NINO SALVAGGIO MARKETPLACE FISHERY

Fresh Flavor Fillets™

Recipe and Cooking Directions for:

GARLIC & PEPPER SALMON

This delicious Salmon Entrée is best prepared using the GRILLING, PANKO CRUSTED or PAN SEARING methods.

Grilling

Pre-heat grill to medium hot. Be sure grill is clean of debris and very lightly wiped with vegetable oil before grilling fish. Remove product from container and remove all excess marinate. Pat dry product with an absorbent paper towel. Spray both sides of product with non-stick vegetable spray and place on the grill. Cooking time will vary depending on thickness and overall size. Typically, a one inch fillet will require approximately 5 to 7 minutes on each side.

Panko Crusted

Remove product from container and remove all excess marinate but leaving enough marinate on the fish to adhere the Panko crumbs. In a separate shallow dish, pour approximately 1 cup of Panko (Japanese Bread Crumbs). Pat the Salmon Filet onto the bed of Panko to adhere the crumbs. Pre-heat a non-stick (Teflon) sauté or frying pan to medium hot and add 2 to 3 Tbsp. of vegetable oil. Place the fillet in the hot oil and pan fry on both sides until crust is golden brown. If flesh is not fully cooked during this process, place browned fillet in a 400 F oven until fully cooked.

Pan Searing

Pre-heat a non-stick (Teflon) sauté or frying pan to medium hot. Remove product from container and remove all excess marinate. Pat dry product with an absorbent paper towel. Spray both sides of product with non-stick vegetable spray and place in the sauté pan. Cooking time will vary depending on thickness and overall size. Typically, a one inch fillet will require approximately 5 to 7 minutes on each side.

Additional Information:

This fish will be fully cooked when a small incision in the thickest part of the fillet is able to flake the flesh, it is no longer translucent but fully opaque in color, and the fillet is firm.

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