

## ~ Menu Applications ~

# Salmon: an Everyday Superfood

Did you know that salmon provides a powerful dose of nutrients? In addition to containing significant amounts of omega-3 fatty acids which support heart and eye health, salmon is rich in other nutrients such as protein, vitamin B12, vitamin D, vitamin B6 and selenium.

Not only is salmon loaded in nutrients, but it is also versatile, easy to prepare and lends itself to a variety of flavours. If you are looking to enhance your menus, try these power-packed recipes.



**OCEAN JEWEL**

### PouchPak™ Pink Salmon

Ocean Jewel PouchPak Salmon is superior in taste and texture with consistent colour. Our no-drain package not only offers improved food safety, it is easy to use and delivers time and cost savings.

**Product Code: SF04695**  
**Ocean Jewel PouchPak**  
**Pink Salmon Flake**  
**12 x 500g**

## Appetizers

- Salmon pairs perfectly with grapefruit, avocado and quinoa. This superfood salad will add an extra nutritious punch to any meal.
- Start your meal with a hearty Salmon Corn Chowder. This version of an all-time favourite is sure to warm the hearts of your residents.
- Put your own creativity to the test and have some fun serving Salmon Mini Wraps using a variety of flavoured wraps and fillings.

## Lunch

- Amp up the protein with a Salmon & Egg Frittata. This savory dish can be served with a number of sides such as potato salad, garden salad or sauteed vegetables.
- Looking for a new spin on a traditional favourite? What about a Grilled Cheese & Salmon Sandwich on Multigrain Bread served with coleslaw vinaigrette and sliced tomato.
- Salmon Cakes with Tartar Sauce are a perfect lunch menu option any time of the year. They can be served on a soft bun or with any number of side dishes.

## Dinner

- If your residents enjoy meatloaf, try serving a Salmon Loaf. Just substitute the ground beef with our PouchPak Salmon for a healthier version of this popular comfort food. Top with a creamy dill sauce and serve with vegetables and potato.
- Salmon Pie with Lemon Dill Bechamel Sauce is a quick and easy recipe that is not only nutritious but will delight even the pickiest of eaters. Serve with steamed green vegetables such as green beans, broccoli or asparagus and garnish with fresh dill.
- For a simple and tasty pasta dish, combine flaked salmon with a creamy garlic sauce and toss in pasta and cooked asparagus. Serve with a tossed salad and garlic bread.



## ~ Recipes ~

### CREAMY GARLIC SALMON & ASPARAGUS PASTA (Serves 25)

4 lbs 6 oz Ocean Jewel  
PouchPak Salmon  
1 lbs 13 oz bowtie pasta, dry  
1 lbs 6 oz asparagus, cut into  
1-inch pieces  
13 oz green peas, frozen  
8 oz Knorr creamy garlic pasta  
sauce mix  
9 1/3 cups 2% milk  
1/2 cup margarine, softened  
3/4 cup Parmesan cheese,  
grated  
2 tsp ground black pepper

- Cook the bowtie pasta noodles in boiling water according to package directions. In the last 3 minutes of cooking the pasta, add the asparagus pieces and the frozen peas (alternatively steam separately, drain).
- While the noodles are cooking, prepare the creamy garlic pasta sauce mix according to package directions. Keep warm at >140°F/60°C.
- Place the flaked salmon in the bottom of a hotel pan; add the prepared creamy garlic pasta sauce.
- Heat until the internal temperature of salmon with cream sauce reaches 165°F/74°C held for 15 seconds.
- Toss in the hot drained pasta, cooked asparagus, and peas with the salmon and cream sauce.
- Stir in the parmesan cheese and season with pepper.
- Serve 8 oz per serving along with a tossed vinaigrette garden salad and garlic bread. Garnish with sprinkling of parmesan cheese and dried parsley leaves.

### SALMON & CORN CHOWDER (Serves 25)

1/3 cup + 4 tsp margarine  
6.8 oz onions, diced  
6 oz celery, chopped  
2 tsp garlic powder  
1 lbs 7 oz potato, peeled & diced  
1 lbs 1 oz carrots, diced  
19 cups low sodium chicken broth  
2 tsp ground black pepper  
1 tbsp dried thyme  
2 cups evaporated milk  
2 cups creamed corn  
3 cups cheddar cheese, shredded  
2 lbs 3 oz Ocean Jewel PouchPak Salmon

- In a large stockpot of soup kettle, melt margarine over medium heat.
- Sauté diced onions, celery, and garlic powder until onions are tender.
- Stir in the diced potatoes, carrots, low sodium chicken broth, black pepper, and thyme. Bring to a boil and reduce heat.
- Simmer for 20 minutes. Then stir in flaked salmon, evaporated milk, creamed corn, and cheddar cheese.
- Simmer for another 10 minutes. Cook until internal temperature reaches 158°F/70°C and is held for 15 seconds.
- Serve 6 oz per serving along with a crusty roll or garlic bread. Garnish with sprig of fresh thyme or fresh parsley.



