

Lightly Smoked Salmon fillets (4 oz)

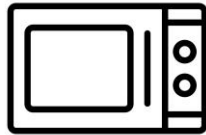


- Remove all packaging
- Follow below suggestions – NO need to season salmon as it already has sea salt
- All instructions are for **DEFROSTED** fillets*



AIR FRYER

- Preheat Air fryer according to instructions
- Place fillet in center of basket, skin side up, use parchment paper
- Heat for **5min** at 374°F



MICROWAVE 800W

- Place fillet in center of microwave, skin side down.
- Cook at max level for **4-5min** in total until salmon flakes easily with a fork. If the fish needs more cooking time, cook in 30-second until the salmon is cooked through to your liking.



SKILLET

- Add sunflower oil in pan
- Bring the oil to a temperature between 338°F and 390°F.
- Put the salmon in hot oil and cook for about max 2min.
- Remove from the oil and let it rest on paper towel to eliminate excess fat and serve.



CONVENTIONAL OVEN

- Preheat the oven to a temperature of 350°F.
- In a pan, sauté the fillet with sunflower oil for 1min both sides
- Transfer the fillet to a foil-lined sheet tray coated lightly with vegetable oil with the skin facing down in the oven.
- Bake for about 2min-3min at 392°F.

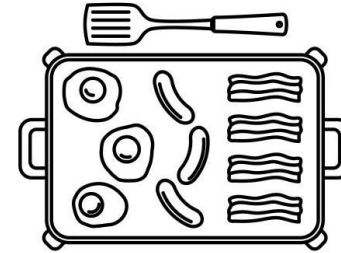
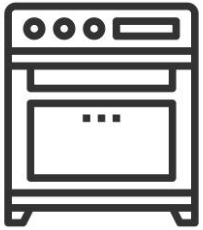
“This salmon offers a firm, fatty richness, complemented by a beautiful pink hue and a captivating aroma.” *International Taste Institute*

Due to differences in appliances, cooking times may vary and require adjustment.

Lightly Smoked Salmon fillets (4 oz)



- Remove all packaging
- Follow below suggestions – NO need to season salmon as it already has sea salt
- All instructions are for **DEFROSTED** fillets*



PROFESSIONAL OVEN (Rational)

- In a pan use sunflower oil to heat up from all sides for 1min.
- Preheat the oven to a temperature of 350°F.
- Transfer the fillet to a foil-lined sheet tray with the skin facing down in the oven.
- Bake for about 90'' at 356°F.

STEAM

- Place **bamboo basket** on top of boiling water of pan (215°F)
- Place baking tray in basket
- with fish skin facing down
- Place lid on basket
- Bake for about 5-6min

GRIDDLE

- Preheat griddle to 392°F
- Cook for 1min 45'' and turn side
- Cook for another 1min 45'' until done
- Alternatively we can cook for another 30'' after covering fillet with lid

“This is an excellent product with an exceptional texture and a delightful balance of firmness and fatty richness that delicately melts in the mouth”. *International Taste Institute*

Due to differences in appliances, cooking times may vary and require adjustment.

General Directions about defrosting fish



The Standard Way to Thaw Your Seafood

*Thaw frozen fish gradually by placing it in the **refrigerator overnight**. Place the fish on a plate/tray lined with paper towels or a tea towel that will fit on a low shelf in your refrigerator, arranging them in a single layer if possible. The paper towels will absorb the liquid melting off the seafood. Make sure to place your fish in the coldest part of your fridge, where the temperature is below 38°F. Once the fish has thawed — this will **usually take 10-12 hours** — rinse the fish to remove any remaining ice glaze. Then, pat it dry before cooking to remove any excess moisture for best flavor and texture. We recommend cooking your seafood within a day or two of being defrosted.

The Quick Way to Defrost Fish

We don't suggest to thaw the fish into cold water, as it will lose part of its aroma. Thawing salmon/seafood in the microwave isn't exactly ideal but if the food will be cooked immediately thereafter — **microwave** it on the “defrost” setting and stop the defrost cycle while the salmon is still icy but pliable (suggestion 2', turning halfway). Typically, microwaves defrost at a rate of about 6 to 8 minutes per pound of fish. However, make sure to check the fish occasionally to ensure the microwave is only defrosting the salmon, not cooking it. Stop defrosting once the fish is flexible and cold, not warm. Let stand for 1 minute before proceeding with cooking. Best to use paper towel to dry the fillet from excessive liquids before proceeding.

★Note: You really only need to thaw your salmon if you're working with larger pieces of fish. If you're cooking small salmon filets (4–6 oz.) that come vacuum sealed, you should be fine cooking your salmon straight from frozen. This is because our salmon is flash-frozen, which minimizes ice crystals and helps retain the fish's texture, even when taking it from rock-hard frozen to sizzling hot in a matter of seconds.