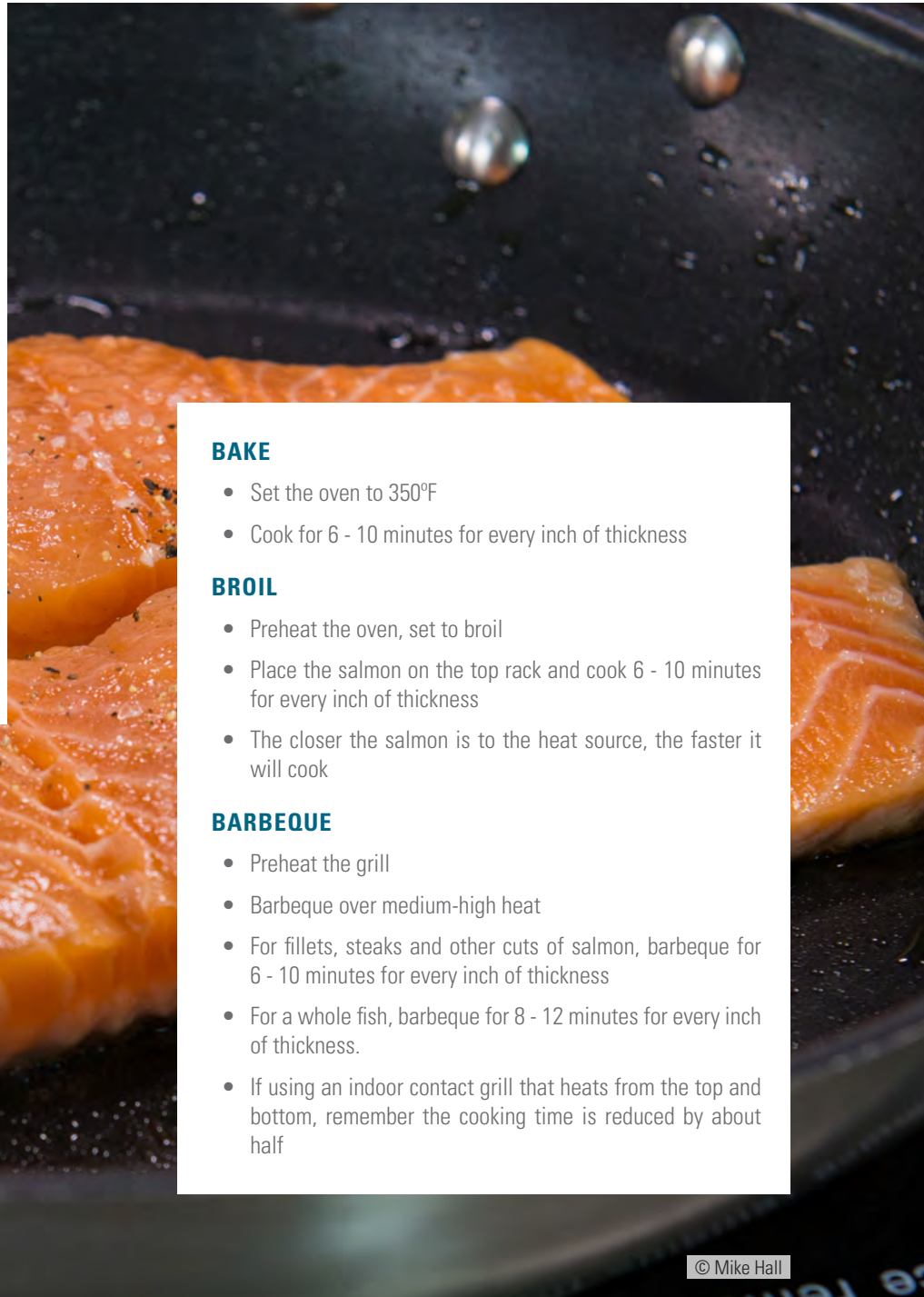
Cooking Atlantic Salmon

Atlantic salmon is delicious any way you cook it. It can stand up to bold spice rubs and vibrant seasonings while remaining the star of your menu when it's prepared simply.

Cooking time will depend on the method you use to cook the salmon, as well as the thickness of the fish. A general rule of thumb is to cook fish 6 - 10 minutes for each inch of thickness.

Salmon is cooked when the meat begins to turn opaque and its color changes from a translucent, dark, orangey-pink to a lighter pink. To test for doneness, prod the fish with a fork or knife at its thickest section - it should flake easily and be uniform in color all the way through. The internal temperature of cooked salmon should be 158°F for 15 seconds until the flesh is opaque and flaky.

