

Scottish Quality
Salmon

healthy, quick
and delicious!

Fresh from the loch



Buying



The waters of Scotland's Highlands and Islands provide a unique natural environment in which to raise Scottish farmed salmon – crisp air, natural lochs and the cool, clean waters make Scotland ideal. 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 - salmon raised by members of Scottish Quality Salmon are assured throughout their production and can be identified by the Tartan Quality Mark.

So when you see salmon bearing the Tartan Quality Mark you can be confident you're buying the freshest, finest quality Scottish farmed salmon – fresh from the loch. You'll find the Tartan Quality Mark as a label on prepacked salmon portions or as a gill tag on whole salmon - all readily available from independent fishmongers and supermarkets nationwide.



To ensure you're buying the freshest whole salmon every time make sure:

- the salmon is silvery in colour, with bright eyes*
 - the gills are dark red*
 - there's little or no smell*
 - the flesh is cold and firm*
- and to buy the freshest smoked salmon every time make sure:*
- it's well within the sell-by date*
 - the flesh is orangey-red in colour*
 - it has a moist appearance*
 - the packaging is hygienic and sealed*

Salmon cubes: ideal for stir-fries, marinades and kebabs



Storing

Salmon is best when it's fresh but it freezes well too. Ensure your salmon is gutted and properly cleaned before freezing it - your fishmonger will easily do this for you. Then tightly cover the salmon in cling film or foil, making sure there are no gaps. This will prevent the salmon from drying out. Place in a polythene bag, label it and put it in the freezer.

Avoid freezing for longer than three months as it will lose flavour.

Remember!

To defrost your salmon:

- in the fridge - allow 18-36 hours, depending on the size of the fish
- at room temperature (a faster option) - allow 3-4 hours per pound
- in the microwave (best for salmon portions) put the frozen steak or fillet into a dish, cover and cook on medium power, turning once, for 2 minutes - take care not to overcook the salmon. Leave to stand for a further 2 minutes - the salmon will continue to defrost in this time - before checking to ensure that the salmon is completely defrosted. If you are defrosting tail fillets tuck the thinner end of the portion under a thicker portion - this will ensure the salmon pieces are the same thickness when they are placed in the dish and will prevent the thinner tail portion from overcooking

Smoked salmon is also best when it's fresh - look for the sell-by date to be sure. Make sure you always keep smoked salmon in the fridge and once you've opened the pack consume it within two days in order to enjoy the very best flavour. However, it can be frozen for up to three months.

Once smoked salmon has been defrosted don't re-freeze it.

Tip: look out for skinless and boneless fillets - ideal for the whole family



Preparing

some helpful weights as a guide when buying raw, unprepared salmon for cooking as a main course:

- 275-300g (9-10oz) per person
- 1.8kg (4lb) for 6 people
- 2.3kg (5lb) for 8 people
- 4kg (9lb) for 16 people

Once prepared and cooked, **50g (2oz) per person is sufficient if you're serving salmon as a starter and 125-175g (4-6oz) will feed each person as a main course dish.** Don't forget that if a recipe requires flaked salmon a 175g (6oz) cooked salmon steak will produce about 100g (3oz) of fish once you've discarded skin and bones; and if you need chopped or strips of smoked salmon look out for smoked salmon pieces

Need your salmon skinned or filleted? Ask your fishmonger to do this for you – they'll be happy to help as it's all part of their service and remember to ask if the salmon you're buying carries the Tartan Quality Mark.

Healthy eating... Healthy eating...

A tasty source of the essential Omega 3 fatty acids

Tartan Quality Mark salmon is a delicious and highly nutritious food containing protein, vitamin A, a range of B vitamins as well as the minerals calcium, copper, iron, magnesium, manganese, phosphorus, potassium, selenium, sodium and zinc – all of which are vital ingredients for a healthy balanced diet.

Tip: bake salmon in foil in its own juices to preserve its flavour and goodness



Cooking

- Before cooking a whole salmon, wash it under cold running water to remove any stray scales or bones. Pat it dry, both inside and out, with kitchen paper
- Never wash salmon portions as you'll lose all the juices. Instead, pat the salmon all over with a piece of damp kitchen paper
- To keep salmon portions moist during grilling opt for thicker cuts. Spread a little melted butter on to the pieces about 20 minutes before you grill them. Two minutes before you grill them sprinkle over some salt to draw out the natural juices
- Before cutting cooked salmon into slices or strips, refrigerate it for several hours or freeze it for a short time. This will help the cut flesh to hold its shape

For further information on poaching, baking, marinating, pan frying, barbecuing and microwaving Tartan Quality Mark Scottish farmed salmon visit www.scottishsalmon.co.uk/makingthemost - it's packed full of more helpful hints and tips.

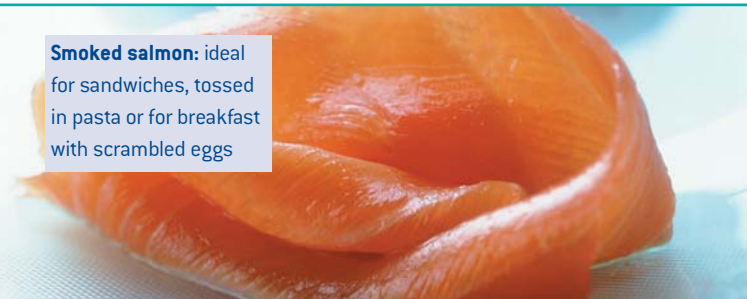
Quick tip... Quick tip... Quick tip...

A marinade adds a little extra flavour to your salmon and is really simple and tasty. Select your own marinade (for example use a little fresh dill or try some lemon juice or use a dash of soy sauce) and pour it over your salmon - you could use cubes, fillets or steaks. Store it overnight in the fridge before pan frying. Alternatively try a cook-in-sauce - quick, easy and tasty!

Recipe... Recipe... Recipe... Recipe...

To make a tantalising SMOKED SALMON and GUACAMOLE SALAD for 4 people...
peel 4 medium sized avocados, remove the stones, cut into quarters and place in a blender with 4 tbsps water, 4 cloves of peeled and crushed garlic and 4 tbsps olive oil. Give it a quick blend until it becomes a purée. Add to the purée 3-4 deseeded and chopped ripe tomatoes and 1 finely chopped cucumber. Serve with crisp salad leaves and 3-4 slices of smoked salmon per person. Drizzle with a little olive oil, squeeze a dash of lemon juice and season...enjoy!

Smoked salmon: ideal for sandwiches, tossed in pasta or for breakfast with scrambled eggs



Enjoying

Fruity Salmon

Ingredients:

4 x 125-150g / 4-5oz Tartan Quality
Mark salmon fillets, with skin on
1 tbsp fresh ginger, peeled and
roughly chopped
1 clove garlic, roughly chopped
9.5 tbsps tomato ketchup
1 tbsp oil
zest and juice of 1 orange
1 tbsp soft brown sugar
a few sprigs of fresh thyme

Method:

1. To make sauce, place the ginger and
garlic in a blender or food processor.

Add the tomato ketchup, oil, zest and
juice of the orange and the brown
sugar and mix thoroughly.

2. Generously brush the flesh side of
the salmon with the sauce.

3. Set aside if time allows, otherwise
cook the fish skin side up under
a moderately hot grill. After about
3 minutes turn, brush with a little
more sauce and grill for a further
3-4 minutes or until cooked.

4. Garnish with seared orange and
thyme. Serve with potato wedges and
corn on the cob.

And for a whole range of tasty recipes visit
www.scottishsalmon.co.uk/recipes - they're healthy,
quick, and delicious!



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