How to Steak a Whole, Dressed Alaska Salmon:

1. Remove fins, tail and collar section.
2. Slice salmon crosswise into 1-inch steaks.

Warm summer weather heralds the arrival of fresh, wild Alaska Salmon – brimming with flavor and perfect for tossing on the grill.

Did you know that when you choose Alaska Salmon, you're not only getting a real dining treat, you're also choosing one of the healthiest foods possible? Wild Alaska Salmon is full of high quality protein, vitamins and minerals – and it is low in saturated fat and is one of the best sources of omega-3 fatty acids.

For filleting instructions and more mouthwatering recipes, see what's cooking on our website:

www.alaskaseafood.org