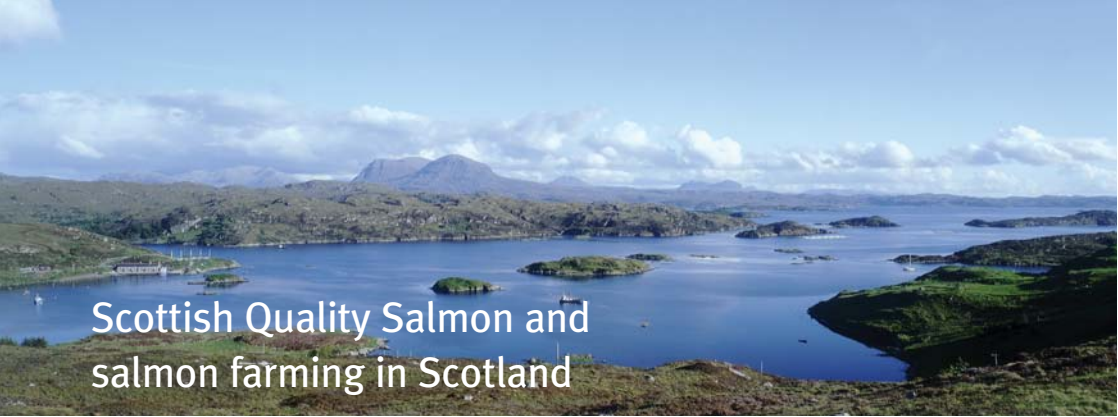




Scottish Quality
Salmon
the healthy
winter warmer

fresh from the loch



Scottish Quality Salmon and salmon farming in Scotland

The waters of Scotland's Highlands and Islands provide a unique natural environment in which to raise Scottish farmed salmon – crisp air, natural sea lochs and the cool, clean waters make Scotland ideal.

And it is precisely in order to protect this Scottish environment and to produce farmed salmon of the highest quality that the majority of Scottish salmon farmers are members of the industry body, Scottish Quality Salmon.

Members of Scottish Quality Salmon have been farming high quality salmon for over a quarter of a century. During this time salmon farming in Scotland has become increasingly progressive. Today Scottish Quality Salmon sets leading standards to which members of the organisation must operate and as a result members are certified to produce both Tartan Quality Mark salmon in the UK and in France under Label Rouge - the official national quality award from the French government.

Scottish Quality Salmon and healthy eating – Omega-3 fatty acids

Scottish Quality Salmon is a delicious and highly nutritious food and is one of the major sources of the essential Omega-3 fatty acids. Scientific evidence has shown that an increase in consumption of such oil rich fish as salmon can help to:

- ensure a healthy pregnancy for mother and child
- maintain a healthy heart by reducing the chances of developing coronary heart disease
- reduce high blood pressure, inflammatory disorders such as arthritis, autoimmune disease as well as improve kidney function in some people
- maintain healthy skin and especially can help to improve psoriasis

The British Nutrition Foundation recommends we consume about 2.85g per day of Omega-3 fatty acids; however, since the 1940s fish consumption in the UK – especially the consumption of oil rich fish – has been falling and now actual average intakes of Omega-3 fatty acids are only about 1.8g per day in the UK.

So, the UK Government as well as nutritionists recommend we increase our consumption of oil rich fish; and the Food Standards Agency's current advice is that we should eat two portions of fish a week, one of which is oil rich fish, in order to maintain a healthy balanced diet.



winter warmers - salmon and sweetcorn chowder

Serves 4

Preparation/cooking time: 30 minutes

175g (6oz) Scottish Quality Salmon fillet, skinned and cubed

25g (1oz) butter

1 medium carrot, diced

1 small onion, chopped

1 leek, sliced

1 medium potato, peeled and cubed

600ml (1 pint) milk

300ml (1/2 pint) chicken or vegetable stock

salt and pepper

1 x 200g (7oz) sweetcorn, drained

142ml (1/4 pint) double cream

1 tbsp fresh parsley, chopped

- 1 Melt butter in a pan. Add the carrot and cook for 2 minutes. Add the onion and leek and stir until transparent.
- 2 Stir in the potato and cook for a further minute before pouring in the milk and stock.
- 3 Season well, heat to just below boiling point and simmer gently for 10 minutes. Add the corn and the salmon and simmer for another 3-4 minutes.
- 4 Stir in the cream and serve sprinkled with the parsley.

Nutrition

Omega-3 fatty acids: 0.75g

Fat content: 45g

Carbohydrates (energy): 24g

Kilocalories: 408

All values are for one serving using listed ingredients

fresh from the loch

winter warmers - Flaked Smoked Salmon and Sweetcorn Tatties



Serves 4

Preparation and cooking time: 30 minutes

500g (16oz) Smoked
Scottish Quality Salmon, shredded

4 medium sized baking potatoes,
washed and pricked

225g (9oz) canned sweetcorn, drained

200g (8oz) half fat crème fraiche

A small bunch of fresh dill, finely chopped

Juice of one lemon

Dash of Worcestershire Sauce

Salt & pepper to season

1. Bake the potatoes in the microwave for approximately 10-15 minutes or until cooked.
2. In a bowl, combine the salmon, sweetcorn, crème fraiche, dill, lemon juice, Worcestershire Sauce and seasoning.
3. Cut the cooked potatoes open and place the salmon mixture into the potatoes.
4. Serve straight away, garnishing with dill.

Cook's Tip

To crisp the skin of the potatoes, before adding the filling, place the potatoes under the grill for a few minutes.

Nutrition

Omega-3 fatty acids: 1.2g

Fat content: 14.1g

Carbohydrates (energy): 43.3g

Kilocalories: 443

All values are for one serving using listed ingredients.



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