ESSENTIAL SCOTTISH SALMON RECIPES
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INTRODUCTION

For many years salmon has been Scotland’s number one food export. This year, it also ranked as the UK’s number one food export. Renowned for its quality and flavour, Scottish farmed salmon is now enjoyed in more than 60 countries.

Scottish salmon is internationally recognised for its superior quality. The French Government awarded it the prestigious Label Rouge in 1992 and has continued to do so every year since. Salmon has also been granted the EU PGI* award which sets it beside world famous products like Champagne, Scotch Whisky and Parma Ham. The World Association of Chefs Societies also supports Scottish salmon for its quality and sustainable production.

Here are a few of our favourite recipes designed to be rustled up quickly and easily, yet sure to make a tasty impression on your family and guests. Why not follow us on twitter @lovescotsalmon or on facebook at Love Scottish Salmon for more recipe ideas, cookery tips, and healthy eating suggestions? Enjoy!

*Protected Geographical Indication
PAN FRIED SCOTTISH SALMON WITH SALSA VERDE

For a speedy supper, whisk up this zingy salsa verde on pan-fried salmon to make midweek meals taste really special.

Serves: 4
Prep Time: 10 mins
Cook Time: 10 mins
Equipment: 1 chopping board, 1 large chopping knife, garlic crusher, small bowl and spoon, non stick frying pan that can be put in the oven or a non stick frying pan and baking tray, fish slice

Approximate Nutritional Information per Portion
Calories: 452
Fat: 5.5g

DID YOU KNOW?
Scottish salmon farming is the largest animal producer to have the RSPCA Freedom Food accreditation.
INGREDIENTS

For the Salsa Verde:
3 anchovies
3 tsp capers
1 clove of garlic, crushed
2 tbsp fresh lemon juice
1 tsp Dijon mustard
6 tbsp chopped soft herbs (e.g parsley, coriander, mint, tarragon)
6 tbsp olive oil
Salt and pepper

4 pieces salmon fillet
1 tbsp olive oil

METHOD

1. Chop the anchovies and capers finely. Add the garlic, lemon juice, mustard and herbs. Gradually add the olive oil, taste and season with pepper or more lemon juice as necessary. Anchovies and capers are salty so only add salt if necessary

2. Preheat the oven to 200°C/Fan oven 180°C/ Gas Mark 6. Warm some plates. Season the salmon with salt and pepper. Place the oil in a thick based frying pan and heat until very hot. Put in the salmon – skin side down. Fry for a couple of minutes, pressing it down into the pan until the skin crisps up and it is possible to turn it over. Turn over the salmon and place in the oven in the pan for 5 minutes (if you can't put the pan in the oven, transfer the fish to a baking tray to put in the oven)

3. To serve drizzle a spoonful of Salsa Verde over the salmon
INGREDIENTS
For the Pancakes:
3 tbsp polenta
75g self raising flour
1/4 tsp salt
1/4 tsp baking powder
3 tbsp finely chopped fresh mint
1 egg, beaten
125ml milk
15g melted butter
115g frozen peas, thawed
1 tbsp sunflower oil

For the Topping:
75ml crème fraiche or soured cream
Zest 1 lemon
1 tbsp lemon juice
1 tsp of capers, rinsed and finely chopped
100g smoked salmon, cut into wide strips
Salt and freshly ground black pepper
1 lemon, cut into wedges, to serve

METHOD
1. Whisk the polenta, flour, salt, baking powder, mint, egg, milk and butter with a balloon whisk to make a smooth batter. Stir in the peas. Cover and leave the mixture to rest for 20 minutes
2. Brush a non stick frying pan with oil and heat up. Drop tablespoonsfuls of mixture into the hot pan. Cook until the sides and top of the pancakes start to set and turn them over. They should be golden brown and risen and will take approximately 2 minutes each side. If the pancakes are getting too dark before they are cooked turn the heat down a little. Grease the pan with more oil between each batch of pancakes. Cool the pancakes on a wire rack
3. For the topping, mix together the crème fraiche, lemon zest and juice, capers, salt and pepper. When ready to serve put a spoonful of the crème fraiche mixture on top of each pancake. Finally, place a loosely folded piece of smoked salmon on top and serve with lemon wedges
Perk up this classic with peas and mint in bite-sized pancakes topped with delicious smoked salmon and creamy sauce

SERVES: 4
PREP TIME: 25 MINS
COOK TIME: 10 MINS

EQUIPMENT: Weighing scales, measuring spoons, small pan, medium bowl, small bowl, zester, small balloon whisk, non stick frying pan, pastry brush, large metal spoon, medium metal spoon, chopping board, chopping knife, citrus juicer, wire rack

APPROXIMATE NUTRITIONAL INFORMATION PER PORTION
CALORIES 183
FAT 4.7G

DID YOU KNOW?
Scottish salmon farming operates to a Code of Good Practice, which is independently audited against its 500 check points
HOT ROAST SCOTTISH SALMON WITH TERIYAKI SHIITAKE MUSHROOMS AND ROCKET SALAD

SERVES: 4
PREP TIME: 10 MINS
COOK TIME: 5 MINS
EQUIPMENT: Kitchen paper, chopping board, chopping knife, frying pan, wooden spoon, measuring spoon, small bowl, fork, weighing scales, whisk, colander

APPROXIMATE NUTRITIONAL INFORMATION PER PORTION
CALORIES 296
FAT 3.8G

A stylish and mouth-watering lunch – wonderful salad packed with flavours and ready on the plate in minutes.

