

# HOW TO COOK SALMON

Test Kitchen Series No. 4

United States Department of the Interior

Fish and Wildlife Service

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*Home Economists*



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# HOW TO COOK SALMON

Whether fresh, frozen, salted, smoked, or canned, salmon are delicious, nutritious, and body-building. Almost everyone enjoys the characteristic rich flavor. The flesh is fine in texture, yet firm and moist. The protein content is substantial in quantity and excellent in quality. Salmon contain the important mineral elements calcium, phosphorus, and iodine; and they have generous quantities of vitamins A and D, thiamine, and riboflavin.

Most salmon are caught during the summer and fall. By various methods of preservation, they are made available to consumers throughout the year. The traditional preserving methods are canning, salting, and smoking. These are still in common use, but quantities of salmon also are frozen, both in the round and as fillets and steaks.

Frozen salmon fillets and steaks may be cooked without thawing if additional cooking time is allowed. When frozen salmon is to be breaded or stuffed, it is more convenient to thaw the fish first to permit easier handling. Thawing in the refrigerator, at a temperature of 40° to 45° F., is the accepted practice. If faster thawing is necessary, let the fish stand at room temperature for 3 or 4 hours—but only long enough to permit ease in preparation. After thawing, frozen salmon may be prepared the same as fresh salmon.

Salmon are caught in both the North Atlantic and North Pacific oceans, and in certain freshwater streams entering these oceans.

Years ago the Atlantic salmon were found in great abundance in rivers from the present city of New York to the north of Labrador. Because of wholesale destruction of the fish and unfavorable conditions for their propagation, brought on by the increase of commerce and industry, the Atlantic salmon today contribute comparatively little to the domestic food supply.

In contrast, the Pacific salmon, of which there are five different species, are important commercial and economic factors in the life of man, for they comprise one of the most valuable fishery resources of the United States, Alaska, and Canada. King, Sockeye, Silver, Pink, and Chum are the accepted common names of the five species. Average weights are 4 pounds for the Pinks, 6 pounds for the Sockeyes, 9 pounds for the Silvers and Chums, and 22 pounds for the Kings. In color, salmon flesh varies from almost white to the characteristic bright red of the Sockeye or "red" salmon. In general the various species are prized according to the depth of color of the meat, from Chums through Pinks, Silvers, Kings, to Sockeyes.

Salmon may be prepared satisfactorily by any of the basic cooking methods or by an endless number of special recipes. A selection of these is given in this booklet.

## SMOKED SALMON CANAPÉS

- 1 7-ounce can smoked salmon
- 1 3-ounce package cream cheese
- 2 tablespoons mayonnaise or salad dressing
- ½ cup celery, finely diced
- ¼ teaspoon salt
- ¼ teaspoon prepared mustard
- 16 slices bread

Drain fish and grind twice. Cream the cheese and mayonnaise. Blend in fish, celery, and seasonings. Remove crusts from bread. Cut each slice into 3 strips, and toast. Spread salmon on toast strips, and garnish. Makes 48 canapés.

## SALMON CLUB SANDWICHES

- 1-pound can salmon
- 3 tablespoons celery, chopped
- 3 tablespoons sweet pickle, chopped
- 3 tablespoons onion, chopped
- ½ cup mayonnaise or salad dressing
- 18 slices buttered bread
- 4 tomatoes, sliced
- 12 lettuce leaves

Drain and flake salmon. Combine with celery, sweet pickle, onion, and mayonnaise. Spread six slices of bread with fish mixture; cover each with a second slice of bread, and place tomatoes and lettuce on each; cover with the remaining six slices of bread. Fasten sandwiches with toothpicks. Cut into quarters. Garnish and serve. Serves 6.

## SALMON CHOWDER

- 1 pound salmon steaks or fillets
- 2 tablespoons bacon, diced
- ¼ cup onion, chopped
- 2 cups hot water
- 1 cup potatoes, diced
- 2 cups milk
- 1 teaspoon salt
- Dash pepper
- Chopped parsley

Cut salmon into half-inch cubes. Fry bacon until crisp and brown. Add onion, and cook until slightly brown. Add water and potatoes; cook 10 minutes or until potatoes are partially tender. Add salmon, and simmer for 10 minutes longer, or until fish flakes easily when tested with a fork. Add milk and seasonings; heat. Serve immediately with chopped parsley sprinkled over the top. Serves 6.

