

salmon recipes

FOR BODY AND MIND



Scottish Salmon

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introduction

Scottish farmed salmon is one of Scotland's prime foods – enjoyed at home and in more than 60 countries around the world. It has a reputation for flavour, texture and quality. And it is farmed with care, passion and pride in the cold, clear waters of the Scottish Highlands and Islands.

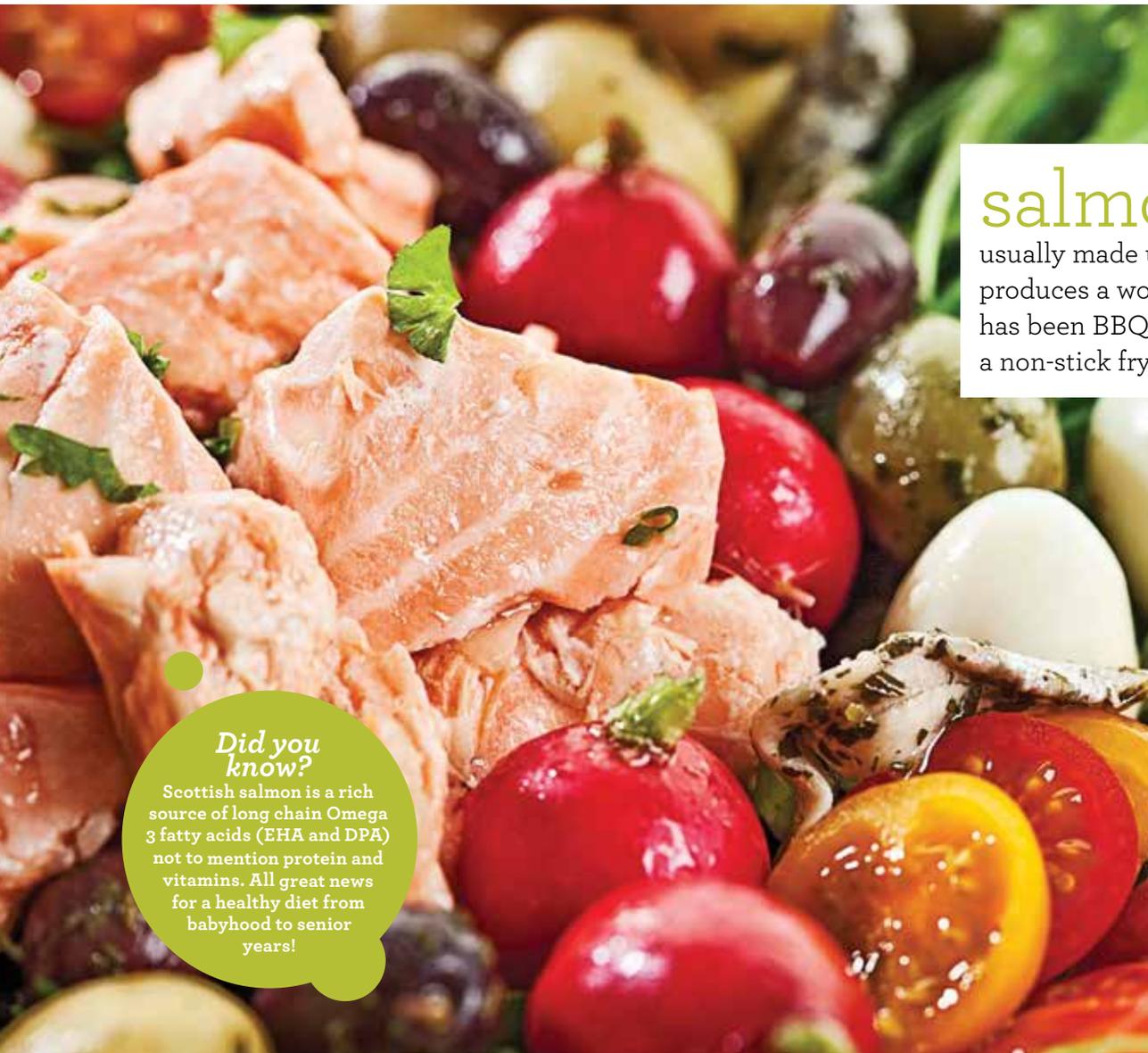
Scottish farmed salmon is internationally recognised for its superior quality. Applauded by the French who first awarded it the prestigious **Label Rouge** in 1992 and every year since, it was also granted the EU PGI* award which sets it alongside Champagne and Parma Ham.

