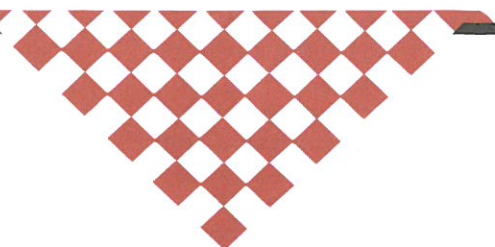


Mariner's Menu

SEAFOOD INFORMATION FROM UNC SEA GRANT



Salmon — A Holiday Catch

For most of us, salmon recipes have usually begun with a "can of salmon." Thus the methods of preparation were limited.

Now this is changing. In recent years, fresh salmon has become widely available. And instead of the usual cakes or casseroles, we can prepare a variety of dishes and flavors.

Salmon is delicious poached, steamed, baked, broiled, grilled and cooked in other favorite ways. And it will make a delectable, but healthful, entree for holiday entertaining.

It is interesting to note the cycle of salmon usage. As a food it dates back at least to the Old Stone Age, 25,000 B.C. In the Middle Ages, it was served to the sounding of trumpets. In this country, native Americans and early settlers dined on it. And now we have rediscovered it.

Most large-chain grocery stores and seafood markets sell fresh salmon year-round.

Farm-raised salmon have made the species more easily available. We no longer have to depend upon the seasonality of wild salmon.

Farmed salmon are usually a high quality product. They are raised under controlled conditions and processed quickly under ideal temperature and sanitation. Since wild salmon are not always handled as well, their quality is not always consistent.

There are six major species of Pacific salmon. The Atlantic

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Baked Salmon with Sour Cream and Dill

- 1 2-pound salmon fillet, skinless and boneless
- 2 tablespoons margarine, melted
- 1 tablespoon fresh lemon juice
- 2 tablespoons minced onion
- 1 cup light sour cream
- 2 tablespoons liquid egg substitute
- 1 tablespoon minced, fresh dill or 1 teaspoon dried
- 1/4 teaspoon freshly ground white pepper
- 1 teaspoon grated lemon rind

Place salmon in greased baking dish. Spread with margarine. Mix lemon juice and onion and spread over fish. Bake at 400° F for 20 minutes.

Mix sour cream with egg, dill and pepper. Spread on fish. Continue baking for 5 minutes, or until fish flakes easily when tested with a fork. Sprinkle with lemon rind before serving. Serves 6 to 8.

Baked Salmon with Wine Sauce

- 1 2-pound salmon fillet, skinless and boneless
- 2 tablespoons margarine, melted
- 2 tablespoons fresh lemon juice
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- lemon wedges

Wine Sauce:

- 4 tablespoons margarine
- 1 1/2 tablespoons dry white wine
- 1/2 teaspoon minced fresh tarragon or 1/4 teaspoon dried
- 1/4 teaspoon soy sauce

Brush fish with melted margarine. Pour lemon juice over. Sprinkle with salt and pepper. Place in greased baking dish. Cover. Bake at 425° F for 20 minutes or until fish flakes easily when tested with a fork. Baste once during baking.

Meanwhile, melt 4 tablespoons margarine in small pan over medium heat. Stir in wine, tarragon and soy sauce. Bring to boil and remove from heat.

Place salmon on serving platter. Spoon margarine from baking dish into sauce and reheat. Spoon small amount of sauce over salmon. Garnish with lemon wedges. Serve remaining sauce separately. Serves 6.

Baked Salmon Steaks Provençale

6 salmon steaks, 3/4 to 1 inch thick, small bones removed
1 teaspoon celery salt
1 teaspoon freshly ground white pepper
6 tablespoons margarine
1 cup finely chopped onion
1 teaspoon pressed garlic
1 cup canned tomatoes, drained and chopped
1/2 cup dry white wine
1 teaspoon minced fresh tarragon
1 cup heavy cream
2 tablespoons margarine blended with 2 tablespoons flour
lemon wedges

Sprinkle salmon steaks with celery salt and pepper. Place in lightly greased baking dish. Bake at 375° F about 10 minutes or until fish flakes easily with a fork. Baste once during baking.

Meanwhile, prepare sauce. Melt margarine in medium saucepan over medium heat. Add onion and garlic and sauté lightly. Add tomatoes, wine and tarragon. Blend well. Add cream and bring to a simmer. Add margarine and flour gradually, stirring constantly until thick and smooth.

