

Norwegian Salmon

From the cold, clear waters of Norway



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ENJOY NORWEGIAN SALMON

- ANY TIME, ANY PLACE!

Norway, with its unique coastline stretching 83.000 kilometres, boasts countless deep, cold and clear fjords that make Norwegian Salmon famous throughout the world for its first-class quality and taste. Norwegian Salmon's distinct taste and delicate flavour make it an excellent basis for attractive and tasty dishes, while at the same time satisfying the rigorous demands of the best chefs in the world.

NORWEGIAN SALMON

- A SAFE AND HEALTHY CHOICE!

Salmon is an important source of a variety of useful vitamins and minerals. Salmon is also rich in



beneficial fatty acids as Omega-3. Research shows that people who eat salmon develop a natural form of protection against cardiovascular diseases.

Food safety is an important issue for consumers all over the world. Norwegian Seafood must meet the highest standards for seafood safety. The Norwegian system rests on international safety standards combined with a thorough national system for control and inspections. We know that our cold, wild and clean waters provide excellent conditions for high quality seafood.

For complementary information about Norwegian Seafood regulations: www.fisheries.no.

Although Norwegian Salmon offers limitless possibilities, we tend to think in rather traditional terms when it comes to using this salmon-pink delicacy. This recipe leaflet will give you a taste of how to use Norwegian Salmon: regardless of whether you use it in everyday dishes or feasts, as something for the children or if you are feeling exotic. There's always a place for Norwegian Salmon.

You will find more delicious seafood recipes and tips at www.seafoodfromnorway.com.



SERVES 4

700 g salmon fillet, skin removed
1 tbsp coarse salt
4 tbsp almonds, finely chopped
4 tbsp hazelnuts, finely chopped
4 tbsp sesame seeds
2 tbsp chopped coriander
1/2 tsp pepper
1-2 tbsp olive oil

Mushroom vinaigrette:

300 g button mushrooms
4-8 pearl onions
1 tbsp butter
1 tbsp olive oil
2 tbsp balsamic vinegar
3/4 dl water
Salt, pepper
2 tbsp chopped parsley

Norwegian Salmon with nut crust and mushroom vinaigrette

Cut the salmon into four even-sized pieces. Sprinkle them with salt and set them aside for around 5 minutes. Rinse off the salt and dry the fish. Heat the oven to 170 °C.

Mix almonds, nuts, sesame seeds, coriander and pepper and divide the mixture between the pieces of salmon. Drizzle oil over and lay the salmon steaks on greaseproof paper on a baking tray. Bake the salmon in the centre of the oven for around 8 minutes until it is cooked through.

Rinse and chop the mushrooms into small cubes. Rinse the onions, leaving them whole. Fry mushrooms and onion in butter and oil for around 5 minutes. Add vinegar and water and let the vinaigrette simmer until the onions are soft. Season to taste with salt and pepper and stir in parsley.

Serve the salmon steaks on hot plates surrounded by the vinaigrette.



SERVES 4

4 salmon fillets,
each around 150 g, with skin
2 tsp sea salt
2 small fennel tubers
4 tbsp light sour cream
1 tbsp chopped garlic
1 tbsp finely chopped red onion
1 handful rucola
Oil for frying

Grilled Norwegian Salmon with fennel

Scrape scales off the fish skin. Sprinkle salt on the salmon fillets and brush them with oil. Grill the fish in a grill pan for around 5 minutes with the skin side down. Turn the fish and fry it on the other side for 1–2 minutes.

Rinse and split the fennel tubers in two lengthways, and then cut them into thin slices crosswise. Mix together heavy sour cream and garlic and stir in fennel and red onion.

Serve the salmon freshly grilled on a bed of rucola and fennel.



Norwegian Salmon pie with asparagus

SERVES 4

PIE DOUGH:

150 g plain flour
75 g butter
1 small egg
1 tbsp cold water (optional)

FILLING:

300 g salmon fillet, skin and bones removed
12 stalks green asparagus
2 1/2 dl cooking cream, 20 % fat
2 egg
1 tbsp chopped garlic
Salt, white pepper
In the oven at 180 °C for
8-10 minutes + 15-20 minutes



Knead together flour, butter and egg, stirring in cold water if necessary until the dough comes together. Line a pie dish of around 20 cm in diameter with the dough. Prick the bottom well and put the dish in the fridge for around 30 minutes.

Cover the dough with greaseproof paper and fill with dried peas to prevent the dough from rising while it is baking blind. Bake the pie crust on the bottom shelf of the oven for 8-10 minutes. Remove it and remove peas and paper.

Peel the bottom part of the asparagus stalks and boil them in lightly salted water for 2 minutes. Drain them well. Chop the stalks into smaller pieces. The tops must be whole.

Chop the salmon into around 1 1/2 x 1 1/2 cm cubes. Spread the salmon and asparagus stalks over the dish with the tops facing upwards.

