

How to Cook Copper River Salmon



It's easy to cook salmon! Follow these steps for a delicious healthy meal in minutes.

Sautéed & Pan-Seared

- Brush both sides of fish with oil or butter
- Heat in a pan over medium high heat
- Cook for 6-8 minutes

Roasting & Broiling

- Preheat oven to 450°F
- Brush both sides of fish with oil or butter
- Cook for 8-10 minutes

Poaching

- Simmer water in a large pan
- Turn off heat and add fish skin side down
- Liquid should cover fish completely
- Cover the pan tightly with a lid and return to light simmer
- Cook 4-6 minutes

Grilling

- Thoroughly clean and preheat grill
- Oil both sides of the fish
- Marinate or season fish
- Grill until meat is opaque all the way through

Perfect Pairings

The rich flavor of Copper River Salmon pairs beautifully with dry red and white wines that have fruity notes such as Pinot Noir and Cabernet Sauvignon

Pair with hoppy beers like IPAs and Pilsners

Friendly Flavors

- | | |
|-------------|------------|
| - Coriander | - Mustard |
| - Avacado | - Thyme |
| - Dill | - Miso |
| - Garlic | - Rosemary |
| - Chevril | - Cucumber |
| - Lime | - Shallots |



**Cooked fish should have an internal temp of 140°F*

www.CopperRiverSalmon.org