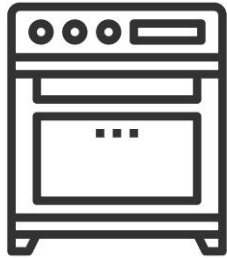


Salmon Fish (whole)



- Remove all packaging
- Fish is gutted, descaled and clean
- Follow below suggestions
- Suggestions for **defrosted** product



CONVENTIONAL OVEN

Preheat the oven to 375°F (190°C).

Prepare the salmon: Rinse the whole salmon under cold water and pat dry. Make shallow slashes across the body, about 2 inches apart. Season the cavity and skin with salt, pepper, herbs (like dill or parsley), lemon slices, and garlic.

Wrap in foil: Place the salmon on a large sheet of aluminum foil. Drizzle olive oil over the top. Wrap the fish tightly in the foil, sealing it to keep moisture in.

Bake: Place the wrapped salmon on a baking sheet and bake for 25-30 minutes, depending on its size (about 15 minutes per pound). The internal temperature should reach 135°F (57°C) in the thickest part.

Optional final step: Open the foil for the last 5 minutes to let the skin crisp up.



GRILL

Preheat the grill to medium heat (about 375°F or 190°C).

Prepare the salmon: Clean the whole fish and pat dry. Make shallow slashes along the body and season with olive oil, salt, pepper, herbs, and lemon slices, stuffing some inside the cavity.

Oil the grill grates to prevent sticking.

Grill the salmon: Place the salmon directly on the grill or in a fish basket. Cook for about 6-8 minutes per side, flipping carefully once halfway through. For larger salmon, cook around 10 minutes per pound. The internal temperature should reach 135°F (57°C).

Serve: Let the fish rest for a few minutes before serving.