Whole Salmon
Steak, Fillet & Roast!

Tips to prepare your Headed & Gutted (H&G) Salmon

Salmon Steaks

1. Remove fins, tail & collar

2. Slice crosswise into 1-inch steaks

Fillet Your Salmon

With a Sharp Knife, cut from end of cavity back to tail.

Place Knife Blade against backbone and cut from head to tail severing ribs and top piece from backbone.

Lay Top Piece Aside, remove backbone from remaining piece.

With Smaller Knife, trim away ribs and remove pin bones.

To Skin Fillets, place skin side down. Hold tail end of skin and cut with sharp knife flat against cutting surface towards the head.

Prepared Salmon can be baked, grilled, poached, or cut into smaller portions.

Roast Salmon

Lemon-Thyme Alaska Keta Salmon

- Pre-heat oven to 400°F.
- Make marinade by blending garlic and oil in a blender/processor until minced. Mix in zest, lemon juice, thyme, leaves, salt, and pepper.
- Rinse salmon under cold water and pat dry with paper towel.
- Cut 3-4 slits crosswise on each side of salmon.
- Place salmon on a foiled baking sheet and brush both sides with marinade.
- Place baking sheet in oven and cook for 25-35 min, or until fish is opaque. Let the salmon sit a few minutes before serving. Yum!

FIND THE FULL RECIPE AT: WILDALASKASEAFOOD.COM

Certified

The Alaska salmon fisheries are certified under two independent certification standards for sustainable fisheries:

- Alaska Responsible Fisheries Management
- Marine Stewardship Council

Find the full recipe at: WILDALASKASEAFOOD.COM

Alaska Seafood Marketing Institute | www.alaskaseafood.org