It is the salmon supported by the World Association of Chefs Societies for its quality and sustainable production. Gissur Gudmundson, the World Association President, recently said, “As chefs, using good ingredients is always very important to us. In this day and age, ingredients that are produced in a sustainable manner play an equally important role and Scotland is well known for its pioneering approach to responsible fishing and farming.”

And now you can enjoy the same delicious salmon at home. Here are some easy, tasty recipes that you can serve to family and friends with the added bonus that not only does it taste good, but it does you good, too! Look out for the Did you know bubbles for some extra information on how salmon and its Omega 3 are good for you and your family.

Enjoy!

*Protected Geographical Indication



salmon niçoise

Salad Niçoise is usually made using tuna fish, but this version using salmon produces a wonderful summer salad – especially if the fish has been BBQ'ed. Just as tasty in winter, prepared using a non-stick frying pan.

SERVES: 4

PREP TIME: 30 minutes

COOK TIME: 12 minutes

EQUIPMENT: BBQ or non-stick frying pan.

INGREDIENTS

4 skinless salmon fillets

8 hard boiled quail's eggs or

4 hen's eggs cut into quarters

110g cooked fresh green beans or asparagus

8 plump stoned olives

Fresh or tinned anchovies

225g of boiled baby potatoes

8 radishes

4 red cherry tomatoes, halved

4 yellow cherry tomatoes, halved

A combination of spinach,

watercress and rocket

Finely chopped fresh parsley

Vinaigrette dressing

Olive oil

METHOD

1. Lightly brush the salmon fillets with olive oil and cook on a hot BBQ or in a frying pan for 5 to 6 minutes a side, until cooked through.

2. Dress the beans and baby potatoes in vinaigrette dressing and chopped parsley.

3. Place the spinach, watercress and rocket onto a large platter.

4. Carefully pile the salmon into the centre of the dish and then arrange all the other ingredients around the salmon.

5. Finally, drizzle a touch of the vinaigrette over the salmon and sprinkle with a little of the parsley to finish.

APPROXIMATE NUTRITIONAL INFORMATION PER PORTION

CALORIES 380

FAT 10G

SODIUM 1G

Did you know?

Scottish salmon is a rich source of long chain Omega 3 fatty acids (EHA and DPA) not to mention protein and vitamins. All great news for a healthy diet from babyhood to senior years!

smoked salmon ramekins

This recipe provides a very different way of serving salmon, by filling it with a smoked salmon mayonnaise. Ideal for a supper party or any special occasion.

SERVES: 6

PREP TIME: 35 minutes

COOK TIME: None

EQUIPMENT: 6 x 6½cm diameter ramekins.

INGREDIENTS

450g sliced smoked salmon

3 egg yolks

50ml olive oil

150ml sunflower oil

2 tablespoons of chopped capers

1 shallot finely chopped

Salt and pepper

Sprigs of dill and capers
to garnish

METHOD

1. Line each ramekin with cling film.

2. Place the egg yolks into a bowl, beating continuously. Then slowly drizzle the oil into the yolks bit by bit, to produce a thick mayonnaise. Alternatively, the yolks and oil can be mixed in a food processor or liquidiser.

3. Add the chopped capers and shallot to the mayonnaise and season to taste.

4. Place a piece of salmon into the base of each ramekin, then line the sides, so that the whole ramekin is completely covered.

5. Mince the remaining salmon either in a food processor, or finely chop by hand.

6. Add to the mayonnaise and mix well.

7. Fill each salmon lined ramekin with the mayonnaise mixture to the top and cover with cling film.

8. Chill in a refrigerator for a couple of hours.

9. To serve, invert the ramekin onto a plate and remove the cling film.

10. Garnish with capers and dill.

11. Serve with thinly cut buttered, wholemeal bread.

APPROXIMATE NUTRITIONAL INFORMATION PER PORTION

CALORIES 450

FAT 9.21G

SODIUM 2.75G



Did you know?

All Scottish salmon
is fully traceable
right back to the
farm it came
from.

Did you know?

Scottish salmon farmers believe in the highest standards of welfare and many participate in the RSPCA Freedom Food scheme too.



honey & ginger thai salmon

This dish is quick and easy to prepare, providing not only the succulent flavour of salmon but also popular and authentic flavours from Thailand.

SERVES: 4
PREP TIME: 10 minutes
COOK TIME: 20 minutes
EQUIPMENT: A shallow ovenproof dish.

