



Triad Fisheries, Ltd.  
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### *Filleting Whole Alaskan Salmon*

**1.** Place fish with belly toward you. With a very sharp knife, cut through flesh from end of cavity back through to tail.



**2.** Place knife blade against backbone and cut along backbone from head to tail on one side of fish, severing ribs and top piece from backbone.



**3.** Lay top piece aside. Remove backbone from remaining side.



**4.** With a smaller knife, trim away rib and fin bones from both pieces. Pull out pin bones, if desired.



**5.** If you wish to skin fillets, place skin-side-down on cutting surface. Hold tail end tightly. With sharp knife, cut down through the flesh to skin. Flatten knife against skin and cut flesh away by sliding it toward head end while holding tail end of skin firmly.



**6.** Prepared salmon fillets can be baked, poached or grilled, or cut into serving-sized portions.



## *Thawing Instructions*

### *For Best Results:*

- Remove frozen salmon from sleeve and quickly rinse off glaze in slightly warm water.
- Cover salmon with damp towel or place back into sleeve to keep air off salmon.
- Place salmon on elevated tray with area for water to drop away from salmon.
- Allow salmon to thaw under refrigeration for at least 24 hours. Best to allow 48 hours to thaw.

### *Always:*

- Plan for your salmon needs 48 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.
- Piling of fillets. Keep fillets flat and straight to avoid breakage.
- Support fillet with both hands when moving; never twist or fold the fillets.

### *Important cooking instructions:*

- Wait for salmon to thaw completely before filleting.
- Any salmon that has been frozen responds to heat more rapidly.
- Our FAS (Frozen At Sea) salmon cook 30-40% faster than a chilled salmon.

## *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.*