

SALMON MARINADES

SOY GINGER MARINADE

1/4 c. white wine
2 tbsp. lemon juice
1/4 c. soy sauce
1 tbsp. brown sugar
1/2 tsp. ginger



HONEY LIME MARINADE

2 Tablespoons quality olive oil
1/4 cup sweet red wine
1 clove garlic, pressed
Juice of 1/2 lime
1 Tablespoon honey
1/2 cup shaved or very thinly-sliced sweet onion slices (about 1/2 of a medium onion)
2 Tablespoons fresh dill weed, roughly chopped
Kosher salt
Freshly ground black pepper
1 teaspoon butter



MOJO MARINADE

4 cloves garlic, halved
1 jalapeno chile, seeds and ribs removed and minced
1/2 bunch cilantro, chopped
Juice of 2 limes
Juice of 1 orange
2 Tablespoons white vinegar
1 Tablespoon cumin
Salt and pepper to taste

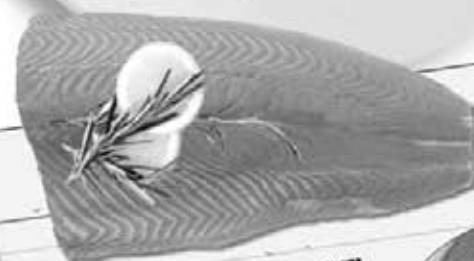


SALMON

Salmon is a highly nutritious food. Of course, it is high in protein, and the "good fats." But did you know that a 4 oz serving of wild salmon provides a full day's requirement of vitamin D? That same piece of fish contains over half of the necessary B12, niacin, and selenium, and is an excellent source of B6 and magnesium.



SALMON IS THE PERFECT CHOICE FOR A FAST, HEALTHY LUNCH OR DINNER. IT'S QUICK AND EASY TO PREPARE!



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HOW TO COOK SALMON



MAKING the MEAL!

BAKING:

Season salmon, then brush with butter or substitute. Place in a greased baking pan and cook in a preheated oven at 350 degrees for approximately 10 minutes per inch of thickness. Measure at the thickest point. Salmon should flake when done.

PAN FRYING:

The basics include rinsing your fish quickly or wiping with a damp cloth. Dip your fillet portions or steaks into milk, then in cracker crumbs or flour. You can season either as well. Your oil should be preheated on high heat and deep enough to cover 1/2 of the fillet or steak thickness. Fry on medium heat about 3 to 5 minutes on each side, until golden brown.

GRILLED:

Fire up the grill to a medium heat, (325°). Use a small brush or a paper towel to lightly apply mayonnaise or marinade onto one side of the salmon. You can use olive oil if you prefer. Place it on the warm part of the grill. (The mayonnaise keeps the fish from sticking, and will burn off.) Turn the salmon over after 3 - 5 minutes, and allow it to cook on the other side for 3 minutes.

SALMON Spread

- 1 pound salmon fillets
- 1 (8 ounce) package cream cheese, softened
- 1/2 cup sour cream
- 3 finely chopped green onions
- 1/2 teaspoon salt
- 3 drops hot pepper sauce
- 2 tablespoons fresh lemon juice
- 1 tablespoon Worcestershire sauce



In a medium saucepan of simmering water, poach the salmon filets 10 minutes, or until flaky and tender. In a medium bowl, mix together cream cheese, sour cream, green onions, salt, hot pepper sauce, lemon juice and Worcestershire sauce. Flake salmon into the mixture. Cover and refrigerate 8 hours, or overnight, before serving.

Caramelized SALMON

- 1 1/2 pounds salmon filets with skin
- 3 tablespoons brown sugar
- 1 tablespoon grated orange peel
- 1/2 teaspoon coarsely ground black pepper



Stir together brown sugar, orange peel and pepper. Place fish, skin side down, in a shallow pan. Rub sugar mixture over fish. Cover and refrigerate 2 to 8 hours. Remove fish from pan, draining off any juices. Place salmon, skin-side down, on gas grill over medium heat or on charcoal grill 4 to 6 inches from medium-hot coals. Grill for 20 to 25 minutes or until fish flakes easily. Do not turn fish.