INGREDIENTS

4 good-sized skinned salmon fillets
4 tablespoons soy sauce
4 tablespoons clear honey
2 cloves garlic, crushed

2 fresh chillies, finely chopped or 4 teaspoons jar-prepared hot chillies
4 teaspoons chopped fresh ginger or jar-prepared ginger

METHOD

1. Preheat the oven - 220C (fan assisted 200C), 425F or Gas 7.
2. Place the 4 salmon fillets in a shallow, ovenproof dish.

3. Pour a tablespoon of soya sauce over each fillet.
4. Drizzle a tablespoon of honey over each fillet.
5. Divide the garlic, chilli and ginger between the four fillets, using a small knife to evenly distribute them.
6. Tightly cover the dish in foil.
7. Bake in the oven for 20 minutes.
8. Serve on hot plates, dividing the

marinade between the four fillets and serve either with freshly cooked broccoli and boiled rice or with a fresh green salad and crusty bread.

APPROXIMATE NUTRITIONAL INFORMATION PER PORTION
CALORIES 270
FAT 9.6G
SODIUM 600MG



SERVES: 4
PREP TIME: 10 minutes
COOK TIME: 8-10 minutes
EQUIPMENT: A large sized non-stick frying pan.

hot smoked salmon burger

Using hot smoked salmon to make the burger not only provides a healthy, Omega 3-packed alternative to beef, but is a really delicious way of eating this particular type of salmon.

INGREDIENTS

4 x 150g skinned hot smoked salmon fillets
2 egg yolks
4 muffins
1 tablespoon olive oil
25g butter or low fat mayonnaise (optional)
Little gem lettuce leaves
2 large tomatoes, thinly sliced

METHOD

1. Place the fillets and the egg yolks into a food processor and 'pulse' until the salmon and yolks are combined together.

2. Divide the mixture into four, and shape into burgers.
3. Heat the olive oil in the frying pan until really hot then carefully add the burgers.
4. Shallow fry for 3-4 minutes until crispy and golden underneath, turn and cook for a further 3-4 minutes until golden on the other side.
5. Cut the muffins in two horizontally, and lightly toast in a toaster.
6. Butter or spread the muffins with mayonnaise (optional).
7. Place each burger on one side of the toasted muffins.
8. Divide the tomatoes and lettuce between the burgers, and top with the other half of each muffin.

APPROXIMATE NUTRITIONAL INFORMATION PER PORTION
CALORIES 540
FAT 12G
SODIUM 2.64G

Did you know?

Fish gives you brains. Exciting research suggests that Omega 3s are important for children's improved learning and concentration!

Did you know?

Omega 3s (EPA and DHA) have anti-inflammatory properties that may reduce joint stiffness and pain caused by arthritis.

salmon kedgeree

Traditionally associated with smoked haddock, fresh salmon kedgeree offers a more 'sophisticated supper dish', with fragrant and noteworthy flavours.

SERVES: 4

PREP TIME: 10 minutes

COOK TIME: 20 minutes

EQUIPMENT: A medium sized non-stick saucepan and lid, and shallow ovenproof dish.

INGREDIENTS

4 good sized skinless salmon fillets
4 hardboiled eggs, shelled
1 onion, finely chopped
25g butter
225g long grain rice
1 chicken stock cube
16fl ozs water
1 heaped teaspoon turmeric
Salt and pepper
Chopped parsley

METHOD

1. Preheat the oven 220C (fan assisted 200C), 425F, or Gas 7.
2. Place the four salmon fillets in a shallow ovenproof dish.
3. Tightly cover the dish with foil.
4. Bake in the oven for 20 minutes.
5. While the salmon is cooking,

fry the onion in the butter for 5 minutes.

6. Add the rice, water and turmeric.

7. Crumble the stock cube over the rice, stir and bring to the boil.

8. Place a tight fitting lid onto the saucepan and simmer gently for about 10 minutes, or until all the liquid has been absorbed by the rice, stirring occasionally.

9. Using an egg cutter, divide each egg into six parts, or roughly chop.

10. When the rice is cooked, check for seasoning, then pile onto a hot serving dish.

11. Roughly break up the salmon and pile on top of the rice.

12. Finally, arrange the eggs around the salmon and sprinkle with the fresh chopped parsley.

APPROXIMATE NUTRITIONAL INFORMATION PER PORTION

CALORIES 460
FAT 9G
SODIUM 600MG

sticky salmon kebabs

These luscious and sticky kebabs are ideal for either a summer BBQ or fried in a large pan, for a light lunch or supper dish.

