



# HOW TO COOK THE PERFECT FAROE ISLAND SALMON

## BAKING PREPARATION

### INGREDIENTS:

*Serves 4 guests*

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| 4 - 5 oz. Faroe Island Salmon Portions     | 1 lb. green beans (snipped)                         |
| 1 lemon - sliced into 8 slices             | Salt and Pepper to taste                            |
| 1 tablespoon garlic salt                   | 2 tablespoons Extra Virgin Olive Oil                |
| 1 lb. baby red bliss potatoes - par cooked | 4 tablespoons of Lemon Garlic or Tuscan Herb Butter |

**INSTRUCTIONS:** Pre-heat oven to 350 degrees

**PREPARATION INSTRUCTIONS:** Keep frozen until ready to prepare. Remove salmon from vacuum packaging prior to thawing and place on a plate. Thaw in refrigerator. Defrost salmon fillets, top with equal portions of thinly sliced lemon wheels and garlic salt and additional salt and pepper to taste.

Place quartered baby potatoes and greens beans next to the salmon, drizzling everything with salt, pepper, and olive oil.

Cook for 15 minutes first, then for the final 10 minutes of cooking add 1 tablespoon of Lemon Garlic or Tuscan Butter to the vegetables for enhanced flavoring.

## BROILING PREPARATION

### INGREDIENTS:

*Serves 4 guests*

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|---|--|
| 4 - 5 oz. Faroe Island Salmon Portions              | 1 lb. baby red bliss potatoes - par cooked |
| 1 lemon - sliced into 8 slices                      | 1 lb. cherry tomatoes                      |
| 1 tablespoon chopped garlic                         | 4 tablespoons chopped Vidalia onion        |
| 4 tablespoons of Lemon Garlic or Tuscan Herb Butter | Salt and Pepper to taste                   |
|   | 2 tablespoons Extra Virgin Olive Oil       |

**INSTRUCTIONS:** Pre-heat Broiler

**PREPARATION INSTRUCTIONS:** Keep frozen until ready to prepare. Remove salmon from vacuum packaging prior to thawing and place on a plate. Thaw in refrigerator. Defrost salmon fillets, place in the middle of the sheet pan to ensure the salmon cooks evenly in the broiler.

Place quartered baby potatoes on one side of the salmon, then the cherry tomatoes and chopped onion on the other side. Drizzle everything with salt, pepper, and add 2 tablespoons of Lemon Garlic or Tuscan Butter on the potatoes, and 2 tablespoons of butter on the tomatoes and onions.

Proceed to cook for 12 minutes, ensuring that the salmon is evenly broiled directly underneath the broiler, once the salmon is cooked everything will be finished all at once.

## SAUTÉ PREPARATION

### INGREDIENTS:

*Serves 4 guests*

4 - 5 oz. Faroe Island Salmon Portions  
2 tablespoons vegetable oil  
Salt and Pepper to taste  
1 tablespoon chopped garlic  
2 tablespoons capers

1 lb. cherry tomatoes  
1 cup stock (chicken or vegetable)  
1 teaspoon fresh thyme (finely chopped)  
1 tablespoon fresh Italian Parsley (chopped)  
4 tablespoons of Lemon Garlic or Tuscan Herb Butter

**PREPARATION INSTRUCTIONS:** Keep frozen until ready to prepare. Remove salmon from vacuum packaging prior to thawing and place on a plate. Thaw in refrigerator. Defrost salmon fillets prior to cooking. Once defrosted, pat the salmon fillets dry with a towel and season with salt and pepper. Heat a large sauté pan over medium to high heat, place vegetable oil in to the pan and add the salmon to the pan, continuing to cook for 4 minutes on each side.

Once salmon is done cooking, remove from the pan and immediately add the cherry tomatoes, garlic, and capers and continue to cook for 1 minute. Deglaze the pan with your favorite stock, then add the fresh thyme and parsley and bring to a simmer.

Finish the pan sauce with 4 tablespoons of the Lemon Garlic or Tuscan Butter by whisking it in so it's incorporated smoothly. Place the salmon back into the pan and baste before serving. Serve with your favorite potato or rice dish.

## GRILLING PREPARATION

### INGREDIENTS:

*Serves 4 guests*

4 - 5 oz. Faroe Island Salmon Portions  
2 tablespoons Extra Virgin Olive Oil  
Salt and Pepper to taste  
1 teaspoon fresh thyme (finely chopped)  
1 lemon - sliced into 8 slices

4 tablespoons of Lemon Garlic or Tuscan Herb Butter  
4 foil bags  
1 lb. baby red bliss potatoes - par cooked  
1 lb. green beans (snipped)

**INSTRUCTIONS:** Pre-heat grill to 500 degrees

**PREPARATION INSTRUCTIONS:** Keep frozen until ready to prepare. Remove salmon from vacuum packaging prior to thawing and place on a plate. Thaw in refrigerator. Defrost salmon fillets prior to cooking. Once defrosted, pat the salmon fillets dry with a towel and season with salt and pepper. Lightly drizzle Extra Virgin Olive Oil on the salmon.

To assemble the foil bag, add pre-blanch green beans, par-cooked potatoes, fresh thyme, lemon slices, and Lemon Garlic or Tuscan Butter.

To impart the grill flavor carefully, grill one side of the salmon for 4 minutes and then remove from the grill and place in a foil bag.

Heat over the grill in the foil bag for an additional 8 minutes.

*Helpful Hint: You can make your dish complete by saving the pan drippings from your sauté pan or sheet pan. Simply heat ½ cup of a stock of your choice in a small saucepot (or add to your sauté pan once all ingredients are removed), add the drippings to the stock, and finish with the remaining butter of your choice to create a sauce to top your entire fish with. Imparting a flavor combination that you simply cannot buy.*