DID YOU KNOW?
Salmon farming companies donate around £1m worth of support to local communities each year.
INGREDIENTS
115g shiitake mushrooms
1 tbsp sunflower oil
1 tbsp Teriyaki marinade
Ground black pepper
4 handfuls of washed rocket leaves
60g sun dried tomatoes, sliced
125g roast salmon, broken into pieces

Dressing:
1/2 tbsp lemon juice
2 tbsp olive oil

METHOD
1. Wipe the mushrooms with a damp piece of kitchen paper and slice them
2. Heat the oil in a frying pan, add the mushrooms and cook for 4–5 minutes. Add the Teriyaki marinade and pepper then put to one side
3. Whisk together the dressing ingredients
4. Place the salad on individual serving plates, arrange the tomatoes and salmon pieces over the top. Drizzle over the dressing and scatter over the warm mushrooms. Serve immediately
INGREDIENTS
4 skinless salmon fillets
1 tbsp 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. Mix sweet chilli sauce and honey in a small bowl
4. Heat olive oil in the frying pan until hot
5. Place the kebabs into the hot oil and turn the heat down to medium
6. Fry the kebabs for 3-4 minutes on each side, until golden brown
7. If using a BBQ, transfer to a frying pan just before serving and drizzle the chilli sauce and honey over the kebabs
8. Transfer to a hot serving dish, spooning over any sauce left in the frying pan
9. Serve with lime wedges and a tossed green salad
Luscious and sticky kebabs are ideal for a summer BBQ or fried in a large pan for an indoor supper - popular with all ages!

SERVES: 4
PREP TIME: 10 MINS
COOK TIME: 25 MINS
EQUIPMENT: Sharp knife, large-sized non-stick frying pan or BBQ, 4 kebab skewers, measuring spoons, fork, small bowl

APPROXIMATE NUTRITIONAL INFORMATION PER PORTION
CALORIES 300
FAT 9G

DID YOU KNOW?
Scottish salmon is a rich source of long chain Omega 3 fatty acids (EPA and DHA) as well as protein and vitamins.
BARBECUED SCOTTISH SALMON WITH NOODLES

SERVES: 4
PREP TIME: 10 MINS
COOK TIME: 15 MINS
EQUIPMENT: Griddle, pastry brush, cooking pan, wooden spatula, metal spoon, chopping board, chopping knife, citrus juicer, measuring spoons, measuring jug, fork, serving dishes

APPROXIMATE NUTRITIONAL INFORMATION PER PORTION
CALORIES 280
FAT 11G

An Asian twist on traditional barbecued salmon. Works indoors or outdoors as a scrumptious summer supper.

DID YOU KNOW?
Salmon farmers recycle old equipment to make picnic tables, carpets, fleeces and even bridges in the Highland countryside.
INGREDIENTS
4 x 175g salmon steaks
Olive oil for brushing
150g rice noodles
1 yellow pepper, deseeded and sliced into sticks
1 red pepper, deseeded and sliced into sticks
100g French beans, cut in half
100g mangetout, shredded
100ml vegetable stock
Juice of a lime
1/2 tsp curry paste
1 tbsp chopped coriander
Coriander sprigs for garnish

METHOD
1. Brush a griddle pan with oil and heat until really hot. Cook salmon steaks on griddle for 4 minutes each side
2. Meanwhile cook beans in boiling water for 3 minutes, add mangetout and rice noodles. Cook until soft and drain well. Add peppers and mix well
3. Heat vegetable stock, add lime juice, curry paste and coriander
4. Place piles of noodles and vegetables on 4 dishes. Top with salmon and spoon curry broth over the top and garnish with coriander
INGREDIENTS
4 good-sized skinned salmon fillets
4 tbsp soy sauce
4 tbsp clear honey
2 cloves garlic, crushed
2 fresh chillies, finely chopped or 4 tsp jar-prepared hot chillies
4 tsp chopped fresh ginger or jar-prepared ginger

METHOD
1. Preheat the oven 220°C (fan assisted 200°C), 425°F or Gas 7
2. Place the four salmon fillets in a shallow, ovenproof dish
3. Pour a tablespoon of soy 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
DID YOU KNOW?
All Scottish salmon can be traced back to its farm to provide detailed information on how it was cared for.

HONEY AND GINGER THAI STYLE SCOTTISH SALMON

An ideal dish for informal entertaining. Quick and easy to prepare and blends the flavours of Thailand with Scotland.

SERVES: 4
PREP TIME: 10 MINS
COOK TIME: 20 MINS
EQUIPMENT: A shallow ovenproof dish, measuring spoons, chopping board, chopping knife, kitchen foil, large metal spoon, fish slice or spatula, small knife

APPROXIMATE NUTRITIONAL INFORMATION PER PORTION
CALORIES 270
FAT 9.6G