### SAVORY SALMON EGG FRITTATA (Serves 25)

#### FOR THE FRITTATA:

4 lbs 6 oz Ocean Jewel PouchPak Salmon  
1/3 cup margarine, softened  
3 cups onion, diced  
4 cups red bell pepper, diced  
36 eggs, large  
1.5 cups sour cream  
1 1/3 tbsp dried dill  
2 tsp ground black pepper  
3/4 cup fresh chives, chopped  
2 1/4 cups cheddar cheese, shredded

#### FOR GARNISH:

1 cup sour cream  
5 sprigs fresh dill

- Preheat convection oven to 350°F/177°C.
- Heat a skillet over medium-high heat with margarine. Add diced onion and diced red bell peppers.
- Sauté until softened for 5-6 minutes.
- In a large mixing bowl, thoroughly whisk together eggs, sour cream, dried dill, pepper, and chopped chives.
- Add the sautéed onions and diced red bell peppers.
- Spray a 2' hotel pan with non stick cooking spray (1 full size pan (18" by 24") will yield 36 servings)
- Spread the flaked salmon evenly onto the bottom of the pan. Pour in egg mixture and wiggle gently to even out.
- Bake in oven for 25 minutes. Spread cheddar cheese evenly over the top and bake for another 5 minutes more.
- Bake until the middle of the frittata is set and the internal temperature of the eggs has reached 165°F/74°C held for a minimum of 15 seconds. Allow the frittata to rest for 10 minutes before serving.
- Cut the full size insert pan into 6 by 6 to yield 36 servings per pan. Serve 1 piece (3" x 4") each with 2 tsp/10 ml sour cream and a sprig of fresh dill or dried dill on top of sour cream.



### GRILLED CHEESE & SALMON SANDWICH ON MULTIGRAIN BREAD (Serves 25)

4 lbs Ocean Jewel PouchPak Salmon  
2 cups swiss cheese, shredded  
2 cups cheddar cheese, shredded  
1 1/4 cup mayonnaise  
3 Gala apples, cored, skin on, diced  
2 tsp ground black pepper  
1 cup margarine, softened  
2 tbsp dried dill  
50 slices multigrain bread

- Preheat convection oven to 425°F/218°C.
- In a mixing bowl, combine the salmon, swiss cheese, cheddar cheese, mayonnaise, diced apples, and black pepper.
- Mix well. Hold at <4°C/40°F until ready to assembly (can also be mixed a day ahead to reduce preparation time).
- Place parchment paper on baking tray. Combine the margarine and dried dill weed. Spread onto each slice of bread.
- Place half of the buttered bread slices face down on the parchment paper-lined pan.
- Spread 1/2 cup (118 ml) of salmon filling using #8 scoop onto each slice of panned bread slices.
- Cover with another margarine/dill covered bread slice- spread side facing upwards.
- Bake sandwiches for 8 minutes on one side, then flip over and bake for another 6-8 minutes until brown and crispy.
- Ensure internal temperature of 158°F/70°C is held for a minimum of 15 seconds.
- Cut sandwich into half on the diagonal. Serve 2 x 1/2s each.



### SALMON PIE WITH LEMON DILL BECHAMEL SAUCE (Serves 25)

1.5 kg Ocean Jewel PouchPak Salmon  
Individual Pie Shell Pastry bottoms (5"/12.5cm diameter)  
Individual Pie Shell Pastry tops (5"/12.5cm diameter)  
4 lbs 2 oz potatoes, peeled  
1/4 cup margarine  
1/2 cup onions, diced  
1 tbsp garlic powder  
1 cup water  
1/2 tsp ground black pepper  
1 egg, raw  
1/3 cup + 2 tsp margarine, softened  
1/4 cup all purpose flour  
2 cups 2% milk  
1/4 cup lemon juice  
2 tsp dried dill

- Preheat convection oven to 375°F/190°C. Thaw the frozen pie shell bottoms in the refrigerator for a few hours.
- In a pot of boiling water, cook potatoes for 12 minutes. Drain and mash. Set aside.
- Melt the first margarine in a large pan over medium heat. Add the onions and garlic powder, sauté until softened.
- To the mashed potatoes, add the salmon, sautéed onions, black pepper, and salmon liquid and mix to combine.
- Assemble each pie. Into each pie shell bottom, place salmon filling, gently pat the filling down to remove air spaces.
- Brush the outer edge of each salmon pie-filled bottom with some beaten egg mixture. Cover each pie with pastry top.
- Brush the covered salmon pies with egg and cut a few slices into the dough to create vents.
- Place the salmon pies on trays and bake in the preheated oven for 30-35 minutes or until pastry is golden brown. Cook pies to an internal temperature of 70°C/158°F held for at least 15 seconds.
- While the pies are baking, prepare the Lemon Dill Bechamel Sauce. Melt the margarine in a small saucepan over medium heat.
- Add the flour and whisk until smooth. Gradually stir in the 2% milk, whisking constantly. When thick, add the lemon juice, dill, and pepper to taste. Simmer for 2 minutes.
- Maintain >140°F/60°C until service.
- Remove the pie from oven and let it cool for at least 10 minutes before serving. Cut each pie into 8's. Serve 1/8th pie per serving and ladle 1 oz of sauce over each pie.



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