## SALMON CREAM SOUP

- 1½ pounds salmon steaks or fillets
- 2 cups hot water
- 1 slice onion
- 1 stalk celery
- 1 sprig parsley
- 1-inch piece green pepper
- 1 quart milk
- 5 tablespoons butter or other fat
- 5 tablespoons flour
- 2½ teaspoons salt
- Dash pepper
- Chopped parsley

Remove skin and bones from salmon and grind twice. Stir into hot water and simmer gently for 3 minutes, stirring constantly. Add onion, celery, parsley, and green pepper to milk. Scald and strain. Melt butter; blend in flour, salt, and pepper. Add scalded milk, and cook until thick and smooth, stirring constantly. Add the salmon mixture. Heat, and serve immediately with chopped parsley sprinkled over the top. Serves 6.

## SALMON SALAD

- 1-pound can salmon
- ½ cup mayonnaise or salad dressing
- ½ cup celery, chopped
- ½ cup cooked peas
- 2 tablespoons sweet pickle, chopped
- 2 tablespoons onion, chopped
- 3 hard-cooked eggs, chopped
- Lettuce

Drain and flake salmon. Combine all ingredients except lettuce, being careful not to break the fish into too-small pieces. Serve in lettuce cups and garnish. Serves 6.

## MOLDED SALMON LOAF

- 1½ pounds salmon steaks or fillets
- 2 teaspoons salt
- 1 stalk celery
- 1 slice onion
- 1-inch slice green pepper
- 1 slice lemon
- 1 cup hot water
- 1 tablespoon gelatin
- 1 cup celery, chopped
- 3 tablespoons green pepper, chopped
- 2 tablespoons parsley, chopped
- 2 tablespoons onion, grated
- 2 tablespoons lemon juice

Lettuce

- 1 cup mayonnaise or salad dressing
- ½ cup sweet pickle, chopped

Sprinkle salmon on both sides with 1 teaspoon salt, and place in a well-greased casserole with celery, onion, green pepper, and lemon. Add the water; cover and bake in a moderate oven, 350° F., for 30 minutes or until salmon flakes easily when tested with a fork. Allow salmon to chill thoroughly in the liquid. Strain the liquid from the salmon, and add water to make 1½ cups. Soak gelatin in ½ cup of the salmon liquid for 5 minutes, and dissolve over hot water. Add to the liquid and mix well. Cut salmon into ¼-inch cubes. Add salmon, celery, green pepper, parsley, onion, lemon juice, and remaining salt to the gelatin mixture. Pour into a large loaf pan and chill until firm. Unmold on lettuce, and serve with a sauce made by combining mayonnaise and sweet pickle. Serves 6.

## MOLDED SALMON SALAD

- 1-pound can salmon
- 2 hard-cooked eggs, chopped
- ½ cup ripe olives, chopped
- ½ cup toasted almonds, sliced
- 1 tablespoon gelatin
- ¼ cup cold water
- 1 cup mayonnaise or salad dressing
- 1 cup thick sour cream
- 1 tablespoon onion, grated
- ¾ teaspoon salt
- 2 tablespoons lemon juice
- ½ cup parsley, chopped
- Lettuce
- 3 fresh tomatoes, quartered
- ⅓ cup green pepper, chopped
- 2 tablespoons onion, chopped

Drain and flake salmon. Combine the first four ingredients. Soak gelatin in cold water for 5 minutes and dissolve over hot water. Stir into mayonnaise. Add sour cream, onion, salt, lemon juice, and parsley. Combine with fish mixture. Place in a ring mold and chill until firm. Unmold on a bed of lettuce, and fill center with the tomatoes, green pepper, and onion. Serve with mayonnaise. Serves 6.

## SALMON ORIENTALE

- 2 pounds salmon steaks, cut 1-inch thick
- 2 teaspoons salt
- Dash pepper
- ½ cup flour
- ¼ cup butter or other fat, melted
- 2 cups celery, chopped
- 1 cup onion rings
- 3 tablespoons green pepper, chopped
- 2 cups whole-kernel corn
- 2 tablespoons soy sauce

Sprinkle salmon on both sides with 1 teaspoon salt and dash pepper. Roll in flour, and brown steaks quickly in fat. Place the browned steaks in a large, well-greased casserole. Cook celery, onion, and green pepper in the remaining fat until almost tender. Add corn and soy sauce; pour over the salmon. Sprinkle with remaining salt, and bake covered in a moderate oven, 350° F., for 25 to 30 minutes. Serve from casserole. Serves 6.

