



Chilean Salmon

(Salmo salar)

Our farmed Atlantic Salmon are raised in the cold Southern Pacific waters off of Chile. It is a fantastic alternative to protein sources such as chicken or beef.



FEATURES/BENEFITS

- Weekly harvests allow for consistent supply throughout the year.
- These boneless salmon portions are deep-skinned with only a minimal fat line.
- Moist, firm, yet delicate texture.
- The flavor, while not as strong as wild salmon, is mild and consistent. The vacuum packed portions retain moisture and flavor.

APPLICATIONS

Serve salmon as a salad topper, appetizer or entrée.

HANDLING/PREPARATION

THAWING: Keep frozen until ready to use. Thaw under refrigeration for up to 24 hours.

COOKING SUGGESTIONS

BAKING: Preheat oven to 375°F. Place thawed salmon portion in oven safe baking dish. Bake salmon for 15-20 minutes or until the salmon flakes easily with a fork.

GRILLING: Preheat grill to medium-high heat. Rub grill with oil to prohibit sticking. Cooked thawed salmon portion for approximately 4-5 minutes per side, or until cooked all the way through. Salmon will flake easily when it is done.

MICROWAVE: Place thawed salmon portion in a microwave safe dish. Cover with plastic wrap and pierce with a fork to allow steam to escape. Microwave on high for 2½-5 minutes, turning halfway through cooking time. Let stand for 1 minute before serving.

Food Safety Guidelines recommend cooking fish until the temperature reaches 145°F.

NUTRITION FACTS:

Serving Size 3.5 OZ. (100g), Calories 129, Total Fat 5.6g, Saturated Fat 0.9g, Trans Fat 0g, Cholesterol 55mg, Sodium 44mg, Carbohydrates 0g, Sugar 0g, Fiber 0g, Protein 18.4g.

COUNTRY OF ORIGIN: Chile



IPM selects only the finest quality suppliers in the world to pack our product. Continual inspection and selection during process ensures that you receive a premium product.

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