Do not overcook salmon. Salmon will continue cooking even after it's taken away from the heat source, so be sure to factor that into cooking time.



BAKE

- Set the oven to 350°F
- Cook for 6 - 10 minutes for every inch of thickness

BROIL

- Preheat the oven, set to broil
- Place the salmon on the top rack and cook 6 - 10 minutes for every inch of thickness
- The closer the salmon is to the heat source, the faster it will cook

BARBEQUE

- Preheat the grill
- Barbeque over medium-high heat
- For fillets, steaks and other cuts of salmon, barbeque for 6 - 10 minutes for every inch of thickness
- For a whole fish, barbeque for 8 - 12 minutes for every inch of thickness.
- If using an indoor contact grill that heats from the top and bottom, remember the cooking time is reduced by about half

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PAN FRY

- Preheat the frying pan over medium high heat, and add butter, cooking spray, or your favorite cooking oil
- Cook the salmon for approximately 5 minutes on each side

POACH

- Add your poaching liquid to a deep roasting pan, or deep skillet
- Poaching liquid can be water, court bouillon (fresh water, bay leaves, lemon juice, peppercorns, sea salt, celery, parsley springs, carrots and onions) or other liquids like wine, orange juice, cider or broth
- Heat the liquid until boiling, then add the fish
- Cover the salmon and simmer for 8 - 10 minutes until fish is opaque



Photo Courtesy of: Cooke Aquaculture



“ According to a recent study, eating just 3 oz of farmed salmon a week reduced the risk of death from coronary heart disease by 36 per cent. ”

Photo Courtesy of: Province of New Brunswick

Food Safety

To avoid foodborne illness, cook Atlantic salmon to an internal temperature of 158°F for 15 seconds until the flesh is opaque and flaky.

Use a food thermometer to check the internal temperature in the thickest part to make sure that it is fully cooked without overcooking.

As with other types of seafood or meat, never let raw Atlantic salmon come in contact with already cooked or ready-to-eat foods like salads.

Marinades are great for salmon but should not be saved and used as a sauce unless the marinade has been cooked to a temperature of at least 165°F to eliminate microorganisms from the raw fish.



Photo Courtesy of: Province of New Brunswick

Chef's Tips

Atlantic salmon is fabulous featured in:

- ➔ Hot and cold dips accompanied by nachos or breads
- ➔ Salmon chowders and casseroles
- ➔ Salads with hot or cold smoked salmon accompanied by fruit based vinaigrettes
- ➔ Creamy salmon pastas

Getting the Most Out of Your Atlantic Salmon

You can use pretty much every part of an Atlantic salmon in your kitchen.

Fish head and bones may be used to produce a flavorful stock. Add the head and bones to a heavy bottomed stock pot and cover with six to eight litres (1 ½ to 2 gallons) of cold, fresh water. Add peppercorns, bay leaves, chopped celery, chopped onions, and chopped carrots for optimal flavor. Bring to a boil, reduce and simmer for an hour. Strain, discard solids and store refrigerated for up to five to seven days or freeze for up to six months.

Salmon ends and tips are excellent for bulking up casseroles and chowders to aid in lower food costs. The tips and ends are terrific for both hot and cold dips too.

FOR SPECIAL OCCASIONS

Planked Atlantic salmon offers larger plate coverage and a unique experience to share with guests. A whole salmon can be planked on a large cedar shingle and cooked in an outdoor pit or in a fireplace, or smaller fillets can be planked and cooked individually in the oven.

For large parties, salmon can be cooked whole, dressed, and laid out with an assortment of accompaniments such as breads, crackers, and toppings such as a dill remoulade.

EXCELLENT VALUE

Salmon is an ideal value added product for your menu, offering it as an add-on to steaks dinners or as an opportunity to increase the value of salads or pasta dishes.

From a commercial point of view, salmon steaks may be a better choice as it will provide more plate coverage; however, consumers prefer fillets.