## SALMON PIQUANTE

- 1½-pound salmon fillet, skin on
- 1 teaspoon salt
- 1 medium onion, sliced
- 1 lemon, sliced
- 1 teaspoon mixed pickling spice
- 1 clove garlic, sliced
- ½ cup mayonnaise or salad dressing
- 1 cucumber, sliced

Salt salmon on both sides. Arrange onion, lemon, spices, and garlic on bottom of a well-greased casserole. Place the salmon, skin side up, over the seasonings; cover tightly, and bake in a moderate oven, 350° F., for 1 hour. Chill salmon in casserole. Place on serving platter, and remove skin carefully. Garnish with mayonnaise and cucumber. Serves 6.

## SALMON TAMALE PIE

- 2 pounds salmon steaks or fillets
- 1 cup yellow corn meal
- 3 cups water
- 4 teaspoons salt
- ½ cup green pepper, chopped
- ½ cup onion, chopped
- 5 tablespoons butter or other fat, melted
- 1 No. 2½ can tomatoes (3 cups)
- 2 teaspoons chili powder
- 2 tablespoons flour
- 18 large ripe olives, pitted and sliced

Cut the salmon into one-half-inch cubes. Cook corn meal, water, and 1¼ teaspoons of the salt over boiling water for 30 minutes. Pour into a loaf pan and allow to set. Cook green pepper and onion in 3 tablespoons of the butter for 5 minutes. Add tomatoes, remaining salt, and chili powder. Simmer 20 minutes. Add salmon cubes to the tomato mixture, and simmer 10 minutes longer. Make a paste of the flour and remaining 2 tablespoons of butter; stir into the mixture. Add ripe olives. Line a well-greased casserole with one-eighth to one-quarter-inch thick slices of corn meal. Pour in salmon mixture; cover with remaining slices of corn meal. Bake in a moderate oven, 375° F., for about 40 minutes or until brown. Serves 6.

## SALMON PIES

- 2 pounds salmon steaks or fillets
- 1 teaspoon salt
- Dash pepper
- 2 tablespoons onion, grated
- ¼ cup butter or other fat
- ¼ cup flour
- 1 teaspoon salt
- Dash pepper
- 2 cups milk
- 1 quart biscuit mix
- 1 cup cooked peas
- 1 cup cooked shrimp, cleaned

Cut fish into 1-inch cubes and sprinkle with salt, pepper, and onion. Melt butter, and blend in flour, salt, and pepper. Add milk, and cook until thick and smooth, stirring constantly. Prepare the biscuit as directed. Roll one-eighth-inch thick, and line 6 individual casseroles. Divide fish into casseroles. Combine the white sauce, peas, and shrimp; pour over fish in the casseroles. Cover each with a top crust. Bake in a hot oven, 450° F., for 20 minutes or until brown. Serves 6.

## SALMON CUBYAN

- 2 pounds salmon steaks or fillets
- ½ cup onion, chopped
- 1 cup celery, chopped
- ½ cup butter or other fat, melted
- ¼ cup parsley, chopped
- 1 clove garlic, crushed
- ½ lemon
- ¼ teaspoon thyme, powdered
- 1 bay leaf
- ¼ teaspoon oregano, crushed
- 2 teaspoons salt
- Dash pepper
- 1 No 2½ can tomatoes (3 cups)
- 3 cups cooked rice

Cut salmon into serving-size pieces. Using a small Dutch oven or deep frying pan with lid, cook onion and celery in the fat until tender. Add all ingredients except fish and rice, and simmer for one-half hour. Remove lemon, garlic, and bay leaf. Arrange fish in the sauce, and simmer without stirring for one-half hour. Serve over cooked rice. Serves 6.

## SALMON BAKED IN SOUR CREAM

- 1½-pound salmon fillet
- 1½ teaspoons salt
- 1 cup thick sour cream
- ¼ teaspoon celery salt
- 1 tablespoon onion, grated
- Dash cayenne
- 1 tablespoon white vinegar

Remove skin from fillet, and sprinkle with 1 teaspoon of salt. Place in a shallow, well-greased baking pan or casserole. Combine sour cream and seasonings; pour over salmon. Bake in a moderate oven, 350° F., for 30 to 35 minutes. Garnish and serve. Serves 6.

## BAKED SALMON WITH MUSHROOMS

- 2 pounds salmon steaks or fillets
- 1 teaspoon salt
- Dash pepper
- 1 4-ounce can mushrooms, drained and sliced
- ¼ cup butter or other fat, melted
- 2 tablespoons lemon juice
- 1 teaspoon onion, grated

Sprinkle salmon on both sides with salt and pepper. Place in a well-greased baking dish. Combine mushrooms, butter, lemon juice, and onion. Pour over the salmon. Bake in a moderate oven, 350° F., for 30 to 35 minutes or until fish flakes easily when tested with a fork. Serve immediately on a hot platter. Serves 6.

