

Salmon Steaks

Basic Cooking

To Broil: Place steak on pre-heated, well greased pan. Brush on melted butter and if desired, sprinkle with garlic powder, dill weed and paprika. Broil 10 minutes, basting as often as needed. Fish is done when it flakes easily with a fork.

To Grill: In a saucepan, melt 1/3 cup butter or margarine. Stir in 2 tablespoons lemon juice, 1 Tablespoon chopped fresh parsley, 1/2 teaspoon dried tarragon, and 1/2 teaspoon flavor enhance. Brush mixture over Salmon Steaks. Place over medium coals for 5 to 8 minutes on each side. Baste frequently, Makes 4 servings

Or: Spread mayonnaise liberally over both sides of fish. Place on hot grill, basting often with additional mayonnaise. Cook until fish flakes easily.

Information on Salmon:

Although many markets and restaurants sell a Norwegian salmon as if it were a distinct species, that is not the case; salmon from Norway, like most farm-raised salmon, is Atlantic salmon. Almost all farm-raised salmon is quite good, so rich and fatty it looks marbled. There are also five species of wild Pacific salmon. King (or Chinook) and sockeye (red or blueback) are leaner than Atlantic salmon, but arguably more flavorful. Of the three other Pacific species, coho (silver) is the best, and is occasionally farm-raised. Chum and pink are less flavorful. If you see salmon steaks for less than \$3.00 a pound in the supermarket, chances are they're one of these. Chum has enough fat to make it suitable for grilling or broiling; pink salmon, however, is almost always dry and lean (it's the salmon that is most often canned). When it is irresistible cheap - I saw it for \$1.00 a pound last summer - I buy it and make salmon croquettes. At a supermarket, the chances are good that you'll find the greatest availability of farm-raised fillets or steaks and chum. Top-quality fish markets offer real King and sockeye, and label it so, but usually only for a few weeks each summer. Frozen King, sockeye and coho can be fantastic, but unfortunately the distribution of these is poor. Full-service fish markets scale their fish before cutting it up, and since cooked salmon skin is delicious, especially when it's crisp, this is a bonus. If the fillets aren't scaled, you can skin or scale them yourself. which is easy; it's impossible to scale steaks once they've been cut. Or, you can cook the fish with the scales on and discard the skin. This is a nice solution, because the scales give added protection against overcooking, and the skin peels right off.