

Make Local Salmon Your First Choice



In the Pacific Northwest, we are lucky to live with a bounty of fresh seafood, meats, vegetables, and fruits, all carefully tended and harvested just minutes from our stores and restaurants. So when you choose your salmon, make sure it's locally caught, wild Sound Catch™ salmon. Just one taste, and you will recognize the quality only wild Washington salmon can offer, and you'll be supporting local fishermen, who ensure the continued availability of this sustainable seafood product.

Sound Catch salmon is a healthy, all natural source of protein that's high in omega-3 fatty acids. These super-polyunsaturated oils have been shown to be beneficial for overall health, and are particularly helpful in preventing heart disease. And because Sound Catch salmon is so quick to prepare, it's easy to treat your family to a delicious and nutritious meal. Try these simple recipes:



*Sound Catch - the sound choice for salmon,
for fishermen and for the place we call home.*

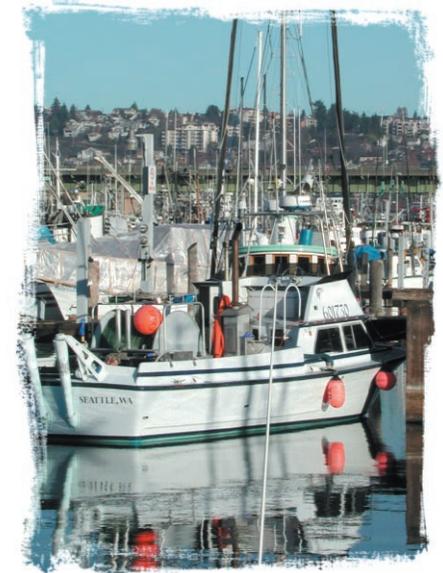


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Sound Catch™ Salmon

Local Fish from Local Fishermen



Wild Washington Salmon

Sound Catch™ Salmon Recipes

Easy to Prepare and Simply Delicious



SOUND CATCH SALMON WRAPS

Marinade:

- 3/4 cup white wine (Chardonnay is an excellent choice)
- 2 tablespoons lemon juice
- 1 teaspoon lime zest
- 2 tablespoons olive oil
- 2-3 garlic cloves, minced
- 1 teaspoon each dried oregano, basil and thyme
- 1/4 teaspoon sea salt
- Pinch pepper

- 1-1 1/2 pounds Sound Catch salmon fillets, boneless, cut into 2-ounce strips

Wrap ingredients:

- Flour tortillas
- Cooked Sound Catch salmon
- Green and/or red cabbage, thinly sliced
- Salsa mayonnaise (make with 1/2 salsa and 1/2 mayonnaise)
- Green onions, sliced
- Cilantro, coarsely chopped

Combine all marinade ingredients and mix well. Add salmon and marinate for 30-60 minutes in refrigerator. Prepare wrap ingredients while marinating. Remove salmon and marinade from refrigerator and drain well. Grill over hot coals, broil in oven or sauté in pan until salmon just flakes. Assemble wraps. Makes 8-12 wraps. Note: This marinade is also excellent for grilling or sautéing fillets or steaks.

PESTO SOUND CATCH SALMON

Spread a thin layer of pesto over salmon. Cook until done. Or try baking on a cedar or alder plank in the oven as a tasty alternative to barbecuing.



SOUND CATCH SALMON CIOPPINO

- 1 1/2 pounds Sound Catch salmon fillets
- 1 cup onions, chopped
- 2 garlic cloves, minced
- 1 tablespoon olive oil
- 1 8-ounce can tomato sauce
- 1 28-ounce can tomatoes, undrained and mashed
- 1/2 cup dry white wine or water
- 1/2 cup clam broth
- 1 teaspoon each dried basil, thyme, marjoram and oregano
- 1 bay leaf
- 1/4 teaspoon pepper
- 1 tablespoon parsley, minced

Cut salmon into 1/2-inch chunks, remove any bones and set aside. Sauté onion and garlic in oil until tender. Add tomato sauce, undrained tomatoes, wine, clam broth and seasonings. Let simmer 20-30 minutes, stirring occasionally. Add salmon and cook until it just flakes. Makes 4 servings.

Cooking Salmon is a Snap!

For the best results, use the cooking method best suited to the salmon you buy. Wild salmon with lower oil content, such as keta (chum) and pink, are excellent when cooked in full flavored recipes at temperatures of 350° F or less, like our Sound Catch Salmon Cioppino.

Wild salmon with higher oil content, such as sockeye and king, can stand alone with a simple sauce or flavored butter. These species also stand up well to the higher cooking temperatures used in barbecuing, broiling and sautéing.

Sauces and marinades can add a wide variety of flavors to salmon. Use your favorite marinade recipe or one from the store. Marinate or baste the salmon and then grill, steam, sauté, microwave, broil or bake until the fish is just opaque in the center and it flakes when tested with a fork.

BARBECUED SOUND CATCH SALMON

- 1 1/2 pounds Sound Catch salmon
- 2 tablespoons olive oil or melted butter
- 1/2 teaspoon dried dill or basil (fresh herbs may be used)
- 1 garlic clove, minced
- 1 tablespoon lemon juice
- Salt and pepper to taste

Mix ingredients together and baste over salmon. Cook until done.

SMOKED SALMON FETTUCCINE

- 12 ounces fettuccine
- 1 tablespoon garlic, minced
- 1 tablespoon olive oil
- 1 cup evaporated milk (regular or low fat)
- 1/2 cup fresh parsley, finely chopped
- 1 teaspoon dried basil
- 1/4 teaspoon black pepper
- 1-1 1/2 pounds smoked Sound Catch salmon, cut in chunks
- 3/4 cup Parmesan cheese, grated

Cook fettuccine according to directions on package. While fettuccine cooks, sauté garlic in olive oil in a large skillet. Add milk and heat through. Add spices. Stir in salmon and cook until just heated. Add drained fettuccine and Parmesan cheese. Toss lightly and serve. Makes 4 servings.

SMOKED SALMON SPREAD

- 3/4 pound smoked Sound Catch salmon, crumbled
- 8 ounces cream cheese (lite or regular)
- 1/2 cup sour cream (lite or regular)
- 2 tablespoons onion, finely chopped
- 1/4 teaspoon pepper
- 1 tablespoon lemon juice
- 1-2 teaspoons prepared horseradish
- 1 garlic clove, minced

Blend ingredients in food processor. Scoop or spread on chips or crackers. Makes about 3 cups.