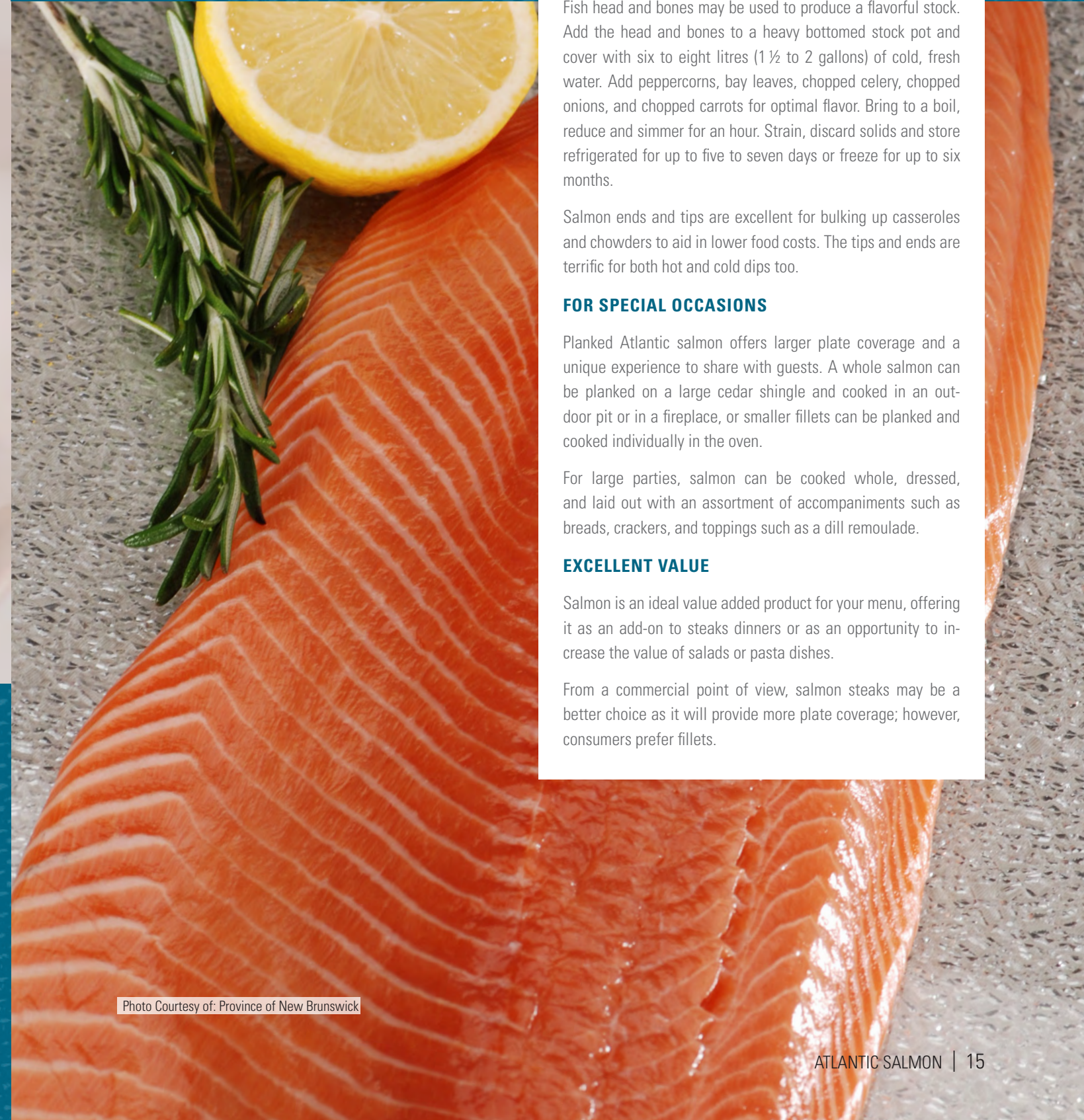


Photo Courtesy of: Province of New Brunswick

Recipes



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Grilled Atlantic Salmon Fillet Blueberry Balsamic Compote

BLUEBERRY BALSAMIC COMPOTE

- 2 tbsp (30 mL) butter
- ½ cup (125 mL) fresh blueberry
- ¼ cup (50 mL) sugar
- ¼ cup (50 mL) balsamic vinegar
- salt and pepper to taste

In a small sauce pan on med high heat melt butter, add blueberries, sugar and sauté for a few minutes, till blueberries are nice and shiny, add balsamic vinegar bring to a boil then reduce heat to simmer for 3 to 4 minutes and let rest til service.

GRILLED SALMON

- 2 salmon fillets, 8 oz (250 g)
- 2 oz (57 g) olive oil
- 2 pinch sea salt
- 6 turns ground pepper

In a cast iron pan on high heat place the oil til it starts to get hot then place the salmon in the pan and sear on both sides for 2 minutes, then move to a pre heated oven at 350°F (180°C) for 6 to 8 minutes, bring out and rest for a few minutes, place on plated and serve with your favorite sides and drizzle on the salmon with the blueberry balsamic compote.