Did you know?

Oil-rich fish like salmon is good for your heart – it's official, says the UK's regulatory body on health claims!

SERVES: 4

PREP TIME: 10 minutes

COOK TIME: 25 minutes

EQUIPMENT: A large-sized, non-stick frying pan or BBQ – plus 4 kebab skewers.

INGREDIENTS

4 skinless salmon fillets

1 tablespoon olive oil

Sweet chilli sauce

Pouring honey

Limes for serving

METHOD

1. If using wooden skewers, soak in cold water for a few moments to prevent burning.
2. Cut each salmon fillet into cubes and thread gently on to the skewers.
3. Heat the olive oil in the frying pan until hot.
4. Place the kebabs into the hot oil and turn the heat down to medium.
5. Fry the kebabs for 3-4 minutes on each side, until golden brown.
6. If using a BBQ, transfer to a frying pan just before serving and drizzle the chilli sauce and honey over the kebabs.
7. Transfer to a hot serving dish, spooning over any sauce left in the frying pan.
8. Serve with lime wedges and a tossed green salad.

APPROXIMATE NUTRITIONAL INFORMATION PER PORTION

CALORIES 300

FAT 9G

SODIUM 600MG

salmon scotch egg

Although we are all used to the sausage and egg version of this recipe, quails eggs and fresh salmon can also produce a delicious picnic snack or a light supper with salad.

SERVES: 4

PREP TIME: 15 minutes

COOK TIME: 5 minutes

EQUIPMENT: Deep fat fryer

INGREDIENTS

4 x 100g skinless salmon fillets

4 quail's eggs

125g seasoned plain flour

1 beaten hen's egg

125g breadcrumbs

Salt and freshly ground pepper

Sunflower oil for frying

METHOD

1. Gently place the quail's eggs into boiling water and boil for 1½ minutes for soft-boiled eggs, 2½ minutes for hard-boiled. Then run under cold water until cooled, and peel the eggs.

2. Place the salmon into a food processor, season and pulse until it forms a paste. Divide into four portions.

3. Put the flour on to a plate and roll the eggs in the flour then carefully mould the salmon paste around each egg, forming the shape of an egg.

4. Roll the covered eggs in seasoned flour, then into the beaten egg, and finally toss in the breadcrumbs.

5. Fill a deep fat fryer with the sunflower oil.

6. Heat the oil to 180C (350F). To test if the oil is hot enough place a piece of bread into the oil and when it starts to sizzle the oil is ready.

7. Gently lower the eggs into the hot oil with a slotted spoon and fry, turning the eggs in the oil from time to time for approximately 5 minutes - until they are golden brown.

8. Remove the eggs from the oil and drain on kitchen paper and allow to cool.

APPROXIMATE NUTRITIONAL INFORMATION PER PORTION

CALORIES 371

FAT 10G

SODIUM 400MG



Did you know?

Pregnant mums should eat oil-rich fish like salmon for their health and the baby's brain and retina development.

salmon with oranges & herbs

This recipe uses a whole side of salmon and is ideal for a supper party or a family weekend lunch. The tang of the oranges and the crunchiness of the peanuts beautifully balance the richness of the salmon.



SERVES: 4

PREP TIME: 20 minutes

COOK TIME: 20 minutes

EQUIPMENT: A large roasting tin or dish.

INGREDIENTS

One side of skinless boned salmon

2 oranges

250ml quality white wine

50g chopped peanuts

*A mixture of chopped chives, parsley
and dill to garnish*

Olive oil

Salt and freshly ground pepper

METHOD

1. Preheat the oven 200C, (fan assisted 180C) 400F, or Gas 6.
2. Brush the roasting dish with olive oil and place the salmon into the dish.
3. Pour over the wine.
4. Cut one of the oranges into quarters; squeeze some of the juice over the salmon and then place alongside the salmon.
5. Season and cover with foil and bake for 15-20 minutes until the salmon flakes are easily parted with a fork.
6. Carefully remove the salmon from the roasting dish and place on a warm serving plate.
7. Mix the peanuts and chopped herbs. Cover a long palate knife with the herb and nut mixture, and then coat each long edge of the salmon.
8. Cut the other orange into rings, cut each ring into the centre, then twist and line the centre of the salmon - adding little sprigs of dill.