Place steaks on serving platter and pour sauce over. Garnish with lemon wedges. Serves 6.

Poached Salmon Steaks with Dill Sauce

6 salmon steaks, 3/4 to 1 inch thick, small bones removed
5 cups water
1 cup dry white wine
1/3 cup chopped carrot
1/2 cup chopped onion
1/2 cup chopped celery
1/2 teaspoon salt
1/2 tablespoon black peppercorns

fresh dill or 1 teaspoon dried
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper

Combine water, wine, carrot, onion, celery, salt and peppercorns in large shallow pan. Bring to boil and simmer 30 minutes. Place salmon in court bouillon and poach until it flakes easily when tested with a fork, about 8 to 10 minutes.

Dill Sauce:

1 tablespoon margarine
1 tablespoon flour
1/3 cup fish or chicken broth
1/3 cup light cream
1 tablespoon dry vermouth
1/4 cup finely chopped fresh parsley
1 tablespoon finely chopped

Prepare dill sauce. In small skillet, melt margarine over low heat. Stir in flour; cook over low heat until roux is golden brown. Add broth, cream, vermouth, parsley, dill, salt and pepper. Cook until thick and smooth. Makes 1 cup.

Place steaks on serving platter and pour sauce over. Serves 6.

Grilled Salmon with Fennel

4 salmon steaks, 6 ounces each, small bones removed
2 tablespoons finely chopped fresh parsley
1/2 cup finely chopped green onions, including tops
1 teaspoon dried fennel seeds, ground
freshly ground black pepper
1/4 cup vegetable oil
3 tablespoons fresh lime juice

Combine parsley, onions, fennel, pepper, oil and lime juice in shallow dish. Place steaks in marinade for 30 minutes, turning once. Place in greased, hinged wire grill and cook about 4 inches over moderately hot coals until done on one side, about 6 to 8 minutes. Turn and cook on other side 6 to 8 minutes longer, or until fish flakes easily with a fork. Baste occasionally with remaining marinade while grilling. Serves 4. May also be broiled.

salmon is the only species native to the Atlantic. Species vary in color, fat content and flavor.

The Atlantic salmon is the species most often farm-raised. It is often labeled by its country of origin, such as Norwegian salmon.

Norway is the world's largest producer of farmed Atlantic salmon, followed by the United Kingdom, Japan and Canada.

I have had frequent requests for information on fresh salmon preparation. As a result, we developed and evaluated recipes for this mouth-watering delicacy. We used farmed Atlantic salmon, as well as king and coho.

Whether the preparation was simple or a bit fancier, we were pleased and excited with these delicious fresh salmon dishes.

On our familiar scale of 1 to 5 (5=excellent, 1=poor, we had lots of high ratings. Included are recipes with average ratings of 4.5 or higher.

Why not treat your holiday guests to a delicious salmon feast?

Salmon Hints

Remember that you can substitute different forms and species of salmon in these recipes. Use those that are available.

We used some king salmon in our preparations. They were about 1 1/2 inches thick and more than 2 feet long. We cut these into large pieces and specified a "2-pound fillet" in the recipe. These large fillets were available in a local seafood market.

Many supermarket seafood sections have small, individual serving size fillets and steaks. You can substitute small fillets for large ones or vice versa. Just remember to adjust your cooking time.

And you can use fillets instead of steaks or steaks in place of fillets. Substitute freely.

Most instructions tell you that it's easier to skin salmon fillets after cooking. But we found that it was much easier to have them skinned at

the market. Handling and cooking the skinless fillets was not difficult and made preparation and serving much simpler.

Use needlenose pliers to remove the line of bones that go down into the fillet along the center. Feel along the fillet with your fingers to locate these bones.

We keep a pair of needlenose pliers with our fish cleaning equipment. They make it easy to serve a beautiful, boneless salmon fillet. Although they are not useful for all species, they are also good for removing the small bones from such fish as Spanish mackerel.

Holiday Health Gift

Here's a gift that will continue to give long after the holiday season has passed. It's filled with more than fifty tested recipes—all with an average evaluation of 4.5 or higher.

Designed to help reduce salt in our diets, this book makes it easy to cook with herbs, citrus flavors and wines. Even those who don't need to reduce their sodium intake will enjoy these preparations. All were tested by our health, food and nutrition leaders.