(Source: *The Kilted Chef Alain Bossé*)

Salmon Baked on a Cedar Plank with Hoisin Glaze

INGREDIENTS FOR SALMON:

- 4 cedar planks, 10 inch
- hoisin glaze
- 4 salmon fillets, 6 oz skin on

MAKE THE GLAZE: (MAKES ABOUT ½ CUP)

- 4 tbsp hoisin sauce
- juice and zest of 1 lime
- 2 tsp honey
- 2 small garlic clove, minced or put through a press
- 2 tbsp minced fresh cilantro
- coarse salt

Stir the hoisin, lime juice, lime zest, honey, garlic, and cilantro together in a small bowl.

Sweet, spicy, and thick, hoisin sauce is often referred to as Chinese barbecue sauce or seafood sauce (though it's made with soybeans). Here I kick up the sweetness quotient by adding honey and thin the sauce with lime juice for a bit of tang.

METHOD:

- Soak the cedar plank in water for at least 2 hours and up to 12.
- Preheat the oven to 425°F.
- In a small bowl, stir together the ingredients to make the hoisin glaze. Lightly season the salmon with salt. Spoon the glaze over the salmon so it is fully coated.
- Heat the soaked cedar plank in the oven for 15 minutes to bring out the aroma of the wood.
- Place the salmon on the plank, skin side down.
- Bake for 10 to 15 minutes in the oven, until the fillet can be barely flaked with a fork.

(Source: *Chef Rick Moonen*)



Photo Courtesy of: True North Salmon

Pan Roasted Salmon with Olive Oil Mashed Potatoes and Salsa Verde

FOR OLIVE OIL MASHED POTATOES:

- 3 medium russet potatoes, peeled and cut into chunks
- ½ cup extra-virgin olive oil, plus more to taste
- coarse salt and fresh-ground black pepper
- 2 tbsp chopped fresh flat-leaf parsley

Place the potatoes in a medium saucepan with enough cold, salted water to cover by 1 inch. Bring to a boil over high heat, lower the heat and simmer for about 12 minutes, or until just tender but not mushy. Remove from the heat and drain well. Transfer the cooked potatoes to the bowl of an electric mixer fitted with the paddle attachment. Add the olive oil and season with salt and pepper to taste. Beat at medium speed until fairly smooth. Hold in a pan until ready to serve.

MAKE THE SALSA VERDE:

- 1 ½ cups lightly packed flat-leaf parsley leaves
- 3 tbsp drained capers
- 4 cloves fresh garlic
- 1 lemon zested and juiced
- 1 tsp anchovy paste (or 3 fillets)
- 1 tsp Dijon mustard
- 1 tsp salt
- fresh-ground black pepper
- 8 tbsp olive oil
- ½ cup ice cubes
- 3 tbsp ice water

Put the parsley, capers, garlic, ice cubes, lemon juice, anchovy paste, mustard, ¼ tsp salt and ½ tsp pepper in a blender. Pulse to chop. While the machine is running, add the olive oil in a thin stream to make a smooth, bright green, puree. Adjust the consistency with ice water. Season to taste with salt.

FOR THE SALMON:

- 4 salmon fillets, 6 oz skin on
- ground pepper and salt to taste
- ½ cup all purpose flour
- 2 tbsp olive oil
- 3 tbsp fresh sweet butter

METHOD:

Heat the oven to 400°F. Place a large stainless sauté pan over medium high heat on the stove. Season the salmon with salt and pepper and dredge the skin side of the fish in the flour. When the pan is hot, add the olive oil and place the seasoned fish, skin side down into the pan and cook for 45 seconds to sear the skin. Lower the heat to medium and add the butter. When the butter begins to brown (approx. 2 ½ minutes), using a large spoon, begin to baste the fish as it cooks. Place the pan into the preheated oven for 4 minutes. Remove the pan from the oven, baste the fish once again and then flip the fillet over so the skin side is now up. Remove from the hot pan and hold while you assemble the dish. Total cooking time for the fish is 8 minutes from start to finish.

Beat a little additional olive oil into the mashed potatoes to moisten and heat them up. Adjust the seasoning with salt and pepper and fold in the parsley.

Place a mound of the potatoes off center of the plate and lean the cooked salmon on the side of the mound. Zest some fresh lemon on top and drizzle the salsa verde over the top generously.

