

Whatever method chosen for cooking, salmon cooks very quickly, making it quick and easy for week-night suppers or weekend entertaining.

Basics

- Keep salmon refrigerated until ready to cook.
- Leave skin on during cooking; it helps to hold fish together while turning or moving it. The skin comes off easily after cooking.
- Keep salmon skin intact to prevent curling.
- Cook salmon just until meat begins to change color and becomes flaky.
- Salmon will continue to cook after being removed from heat source, so be careful not to overcook.

Food Safety Tips

- Avoid cross-contamination by thoroughly washing cutting boards and counter with hot soapy water after handling raw salmon.
- Wash hands thoroughly with hot water and soap before and after handling raw salmon.
- Discard any marinade used for marinating salmon before grilling or broiling.
- Use a clean plate to bring cooked salmon to the table, not the plate used to carry raw salmon to the grill.
- Promptly refrigerate any leftover cooked salmon; use within two days.

To Broil

Heat broiler; position oven rack so salmon will be 5-6 inches from heat. Lightly oil broiler pan. Start fillets skin side up. Cook until done, turning once.

The following guidelines may help you estimate times.

<u>Cut</u>	<u>Size</u>	<u>Temperature</u>	<u>Time</u>
Whole	1 to 1½ lbs.	Medium	7-9 minutes per ½ lb.
Fillet, Steak	½ to 1 inch	Medium	4-6 minutes per ½ inch of thickness

To Grill

Direct Heat Grilling

Prepare medium-hot fire in grill (or turn grill to medium-high). Position grill rack 5-6 inches from heat. Cook until done, turning steaks once, about 4-6 minutes per ½ inch of thickness of fillets or steaks. A whole salmon will require about 7-9 minutes per ½ pound. Time guidelines are the same as for broiling.

Indirect Heat Grilling

Prepare medium-hot fire in grill (or turn grill to medium-high). Bank fire against one side of grill and position salmon over drip pan, not directly over fire. Start fillets skin side up. Cover and grill until done, turning steaks once, about 4-6 minutes per ½-inch thickness of fillets or steaks. A whole salmon will require about 7-9 minutes per ½ pound.

Use the following cooking times as a guideline.

<u>Cut</u>	<u>Size</u>	<u>Coal Temperature</u>	<u>Grilling Time</u>
Whole	½ to 1½ lbs.	Medium	20-25 minutes per ½ lb.
Fillet, Steak	½ to 1 inch	Medium	4-6 minutes per ½ inch of thickness

To Sauté

Heat a little oil in a large non-stick skillet over medium-high heat. Add salmon (start fillets skin side up) and cook until done, turning once.

To Pan-broil

Heat heavy skillet or grill pan over medium-high heat. Add salmon (start fillets skin side up) and cook until done, turning once.

To Roast

Heat oven to 450°F. Brush shallow baking pan with a little oil. Arrange salmon in single layer, skin side down, place in oven and roast until done. There is no need to turn salmon when roasting.

Timing:

- **Fresh or Thawed Salmon**
Bake uncovered in a preheated 450°F oven for 4-6 minutes for each 1/2 inch of thickness.
- **Whole, Dressed Salmon**
Bake uncovered in a preheated 450°F oven for 10 minutes for each inch of thickness at the thickest part of the salmon.

To Poach

Fill large shallow skillet half full of water; bring to a boil (add thinly sliced lemon or onion, peppercorns or fresh herbs to the poaching water if desired). Add salmon, reduce heat, simmer very gently just until done. Lift out to drain. Serve warm or chilled.

Timing:

- **Fresh or Thawed Salmon**
For each 1/2 inch of thickness, simmer uncovered for 4-6 minutes.
- **Frozen Salmon**
For each 1/2 inch of thickness, simmer uncovered for 6-9 minutes.
- **Whole, Dressed Salmon**
Leave the head and tail intact to allow the salmon to retain its natural juices. For each 1/2 lb. of fish, simmer covered for 6-9 minutes.

To Microwave

Arrange one or two steaks or fillets on microwaveable plate or baking dish, tucking ends of pieces under so they won't overcook. Cover with waxed paper or lid. Cook on high (100%) power 3-5 minutes. Let stand 2 minutes; then test for doneness.

When Is It Done?

Appearance is the best gauge of doneness in salmon: When flesh is opaque. Insert the tip of a sharp knife near the bone of a salmon steak or at the thickest part of a fillet and pull away slightly. Well-done salmon will be completely opaque and flake easily. Medium-done salmon will still have some pink at the center. Salmon continues to cook after removing from heat, so figure on a minute or two of standing time to complete cooking.

Ten-Minutes-Per-Inch Rule for Grilling, Broiling or Poaching. Time can also be used as a rule-of-thumb guide for cooking time. Measure the piece of salmon at its thickest part and cook 10 minutes for each inch of thickness.