## SALMON RICE LOAF

- 1½ pounds salmon steaks or fillets, cut into small pieces
- ½ cup uncooked white rice
- 1½ teaspoons salt
- Dash pepper
- ¼ cup onion, chopped
- ¼ cup green pepper, chopped
- ¾ cup water

Combine all of the ingredients except water. Place in a well-greased casserole, and pour water over top. Cover tightly, and bake in a moderate oven, 350° F., for 1½ hours. Turn out on a hot platter, and serve plain or with a sauce. Serves 6.

## SALMON ROLL

- 1½ pounds salmon steaks or fillets
- 1 teaspoon salt
- Dash pepper
- ¼ cup butter or other fat, melted
- 2 tablespoons lemon juice
- 2 tablespoons onion, grated
- 2 cups biscuit mix
- 2 tablespoons milk

Cut salmon into one-fourth-inch cubes and sprinkle with salt and pepper. Combine butter, lemon juice, and onion. Pour over the salmon, and toss lightly until fish is evenly coated with butter mixture. Prepare biscuit according to directions, and roll into a rectangle about one-fourth-inch thick. Spread salmon mixture evenly over the surface, and roll as for a jelly-roll. Seal the ends. Place on a well-greased baking sheet, and cut several diagonal slashes across top. Brush with milk, and bake in a moderate oven, 375° F., for 30 to 35 minutes or until brown. Serve plain or with a sauce. Serves 6.

## SALMON CASSEROLE DINNER

- 1½ pounds salmon steaks or fillets
- 2 teaspoons salt
- ¼ teaspoon pepper
- 1 cup whole-kernel corn
- 1½ cups cooked green beans
- 2 cups cooked potatoes, sliced
- ¼ cup butter or other fat, melted
- 2 tablespoons lemon juice
- 2 tablespoons onion, grated
- 2 tablespoons parsley, chopped
- 2 medium tomatoes, peeled and sliced
- ½ cup cheese, grated

Cut fish into serving-size portions, and sprinkle with half of the salt and pepper. In a large, well-greased casserole place in layers the corn, beans, and potatoes, sprinkling each layer with the remaining salt and pepper. Combine butter, lemon juice, onion, and parsley. Dip salmon into mixture, and arrange on top of potatoes. Cover with tomato slices and grated cheese. Bake in moderate oven, 350° F., for 1 hour and 15 minutes. Serves 6.

## SALMON À LA KING

- 1-pound can salmon
- 1/3 cup green pepper, chopped
- 1 teaspoon onion, grated
- 1/4 cup pimiento, chopped
- 1/4 cup butter or other fat, melted
- 1/4 cup flour
- 1 teaspoon salt
- Dash pepper
- 2 cups milk
- 2 egg yolks, beaten
- 1 4-ounce can mushrooms, drained and sliced
- Toast cups, patty shells, or toast

Drain and flake salmon. Cook green pepper, onion, and pimiento in butter until tender. Blend in flour and seasonings. Add milk, and cook until thick and smooth, stirring constantly. Stir a little of the hot sauce into the beaten egg yolks, and add to the sauce, stirring constantly. Add salmon and mushrooms; heat thoroughly. Serve in toast cups, patty shells, or on toast. Serves 6.

## SALMON LOAF

- 1-pound can salmon
- 3 cups fine bread cubes
- 1 1/2 tablespoons parsley, chopped
- 1 tablespoon lemon juice
- 1 1/4 teaspoons salt
- Dash cayenne
- 1/2 teaspoon celery salt
- 2 tablespoons onion, grated
- 3 tablespoons butter or other fat, melted
- 2 eggs, well beaten
- 3/4 cup liquid (liquid from canned salmon plus milk to make volume)

Drain and flake salmon, saving liquid. Combine all ingredients except eggs and liquid. Mix well, and place in a well-greased loaf pan. Combine the beaten eggs and liquid. Pour over the salmon mixture in the loaf pan. Bake in a moderate oven, 350° F., for 45 minutes or until loaf is firm in the center. Unmold on a hot platter, and serve plain or with a sauce. Serves 6.

## SCALLOPED SALMON

- 1-pound can salmon
- 2 tablespoons lemon juice
- 2 tablespoons onion, grated
- 1 1/2 cups coarse cracker crumbs
- 1/2 teaspoon salt
- Dash pepper
- 1/4 cup butter or other fat, melted
- 1 1/3 cups hot liquid (liquid from canned salmon plus milk to make volume)

Drain and flake salmon, saving liquid. Blend lemon juice and onion into salmon. Combine cracker crumbs, salt, pepper, and butter. Sprinkle one-third of this mixture in a well-greased casserole; cover with a layer of the salmon mixture. Repeat layers ending with crumbs. Pour heated liquid over all. Bake in a moderate oven, 350° F., for 30 minutes or until brown. Serve plain or with a sauce. Serves 6.