(Source: *Chef Rick Moonen*)

Almond and Spice-Crusted Grilled Salmon

INGREDIENTS

- ¼ cup slivered almonds
- 1 tbsp plus 2 tsp whole coriander seeds
- 1 tbsp cumin seeds
- 1 tbsp white sesame seeds
- ¼ tsp dried thyme
- 1 tsp coarse kosher salt, divided
- ½ tsp freshly ground black pepper
- 4 center-cut skin on salmon fillets (6 to 8 oz. each) rinsed and patted dry
- 1 egg white
- about 2 tsp olive oil

DIRECTIONS

In a skillet over medium-high heat, toast almonds, stirring constantly, until golden brown, about three minutes. Let cool, then chop finely and transfer to a bowl.

In the same skillet, toast coriander and cumin seeds until fragrant, about two minutes, stirring once or twice. Let cool, then grind coarsely in a spice grinder. Toast and grind sesame seeds the same way. Add ground spices and sesame seeds to almonds along with thyme, ¾ tsp. salt, and pepper. Mix to combine.

Season salmon with remaining salt. Brush skinless side of fillets with egg white, then coat with almond-spice mixture, pressing slightly so it adheres to fish.

Prepare a gas or charcoal grill for indirect heat. If using a gas grill, turn all burners to high and close lid. When the temperature inside the grill reaches 400°F, lift lid and turn off one of the burners, creating the indirect-heat area. If using a charcoal grill, light 50 to 60 briquets and let burn until just covered with ash, 20 to 30 minutes. Mound them to one side, leaving a cleared area for indirect cooking.

Fold two 12 by 18 inch pieces of heavy-duty aluminum foil in half widthwise to form rectangles. Using the tip of a small knife, make holes in rectangles about two in. apart and widen each hole to the size of a dime. Grease foil with olive oil; set over direct heat for two minutes.

Brush salmon skins with oil and set two fillets, skin side down, on each foil rectangle. Cover grill (if using charcoal, open vents on lid) and cook fish until skin is light brown and really sizzling, five to six minutes. Using tongs, slide foil to indirect heat, cover, and cook until all but top ¼ in. is cooked, three to eight minutes. Slide fish back over direct heat, cover, and cook until fish is cooked through (cut to test) and skin is browned and crisp, about three minutes.

Transfer foil with salmon to a rimless baking sheet and, sliding an offset cake spatula or other thin spatula between salmon skin and foil, very gently free fish from foil. Serve with a simple herbed couscous, if you like.

(Source: Northern Harvest Sea Farms)

