

Fin to Fork: Using your whole salmon

Food Skills Workshop 1

Ian Lai, 2018

Richmond Food Security Society and
The Gulf of Georgia Cannery Farmer's Market

Salmon Stock

Ingredients:

Fish bones from one salmon
2 carrots, cut into ½ inch pieces
1 onion, cut into ½ inch pieces
2 stalks of celery, cut into ½ inch pieces
1 clove of garlic
water
pinch of salt

Directions:

1. Add all ingredients into a medium sized pot
2. Cover ingredients with water and bring to a simmer
3. Cook for 15 minutes
4. Strain and discard solids

Salmon Chowder

Serves 8

Ingredients:

¼ cup butter, margarine or oil
2 medium onions, diced
2 stalks celery, diced
2 cloves garlic, minced
4 medium potatoes, diced
2 carrots, diced
2 peppers, diced
1 cup corn, fresh, canned or frozen
3 tablespoons flour
4 cups water, broth or fish stock
4 cups milk or cream
1 pound salmon, cubed

Directions

1. Melt the butter in a large pot over medium heat.
2. Fry the onions, celery, carrots, and garlic until vegetables are tender.

3. Stir in the potatoes, corn, peppers, salt and pepper.
4. Add flour to coat vegetables.
5. Add salmon cubes and stock.
6. Stir to prevent lumps.
7. Turn heat down to a simmer until potatoes are fully cooked.
8. Add milk and bring back to a simmer.
9. Finish with chopped parsley.
10. Adjust seasoning and enjoy!
11. Use stock immediately or freeze for later use.

Salmon Burger

Makes 4 patties

Directions:

1. Place salmon trim and belly strips into a food processor
2. Pulse and grind salmon into roughly, not puree
3. Transfer salmon into a mixing bowl
4. Add green onions and seasoning
5. Optional to add an egg white – one egg white to 1 pound of salmon
6. Form into patties
7. Fry on medium heat for 3 minutes per side or
8. Bake in the oven at 350F for 10 minutes
9. Alternately you can freeze it raw for later use

Salmon Crackling

Directions:

1. Preheat oven to 350 F.
2. Drizzle one tablespoon oil onto lined cookie sheet.
3. Lay salmon skin flat onto cookie sheet.
4. Sprinkle with salt and seasoning .
5. Bake for approximately 15 minutes until skin crisps up.
6. Drain on paper towel .
7. Use as a garnish or eat as a snack.