## DEILED SALMON

- 1-pound can salmon
- 2 tablespoons butter or other fat
- 2 tablespoons flour
- 1 cup liquid (liquid from canned salmon plus milk to make volume)
- 1 teaspoon Worcestershire sauce
- 8 drops Tabasco sauce
- 2 cups fine bread cubes
- 1 tablespoon onion, grated
- 2 tablespoons green pepper, chopped
- 1/4 teaspoon salt
- 2 hard-cooked eggs, chopped
- 2 tablespoons butter or other fat, melted
- 1/2 cup dry bread crumbs

Drain and flake salmon, saving liquid. Melt butter, and blend in flour. Add liquid gradually, and cook until thick and smooth, stirring constantly. Add the Worcestershire and Tabasco sauces. Combine all ingredients except butter and crumbs; mix well. Place in individual, well-greased casseroles. Combine butter and crumbs; sprinkle over casseroles. Bake in a moderate oven, 375° F., for about 20 minutes or until brown. Serves 6.



## SALMON CASSEROLE SURPRISE

- 1-pound can salmon
- 3 tablespoons butter or other fat
- 3 tablespoons flour
- 2 cups liquid (liquid from canned salmon plus milk to make volume)
- 1 quart cooked potatoes, sliced
- ½ cup mayonnaise or salad dressing
- ½ cup cheddar cheese, grated
- 1 teaspoon prepared mustard
- 1 teaspoon Worcestershire sauce

Drain and flake salmon, saving liquid. Melt butter, and blend in flour. Add liquid gradually, and cook until thick and smooth, stirring constantly. Arrange potatoes, salmon, and sauce in alternate layers in a well-greased casserole. Combine remaining ingredients, and spread over the top of the fish mixture. Bake in a moderate oven, 375° F., for 30 minutes. Serves 6.

## SALMON SOUFFLÉ

- 1-pound can salmon
- 3 tablespoons butter or other fat
- 3 tablespoons flour
- 1 teaspoon salt
- Dash pepper
- Dash nutmeg
- 1 cup liquid (liquid from canned salmon plus milk to make volume)
- 3 eggs, separated

Drain and flake salmon, saving liquid. Melt butter; blend in flour and seasonings. Add liquid gradually, and cook until thick and smooth, stirring constantly. Stir a little of the hot sauce into beaten egg yolks, and add to sauce, stirring constantly. Add salmon. Beat egg whites until stiff but not dry. Fold gently into salmon mixture. Pour into well-greased casserole, and bake in a moderate oven, 350° F., for 45 minutes. Serve immediately, plain or with a sauce. Serves 6.

## SALMON RELISH CASSEROLE

- 1-pound can salmon
- 3 tablespoons butter or other fat
- 2 tablespoons flour
- ½ teaspoon salt
- 1 cup liquid (liquid from canned salmon plus milk to make volume)
- 1 cup soft bread crumbs
- Dash pepper
- 1 tablespoon onion, grated
- 1 tablespoon parsley, chopped
- 1 tablespoon sweet pickle relish
- 1 tablespoon lemon juice

Drain and flake salmon, saving liquid. Melt 2 tablespoons butter; blend in flour and one-quarter teaspoon salt. Add liquid gradually, and cook until thick and smooth, stirring constantly. Arrange half of the salmon in a shallow, well-greased casserole. Combine bread crumbs and remaining ingredients; mix well. Arrange half of the crumb mixture over salmon; add remaining salmon. Pour sauce over ingredients in the casserole, and top with remaining crumb mixture. Bake in a moderate oven, 375° F., for 25 to 30 minutes or until brown. Serve immediately. Serves 6.

## SALMON PUFF

- 2 7-ounce cans smoked salmon
- ½ cup hot milk
- 3 tablespoons butter or other fat, melted
- ¾ teaspoon salt
- Dash pepper
- 2 eggs, separated
- 2 cups mashed potatoes
- 2 tablespoons butter or other fat, melted
- ½ cup dry bread crumbs

Drain and flake salmon. Beat the milk, butter, seasonings, and beaten egg yolks into the mashed potatoes. Stir in the fish, and fold in stiffly beaten egg whites. Place in a well-greased casserole. Combine butter and crumbs; sprinkle over casserole. Bake in a moderate oven, 375° F., for 45 minutes or until brown. Serves 6.

