

Salmon (Fish & Seafood)

Interesting facts: Atlantic salmon sold in the U.S. are all farm raised. Color of the body depends on the age and type of habitat. Salmon change the color of the body on their way from the ocean to the freshwater habitats during the mating season.

Salmon travels thousands of miles and climbs 7,000 feet upstream until it reaches spawning areas. The population of wild salmon declined markedly in recent decades, especially North Atlantic populations, which spawn in the waters of western Europe and eastern Canada, and wild salmon in the Snake and Columbia River systems in northwestern United States.

How to select: Only purchase wild caught not farmed. If you can not find it at your local grocery store there are many online companies that ship fresh frozen wild caught to your door.

How to store: The fresh salmon will last 1-2 days in the refrigerator in the original package and 2-3 months if you freeze it. It should not have a fishy smell; If it does it is bad.

How to cook: Baking, Grilling

Baking: Baking method that uses steam to cook a perfectly moist salmon. To cook your salmon in parchment, add the fish, along with seasonings; such as dill and squeeze fresh lemon juice (may add a pat of butter if it is skinless), to parchment or foil. Close the parchment around the goodies, and bake in a 400 °F. oven for about 12 to 15 minutes.

Grilling: Marinate using this recipe: Combine in a blender: ¼ cup fresh orange juice, ¼ cup tamari (wheat free soy sauce), 2 tablespoons chopped parsley, 2 tablespoons olive oil, 1 tablespoon lemon juice, 1 minced garlic ½ teaspoon oregano leaves and ½ teaspoon black pepper. Pour over fish and marinate in the refrigerator for 2-3 hours. If your salmon has skin place skin side down first on a medium high grill and cook 3 minutes and turn and cook another 3-4 minutes. Let sit for 1-2 minutes and serve.