

~ Menu Applications ~

Explore the Flavours of Canada with Pacific Salmon

74% of Canadians enjoy salmon! This luxurious food is as much of an icon of Canadian food as maple syrup. Ocean Jewel Pacific Salmon is budget-friendly with a delicate texture and a mild taste that makes it a great choice to customize with your favourite sauces and seasonings.



Appetizers

- Start your meal off with tasty Teriyaki Pacific Salmon Bites. Simply cut salmon into bite-size cubes and marinate in soy sauce, lemon juice, ginger, chilli (optional), garlic and sea salt. Cook in large pan and add in honey and sesame seeds (optional). Serve on lettuce leaves.
- Pacific Salmon Ceviche with Apple & Fennel is a light and delicious menu offering. Cut salmon into bite-size cubes, cook and mix with diced apple, fennel, shallots, dill, parsley, salt, pepper and cider vinegar. Chill. Garnish with fresh dill (optional) and serve with crispy crackers.
- Grilled Pacific Salmon Apricot Bruschetta is the perfect beginning to any meal. Layer grilled salmon on top of toasted baguette slices and top with a mixture of chopped dried apricots, feta cheese and your favourite balsamic dressing.



Lunch

- Elevate your salad entrée with a Grilled Pacific Salmon Greek Avocado Salad. Avocados have long been a favourite to Canadians and contain more than 20 vitamins, minerals and nutrients providing great flavour and nutrition.
- Nothing says Canadian like maple syrup! Maple-Dijon Pacific Salmon Skewers can be served with your favourite side. Combine maple syrup, lemon juice, Dijon mustard, whole-grain mustard and vegetable oil. Thread salmon (cut into bite-size pieces) onto skewers and baste with the glaze while cooking. (Skewers are optional, recipe can be adapted to use whole salmon loins).
- Tired of grilled salmon for lunch? Blackened Pacific Salmon on a Bun served with salad is an exciting alternative that adds variety to any menu.



Dinner

- For an easy entrée alternative, glaze Pacific Salmon Loins with a Lemon Rosemary sauce and bake. Pair with asparagus and roasted red potatoes.
- Sweet heat is on trend and Canadians want their 'spicy' paired with sweet. So, spice up your menus with Sweet and Spicy Pacific Salmon Loins, serve with traditional mashed potato and vegetables.
- For a new spin on a traditional favourite, feature Parmesan Herb Crusted Pacific Salmon Loins on your next menu and stimulate your taste buds.
- Pacific Salmon with Spinach Cream Sauce is a simple dish that will turn anyone into a fan of leafy greens. This elegant dish is packed full of protein and nutrients and is sure to be a favourite.



Wild Caught, Boneless and Skinless Pacific Salmon

Available in 3, 4, 5 and 6 oz
vacuum-packed portions.
Certified sustainable by MSC.

Product Codes:

3 oz - SF04845
4 oz - SF04846
5 oz - SF04847
6 oz - SF04848





~ Recipes ~

GREEK AVOCADO SALAD W/GRILLED SALMON LOIN (Serves 25)

1 L Greek Salad Dressing
 25 each Pacific Salmon Loins, 3 oz
 1.9 kg Romaine Lettuce, chopped
 875 g English cucumber, diced
 800 g Plum/Roma tomatoes, diced
 250 g Red onion, thinly sliced
 875 g Avocado, peeled and diced
 375 g Feta cheese, drained and crumbled
 150 g Kalamata Olives, sliced and drained
 125 ml Canola oil

1. Remove salmon loins from the freezer and remove from packaging. Rinse under cold water until any ice has melted off. Cook the salmon loins from frozen as it will be much firmer.
2. Pour 1/3rd of the greek salad dressing into a 2" deep insert pan. Place frozen salmon loins into the salad dressing and marinate for at least 2 hours held at <4°C/40°F in the refrigerator.
3. While the salmon loins are marinating, prepare all the salad ingredients. Chop romaine lettuce, dice cucumbers, dice tomatoes, thinly slice red onions, and dice avocado. Drain the feta cheese and crumble; drain the sliced kalamata olives. Mix all prepared salad ingredients in a large bowl. Cover with plastic wrap and place in the refrigerator.
4. Oil grill and preheat to high. Grill salmon loins until cooked through about 1-2 minutes per side and salmon flakes easily with a fork. The salmon must reach an internal temperature of 158°F/70°C for a minimum of 15 seconds. Alternatively, can place the marinated salmon loins on a parchment lined baking sheet and bake at 400°F/200°C for ~8 minutes. Transfer to an insert pan and cover with lid until ready to assemble salad at point of service.
5. To serve, toss remaining 2/3 salad dressing over mixed salad. Portion 250 ml of salad on centre of plate and place salmon loin on top of the salad or slice and arrange over salad.