Beat together egg, cream and garlic and season to taste with salt and pepper. Pour the mixture into the dish.

Bake the pie again in the centre of the oven until the filling has set and starts to brown.

Serve the pie cut into sections, accompanied by fresh salad leaves.

SERVES 4

400 g salmon fillet, skin removed

MARINADE:

Juice of 1/2 lemon

1 1/2 dl olive oil

1 tsp salt

1/2 tsp pepper

1/2 tsp crushed, dried chilli pepper

1 tbsp natural yoghurt

1 tsp grated onion

1 tbsp chopped mint

Norwegian Salmon kebabs

Chop the salmon fillet into long, thin strips. Place them in a bowl.

Mix the marinade and pour it over the salmon. Marinate the salmon in the fridge for 2 hours.

Thread the salmon strips onto skewers and grill them under a grill for 3–4 minutes. Turn the skewers regularly so that the salmon takes on an even golden colour. Serve with salad leaves.





SERVES 4

700 g salmon fillet, skin removed
4–6 medium-sized potatoes
4 spring onions cut into thin rings
1 clove of garlic, finely chopped
1 green pepper, cut into strips
2 tomatoes, cut into slices
Salt, pepper
1 dl crème fraîche
4 large sheets aluminium foil
In oven at 180 °C for around
15 minutes

Oven-baked Norwegian Salmon with vegetables

Chop the salmon fillet into four even-sized pieces. Peel and thinly slice the potatoes.

Smear a little crème fraîche on the foil sheets and put the potatoes, spring onion, garlic, pepper and sliced tomato on top. Sprinkle on salt and pepper. Place a salmon fillet in each packet, sprinkle on salt and pepper and pour over the rest of the crème fraîche. Pinch together the edges of the foil to form packages around the salmon and place the packets onto a baking tray.

Bake the salmon in the centre of the oven until it is all cooked through. The packets can also be cooked on a grill.

SERVES 4

700 g salmon fillet, with skin
Salt, pepper
Oil for frying
1 box chickpeas
1/2 dl pine kernels
4 pearl onions, each one split into two
1 stalk rosemary
Juice of 1/2 lemon
1 tbsp butter

Grilled Norwegian Salmon with chickpeas and pine kernels

Divide the salmon fillet into four even-sized pieces. Sprinkle them with salt and pepper and fry them in oil for 3 minutes on each side. Remove them and keep them warm.

Drain the chickpeas well and roast them in the frying pan after the salmon, together with pine kernels, onion and the rosemary for 2–3 minutes. Pour over lemon juice and stir in butter. Season to taste with salt and pepper.

Serve the salmon with potatoes and the chickpea mixture.



SERVES 4

700 g salmon fillet, skin removed
1/2 squash, sliced
3 tomatoes, sliced
2 mozzarella cheeses, sliced
1 tsp lemon pepper
2 tsp salt
Butter to grease the dish
In the oven at 160 °C for around
15 minutes

Oven-baked Norwegian Salmon with cheese and tomatoes

Chop the salmon fillet into thin slices. Place them in layers in a greased, fireproof dish, cheese on the top. Sprinkle lemon pepper and salt between the layers.

Bake the fish in the centre of the oven until it is all cooked through.
Serve with potatoes or bread.



SERVES 4

400g salmon fillet, skin removed
1 tbsp chopped garlic
1 tsp salt
1/2 tsp pepper
Butter for frying
4 slices land bread or other
tasty bread
Salad leaves, slices of tomato,
slices of cucumber
4 tbsp cream cheese with herbs
1 tbsp cream

TO SERVE:

Slices of cucumber
4 mini tomatoes

Norwegian Salmon burger

Finely chop or coarsely grind the salmon fillet and stir in garlic, salt and pepper. Shape into four flat patties and fry them in butter until golden and just cooked through, 2–3 minutes on each side.

Toast the slices of bread, in a grill pan if you prefer, divide them into two and place a burger on one half of the slices along with salad leaves, tomatoes and cucumber. Cover with the other slice.

Mix together the cream cheese and cream and place a spoonful on each burger, or use another dip/sauce as you wish. Garnish with a slice of cucumber and a mini tomato.



Norwegian Seafood.

From the cold, clear waters of Norway.

A country where mountains rise from the sea. Where hostile waters, whipped by the winds and driven by the currents, form towering waves. But such a demanding environment can also be bountiful. For deep in the ice-cold, clean, salty water, there are riches. Slowly growing, patiently maturing. The treasures of the sea which have given life to Norway's coasts and fjords for a thousand years. Caught and harvested by highly-skilled men who combine generations of hard-earned experience with the latest technology. Men of the sea, they have learnt to accept its gifts with respect and love, and to manage them with humble care.

Seafood from Norway. Raised in clear, cold water.

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