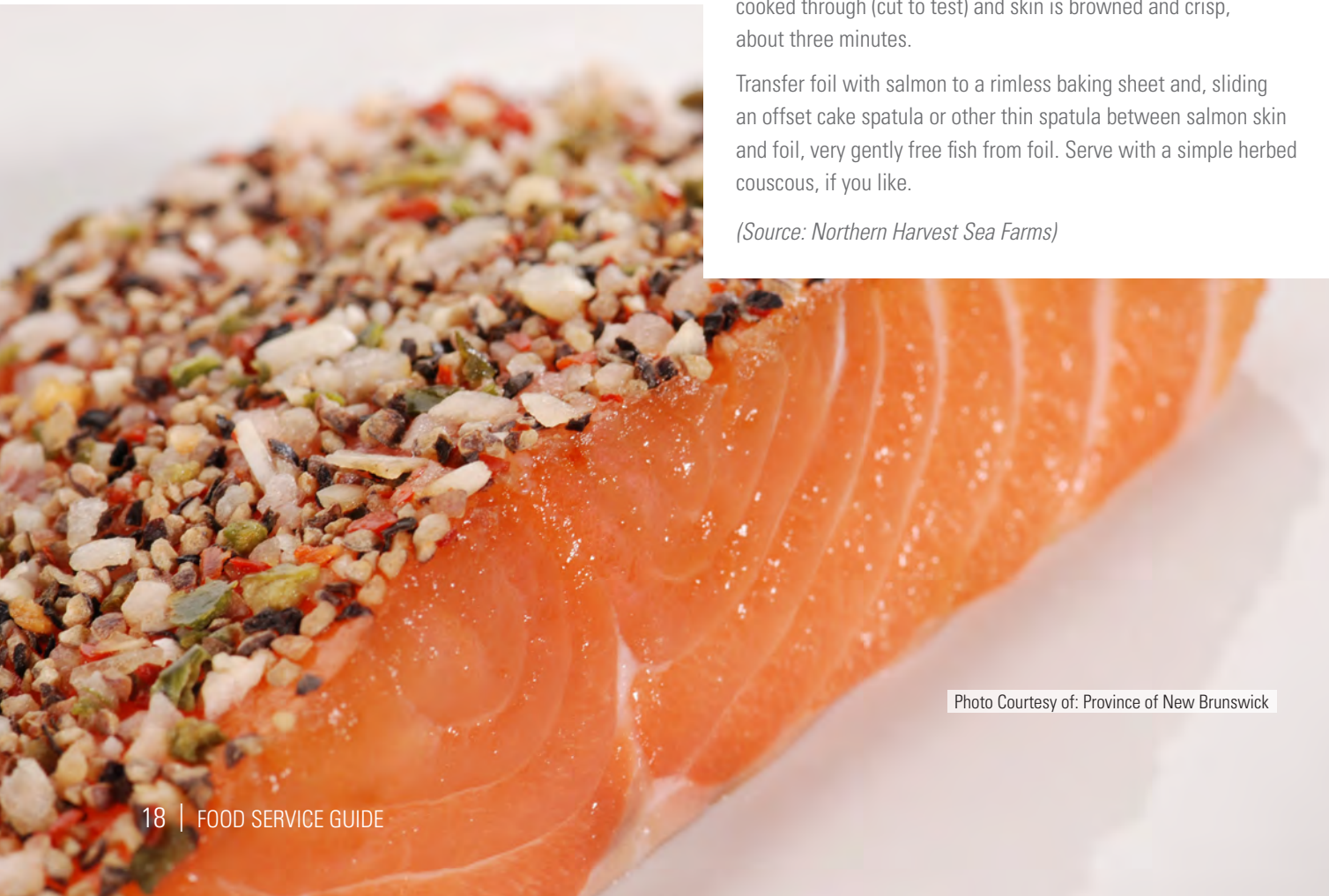


Photo Courtesy of: Province of New Brunswick

Cape Islander Salmon

MUSTARD DILL SAUCE

- 1 tbsp (15 mL) butter
- ½ cup (125 mL) diced shallots
- ¼ cup (60 mL) fresh dill
- ½ cup (125 mL) prepared yellow mustard
- 1 cup (250 mL) maple syrup

Melt the butter in a small saucepan. Sauté the shallots and dill until soft, and then add the mustard and maple, bring to a boil, reduce the heat and simmer for 10 minutes.

SALMON

- 12 to 14 cooked mussels, meat only
- 4 sprigs chives, chopped
- 1 tbsp (15 mL) dry breadcrumbs
- ½ tsp (2.5 mL) Old Bay Seasoning
- 1 tsp (5 mL) grated Parmesan cheese
- two 6 oz (175 g) salmon fillets

1. Preheat your oven to 400°F (200°C)
2. Combine the mussels, chives, breadcrumbs, Old Bay Seasoning and Parmesan cheese.
3. Make a horizontal slit on the side of the salmon fillet and stuff with the mussel mixture.
4. Place the salmon on a baking sheet lined with parchment paper, and bake in the preheated oven for 20 to 22 minutes.
5. To serve the salmon, ladle the dill sauce on top of the salmon or serve on the side.

(Source: The Kilted Chef Alain Bossé)



Writers: Kathy Kaufield & The Kilted Chef Alain Bossé Graphic Design: Mr. Graphic

THE ULTIMATE GUIDE TO



ATLANTIC CANADA

SALMON

NATURALLY HEALTHY

- High in Omega 3
- Low in calories & saturated fats
- Natural source of vitamin D

PRODUCT TYPES

- 1 Whole Fish
- 2 Fillets
- 3 Steaks
- 4 Portions
- 5 Skewers
- 6 Speciality Packs



COOKING TIME

General rule of thumb: cook salmon
6 to 10 minutes for each inch of thickness

METHODS

BAKE
BROIL
PAN FRY
POACH
BARBEQUE

CHEF'S TIPS

- Fresh salmon should be cooked within one to two days.
- Store it at a consistent temperature of 1 - 2°C (34 - 35°F).
- Thaw frozen salmon in the refrigerator overnight.
- Fresh salmon should be kept away from water, ice and moisture.
- To avoid foodborne illness, cook Atlantic salmon to an internal temperature of 70°C (158°F) for 15 seconds until the flesh is opaque and flaky.

Fish head and bones may be
used to produce a flavorful stock

AVAILABLE YEAR ROUND
SUBSTAINABLY GROWN BY LOCAL FARMERS
TRACEABLE FROM EGG TO PLATE!
ALWAYS FRESH & AFFORDABLE