No-Salt Seafood: All the Flavor Without the Salt is available from UNC Sea Grant, Box 8605, North Carolina State University, Raleigh, NC 27695. Ask for publication UNC-SG-89-07. The cost is \$3.50.

The Test Panel

Seafood Lab Health, Food and Nutrition Leaders who participated in these preparations and evaluations are Claire Armstrong, Dolena Bell, Judy Blessing, Vera Gaskins, Martha Giles, Kay Holm, Betty Lewis, Lissie McNamee, Jean Morrison, Betty Motes, Mary Dudley Price, Valaree Stanley, Beulah Toll and Dot Whitley.

Poached Salmon with Brandy Sauce

**2 pounds salmon fillets,
skinless, bones removed**

Brandy Sauce:

**1/3 cup cognac
1/2 cup dry white wine
1 cup fish or chicken broth
1 tablespoon paprika
2 tablespoons Dijon mustard
1/8 teaspoon salt
1/8 teaspoon freshly ground
black pepper
1 tablespoon finely chopped
fresh tarragon or 1 teaspoon
dried**

**1 tablespoon finely chopped
fresh dill or 1 teaspoon dried
1 cup heavy cream**

Put cognac, wine, broth, paprika, mustard, salt, pepper, tarragon and dill in medium saucepan. Bring to boil over medium heat. Reduce heat and simmer until reduced to 1/2 cup, about 45 minutes.

Meanwhile, prepare poaching liquid. When sauce is reduced, remove from heat and slowly whisk in cream.

Poaching Liquid:

**1 large carrot, coarsely
chopped
1 large onion, coarsely
chopped
3 stalks celery, including leaves,
coarsely chopped
1 cup dry white wine
4 cups water
4 parsley sprigs
1 bay leaf
1 sprig fresh thyme or 1/2
teaspoon dried**

Combine all ingredients in large shallow pan or poaching dish. Bring to boil. Reduce heat and simmer 20 minutes.

Place salmon in poaching liquid and cook 10 minutes, or until fish flakes easily. Remove from liquid to warm platter. Re-heat sauce; pour over salmon. Serves 6.

Note: To reduce risk of breaking and for ease in handling, put fish in cheesecloth before poaching. Cut cloth longer than fish and allow to overhang pan. Use ends to lift fish.

Broiled Salmon Fillets with White Wine Sauce

**4 salmon fillets, 6 ounces,
skinless, bones removed
4 tablespoons margarine,
melted
1/4 teaspoon salt**

White Wine Sauce:

**3/4 cup fish or chicken broth
1/2 teaspoon dried thyme
1/3 cup finely chopped green
onions, including tops
1/8 teaspoon nutmeg
1 cup dry white wine
1 cup heavy cream
2 tablespoons melted margarine
blended with 2 tablespoons
corn starch
1/4 teaspoon salt
1/4 teaspoon freshly ground
white pepper**

Prepare sauce. In medium saucepan heat broth over medium heat. Mix in thyme, onion, nutmeg and wine. Bring to boil. Reduce heat to low and stir in cream. Bring to simmer and remove from heat. Add margarine and corn starch and blend well. Return to low heat and stir constantly until thick and smooth. Add salt and pepper. Serve warm.

Brush salmon with melted margarine. Sprinkle with salt. Place on broiler pan and broil about 4 inches from heat 10 minutes or until fish flakes easily with a fork. Remove to serving platter and spoon warm sauce over top. Serves 4. May also be grilled.

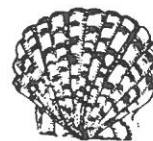
Broiled Salmon with Wine and Green Onions

1 2-pound salmon fillet, skinless, small bones removed
4 tablespoons margarine, melted
1/2 cup finely chopped green onions, including tops
1 1/2 cups dry white wine
2 cups heavy cream
1/4 teaspoon salt
1 teaspoon fresh lemon juice
2 1/2 tablespoons corn starch

Put wine and onions in medium saucepan. Cook over medium heat 20 minutes to reduce. Add cream and continue to cook until thickened, about 20 minutes. Add salt and lemon juice.

Place small amount of sauce into a small bowl and gradually blend in corn starch. Add back to sauce slowly. Stir constantly until thick and smooth.

Brush fillet with margarine. Broil about 4 inches from heat until fish flakes easily with a fork, about 15 to 20 minutes. During last few minutes of broiling fish, reheat sauce over low heat. Remove salmon to warm serving platter and cut into serving size portions. Spoon sauce over. Serves 6.



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