BLACKENED SALMON ON A BUN (Serves 25)

125 ml Canola oil
 25 each Pacific Salmon Loins, 3 oz
 60 ml Cajun or Blackening seasoning
 2.5 each Avocado, small, pitted
 160 ml Mayonnaise
 125 g Green Leaf Lettuce, cut into leaves
 875 g Roma Tomatoes, thinly sliced
 125 g Red onion, thinly sliced
 9 each Submarine Bun or French Baguette

1. Remove the salmon loins from the freezer and remove from packaging. Rinse salmon loins under cold water just until any ice that's formed on the outside is melted off. Cook the salmon loins from frozen as it will be much firmer.
2. Oil grill and preheat grill to high.
3. Spray salmon loins with cooking spray and rub both sides with Cajun (or blackening) seasoning. Grill until cooked through about 2-4 minutes per side and salmon flakes easily with a fork. The salmon must reach an internal temperature of 158°F/70°C for a minimum of 15 seconds. Alternatively, can place the seasoned salmon loins on a parchment lined baking sheet and bake at 400°F/200°C in convection oven and bake the salmon loins for ~8-10 minutes. Transfer to an insert pan and cover with lid until ready to assemble sandwiches at point of service.
4. While salmon is cooking, mash avocado and mayo in a small bowl. Cover with plastic and hold at <4°C/40°F until service.
5. Prepare lettuce and rip into leaves (5 g portions), slice tomatoes thinly (35 g portions), and slice red onions (5 g portions). Refrigerate at <40°F/4°C until service and ready to assemble sandwiches.
6. Cut submarine buns lengthwise into 10 cm/4.5-inch pieces; may toast if desired.
7. At point of service, assemble sandwiches: Spread 15 ml/1 Tbsp of the mayonnaise avocado spread on the bottom of each bun and top with salmon loin, lettuce leaf, tomato slices and red onions slices.
8. Serve 1 each of the Blackened Salmon Sandwich.



GLAZED LEMON ROSEMARY SALMON LOIN (Serves 25)

25 each Pacific Salmon Loins, 3 oz
 2.2 g Salt
 5.6 g Pepper, black, ground
 125 ml Olive oil
 625 ml Vegetable broth/stock, low sodium
 250 ml Lemon juice
 125 ml Honey
 80 ml Rosemary leaves, fresh, finely chopped
 40 ml Cornstarch
 375 ml Water

1. Remove the salmon loins from the freezer and remove from packaging. Rinse salmon loins under cold water just until any ice that's formed on the outside is melted off. Cook the salmon loins from frozen as it will be much firmer.
2. Sprinkle the salmon loin with salt and pepper and brush both sides with olive oil. Heat a large skillet on medium heat. Add the salmon loins to the pan and cover with lid and cook for about 2-4 minutes per side. Carefully flip over and finish cooking for approx. 2-4 minutes on the other side. Remove salmon loins, reserve in insert pan and cover with a lid to keep warm.
3. In the same skillet, add vegetable stock, lemon juice, honey, and rosemary. Stir and cook for about 2 minutes.
4. In a small bowl, dissolve the cornstarch in water, once dissolved add to the sauce. Cook for 1-2 minutes before and add the salmon loins back to the pan and reheat until the internal temperature of the salmon reaches a minimum of 158°F/70°C for a minimum of 15 seconds. Turn off the heat immediately and let rest for a few minutes.
5. Transfer to an insert pan and cover with lid until service. CCP-Maintain >140°F/60°C for a maximum of 4 hours.
6. Serve 1 each glazed lemon rosemary salmon loin. May garnish with additional chopped fresh rosemary and lemon wedge.



SWEET & SPICY SALMON LOIN (Serves 25)

25 each Pacific Salmon Loins, 3 oz
 120 g Brown sugar, lightly packed
 32.4 g Chili powder
 8 g Cumin, ground
 2.2 g Salt
 2.8 g Pepper, black, ground
 60 ml Olive oil

1. Preheat the convection oven to 400°F/200°C.
2. Remove the salmon loins from the freezer and remove from packaging. Rinse salmon loins under cold water just until any ice that's formed on the outside is melted off. Cook the salmon loins from frozen as it will be much firmer.
3. In a small bowl, combine the brown sugar, chili powder, cumin, salt, and pepper.
4. Place the salmon loins on a parchment lined baking sheet. Brush each salmon loin with ½ tsp/2.5 ml of olive oil, then rub with about 1 1/2 tsp/8 ml of the spice mixture on top.
5. Bake the salmon loin for ~8-10 minutes or until the salmon flakes easily with a fork. Ensure the internal temperature reaches a minimum of 158°F/70°C for a minimum of 15 seconds.
6. Transfer to an insert pan and cover with lid until service. CCP-Maintain >140°F/60°C for a maximum of 4 hours.
7. Serve 1 sweet & spicy salmon loin per serving.



PARMESAN HERB CRUSTED SALMON LOIN (Serves 25)

25 each Pacific Salmon Loins, 3 oz
 70 g Garlic, fresh, finely minced
 95 g Parsley, fresh, chopped
 300 g Parmesan cheese, grated

1. Preheat the convection oven to 400°F.
2. Remove the salmon loins from the freezer and remove from packaging. Rinse salmon loins under cold water just until any ice that's formed on the outside is melted off. Cook the salmon loins from frozen as it will be much firmer.
3. In a small bowl, combine the minced garlic, chopped fresh parsley and grated parmesan cheese.
4. Place the salmon loins on a parchment lined baking sheet. Top each salmon loin with the garlic, parmesan cheese and parsley mixture.
5. Bake the salmon loins for ~8-10 minutes and allow to bake until the cheese has melted and the salmon flakes easily with a fork. The salmon must reach an internal temperature of 158°F/70°C for a minimum of 15 seconds.
6. Transfer to an insert pan and cover with lid until service. CCP-Maintain >140°F/60°C for a maximum of 4 hours.
7. Serve 1 each of the Parmesan Herb Crusted Salmon Loin per serving.



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