



Triad Fisheries, Ltd. 425.774.8822

For Best Results:

- Cut a small hole in vacuum packaging and allow salmon to thaw in refrigerator overnight.
- Rinse thawed fillet quickly under cold running water and pat dry.

Always:

- Plan for your salmon needs 24 hours ahead of time.
- Always allow for drainage and never let thawing salmon puddle in water.

Avoid:

- Water thawing. It increases the drip loss and shortens the shelf life by degrading the texture.
- Bending salmon in the partially thawed state. It can tear connective tissue internally causing gapping in the fillets.
- Exposure to moving air. This greatly speeds up the oxidation of the natural oils.
- Twisting or folding the fillet, use two hands when handling a thawed fillet.

CAUTION: Our salmon fillets contain bones. Because we freeze our salmon quickly, the pin bones are left in the fillets. The pin bones are very easy to remove. After cooking, use a pair of needle nose pliers or tweezers to remove them.

Cooking Instructions

This method sears the outside of the salmon while allowing the inside to cook slowly and retain its moisture.

Because our salmon is frozen at sea, the muscle tissue is much firmer than an iced salmon that's been held for many days. Our salmon cooks about 30% faster than iced salmon.

Preheat oven to 225F.

Cut salmon into serving portions, 4-10 oz. depending on your appetite.

Heat non-stick skillet to medium high heat with a teaspoon of olive or grape seed oil.

Once skillet is hot, place salmon meat side down into pan. Cover and allow to cook for sixty seconds, then lift lid, flip salmon portion, replace lid and allow to cook another sixty seconds.

Remove pan from heat, place portion of salmon in glass baking dish. Salt and pepper to taste. Cover pan with aluminum foil and place into preheated 225F oven for about 12 minutes or until 145F temp has been achieved.

We hope you enjoy this very remarkable and exclusive salmon. It is clearly the outcome of our commitment to provide the highest level of quality and value.