

Norwegian Salmon

Quality salmon from Norway
to your kitchen



salmonfromnorway.com

The secret to success - Norwegian Salmon

Norwegian Salmon is a high **quality product** because it is raised in the pure and cold nature of Norway. There are many reasons to choose Norwegian Salmon, here are some:

1. Norwegian Salmon is farmed in the **cold, clear waters of Norway** where it grows slowly and therefore gains a **pure and fresh taste**.
2. Norwegian Salmon is a **healthy protein** that provides important nutrients; Omega-3, Vitamin D, Vitamin B12, Vitamin A, iodine and antioxidants.
3. Norwegian Salmon assures **food safety**; during the entire process, from breeding to arriving fresh to your kitchen, it meets the **highest standards** and **quality control**.

Therefore Norwegian Salmon is unique with its firm texture, colour and incredible taste.



Recipe

Fresh Norwegian Salmon with tagliatelli, pine nuts, fresh cheese and pennyroyal

Ingredients 4 people

- 600g Norwegian Salmon (in cubes)
- 600g Tagliatelli
- 0.5dl extra virgin olive oil
- 100g chopped onion
- 4 Garlic Cloves
- 10g chopped dried Tomato
- 150g fresh goat cheese (in cubes)
- 20g toasted pine nuts
- 50g chopped black Olives
- Pennyroyal leaf q.s.
- Traditional sea salt q.s.
- Milled Pepper q.s.

Procedure

- Season the Norwegian Salmon with salt and pepper and seal in a hot pan without fat.
- Cook pasta.
- Aside prepare a mixture with hot olive oil, onion, garlic and the dried tomatoes. Add the pasta and gently mix everything.
- Add Norwegian Salmon, cream cheese and olives to the pasta, season to taste and add the pine nuts.
- Serve the pasta in deep dish and season with pennyroyal leaves.



Preparation Guide

Its culinary versatility makes it a preferred choice in global cuisines around the world. Discover the great variety of cuts that can be created from Norwegian Salmon and be inspired to prepare new dishes.

FILLETS



Fillets are ideal for quick preparation and are great for pan-fried or oven-baked recipes.

LOINS



Loins are great for oven-baked recipes, but are also great when serving sashimi or carpaccio.

CUBES



Cubes are great for preparing quick meals like skewers and pasta.

MINCED



Minced Norwegian Salmon is well suited when you want to make a delicious tartar or homemade burgers.

SASHIMI

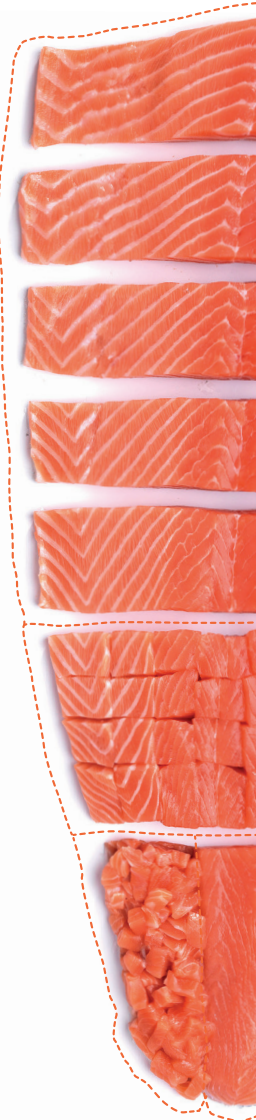


Sashimi is an extremely easy way to enjoy all the benefits of raw Norwegian Salmon.

BUTTERFLY



Butterfly cuts are well suited for pan-fried recipes and tastes delicious when baked in the oven.



How to Fillet



Step 1

Scrape the scales off the fish, rinse it well and dry it. Use a supported chopping board and a sharp knife. Larger fish require a larger knife.



Step 2

Cut diagonal down behind the collar bone towards the head.



Step 3

Turn the blade away from the head and cut along the backbone right down to the tail.



Step 4

Turn the fish over and do the same on the other side.



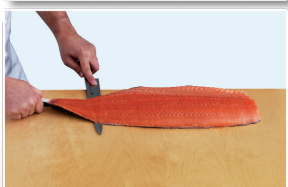
Step 5

Cut away the belly bones by placing the knife flat beneath the bones. Then cut away the fin attachments.



Step 6

Pull out the pin bones using Norwegian Salmon tongs or tweezers. They are located in the thick fillet.



Step 7

Use a sharp knife, with not too rigid a blade, start at the tail and cut diagonally down towards the skin. Grip the skin tightly, move the knife forwards between the fish meat and the skin while pulling the skin towards you.

Fresh Norwegian Salmon carpaccio

Ingredients 4 people

- 400g Norwegian Salmon fillet, skinned and deboned
- 1 bunch dill, fresh
- 1 bunch chervil, fresh
- 1dl rapeseed oil
- salt and pepper
- 1 pcs egg
- 2 tsp (teaspoon) horseradish
- 4 slices rye bread
- 4 tbsp (tablespoon) sour cream

Procedure

- Cut the Norwegian Salmon into thin slices and sprinkle with a little salt and pepper.
- Roughly chop dill and chervil, and combine with rapeseed oil, salt and pepper.
- Cook egg until it is hard-boiled, and finely chop the egg yolk.
- Grate horseradish and cut rye bread into very thin slices.
- Toast the bread slices in a dry frying pan until it's crispy.
- Serve the Norwegian Salmon slices with herbs, egg yolk, horseradish, rye bread and sour cream on top.



NORGE - SEAFOOD FROM Norway

The red, white and blue oval NORGE logo, tells you that the seafood **comes from Norway**. When you find salmon with this logo you are guaranteed that the salmon:

- Comes from the cold, clear waters of **Norway**
- Is raised and bred by **competent people**
- Is **responsibly managed** by the Norwegian government.



Look for this logo when buying seafood, and you will find the perfect choice for you best recipes.



NORWEGIAN SEAFOOD COUNCIL

Strandveien 106
PO Box 6176
9291 Tromsø
Tel. +47 77 60 33 33

For more information
salmonfromnorway.com