APPROXIMATE NUTRITIONAL INFORMATION PER PORTION

CALORIES 315

FAT 9G

SODIUM 600MG

smoked salmon & scrambled eggs on toasted muffins

A fabulously classic and simple dish; serving the salmon and eggs on hot toasted muffins produces a rather heavenly texture, that beautifully complements both key ingredients.

SERVES: 4

PREP TIME: 5 minutes

COOK TIME: 2-3 minutes

EQUIPMENT: Medium saucepan, grill or electric toaster.

INGREDIENTS

8 fresh free range eggs

4 bread muffins

8 slices of smoked salmon

25g butter

Salt and pepper

Fresh dill to garnish

METHOD

1. Beat the eggs until well combined, using a fork or a food processor, then season.
2. Cut the muffins in half and toast on both sides. Keep warm.
3. Melt the butter in a medium sized saucepan over a medium heat and add the egg mixture.

4. Stir the eggs continuously with a wooden spoon and as soon as the eggs start to thicken remove from the heat and continue stirring in the residual heat of the pan until the eggs are a soft creamy texture.
5. Divide the cooked egg mixture between the muffin halves. Place a curl of smoked salmon onto the scrambled eggs on each muffin.
6. Serve immediately, garnished with a little of the fresh dill.

APPROXIMATE NUTRITIONAL INFORMATION PER PORTION
CALORIES 380
FAT 10G
SODIUM 2.75G



Did you know?

Conditions like dementia and Alzheimer's disease can be lessened by maintaining healthy levels of Omega 3s.



SERVES: 4
PREP TIME: 20 minutes
COOK TIME: None
EQUIPMENT: Rolling pin and sharp knife.

INGREDIENTS
4 slices quality white bread
4 slices smoked salmon
A little butter for spreading
Fresh chopped dill
Fresh ground pepper

smoked salmon pinwheels

Smoked salmon on buttered bread isn't the most modern canapé. However, serving it in small pinwheels creates not only an incredibly pretty way of presenting salmon, but also produces perfectly sized nibbles for drinks parties!

METHOD

1. Cut the crusts off each slice of bread.
2. Using a rolling pin roll out the bread until it is as thin as the smoked salmon.
3. Trim the edges of the rolled out bread.
4. Lightly butter each slice of bread, and sprinkle with a little pepper and chopped dill.
5. Place the salmon onto each slice of bread and roll up tightly, rolling from the narrowest side of the bread.
6. Place the salmon rolls into cling film and chill until needed.
7. To serve use a sharp knife and cut the salmon rolls into 1cm slices, and arrange onto a serving plate.
8. Garnish with a little dill.

APPROXIMATE NUTRITIONAL INFORMATION PER PORTION
CALORIES 450
FAT 7.9G
SODIUM 2.4G

deep fried crispy battered salmon

Fish and chips are a firm favourite and using salmon instead of white fish gives an interesting, new twist. Not only does the combination of salmon and crisp batter produce a delicious dish, but cutting through the crispy batter also reveals an array of mouth-watering pretty pink salmon flakes. Simply sublime!

SERVES: 4

PREP TIME: 15 minutes

COOK TIME: 9 minutes

EQUIPMENT: A deep fat fryer.

INGREDIENTS

4 skinless fillets of salmon
100g plain flour
2 eggs separated
175ml iced water
2 tablespoons vegetable oil
Vegetable oil for frying

METHOD

1. Place the flour in a large bowl and add the egg yolks, water and 2 tablespoons of vegetable oil. Then gently mix together.
2. Whisk the egg whites in a separate bowl until stiff.
3. Carefully fold the egg whites into the flour mixture to make a smooth batter.
4. Heat the vegetable oil in a deep fat fryer to 160C, or test with a piece of bread by putting it into the oil - and if

it fries to a golden brown, the oil is ready.

5. Dip the salmon fillets into the batter one at a time then place carefully into the hot oil.
6. Fry, turning occasionally with a slotted metal spoon for 8-9 minutes; until golden brown and the salmon is cooked through.
7. Remove from the oil and place on to kitchen paper to remove the excess oil.
8. Serve hot with a slice of lemon and either French Fries or a green salad.

**APPROXIMATE
NUTRITIONAL
INFORMATION PER
PORTION**
CALORIES 485
FAT 11.51G
SODIUM 600MG



Did you know?

Over 5,000 scientific papers support the health benefits of Omega 3s found in salmon.

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