

ROASTED SALMON

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| Culinary Intro: | Enjoy the rich flavor of salmon with this easy preparation. |
| Nutrition Intro: | Salmon is one of the richest food sources of omega-3 fatty acids. Our body cannot produce omega-3 fatty acids, and as a result we need to obtain them from the foods we eat. Omega-3 fatty acids have anti-inflammatory properties and may protect us against heart disease. |

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| <p>Prep time: 30 minutes</p> <p>Ingredients for 4 servings</p> <p>Each serving= 1 salmon fillet</p> <p>Cost per serving= \$1.64</p> <ul style="list-style-type: none"> • 4- 3-4 ounce salmon fillets • 1/8 teaspoon salt • freshly ground black pepper • olive oil, for the baking sheet • fresh lemon wedges, for serving <p>Steps:</p> <ol style="list-style-type: none"> 1. Preheat oven to 400°F. Line a baking sheet with parchment paper or aluminum foil. Spread a little olive oil around with clean hands. 2. Place the pieces of salmon on paper towels and pat dry. Lay the salmon on the baking sheet, skin side down. Season with salt and pepper and bake for 8-10 minutes or until fish is cooked. The salmon should easily flake off with a fork when done. Remove from heat, let sit 2 minutes, and then serve with fresh lemon wedges and a green salad. | 1 | <p>Culinary/ Nutrition Notes for Demo:</p> <p>Culinary:</p> <ul style="list-style-type: none"> • always ensure the oven is preheated to the right temperature • the olive oil helps so that the salmon doesn't stick to the baking sheet • choose a baking sheet that will hold the fillets in an even layer, allowing enough space in between so that heat can transfer in between <p>Nutrition:</p> <p><i>Satiety</i></p> <ul style="list-style-type: none"> • <i>Satiety is the feeling of fullness that persists after eating. It affects the length of time between eating events and possibly the amount of food consumed in the next meal.</i> • <i>Foods that promote satiety are rich in fiber, protein and healthy fats.</i> <p><i>Salmon</i></p> <ul style="list-style-type: none"> • <i>Salmon is a source of protein. There are two options: farmed and raised. Both options have pros and cons. Wild is leaner than farmed salmon because it is more active and it contains more omega 3 fatty acids due to its diet. However, farmed salmon is less expensive than wild salmon; both options are a source of protein and omega-3 fatty acids.</i> • <i>Essential omega-3 fatty acids are naturally found in foods, they are called essential because we need to obtain them from the foods we eat since our body cannot produce them.</i> • <i>Omega 3 fatty acids provide anti-inflammatory properties and may help decrease risk factors associated with cardiovascular disease.</i> |
| | 2 | <p>Culinary:</p> <ul style="list-style-type: none"> • if you'd like the skin removed, ask your fish monger to remove for you • choose pieces of salmon that are from the center cut so that each piece is uniform in size and thickness • if skin is still intact, place the salmon skin-side down onto the baking dish alternately, you can start cooking the salmon, skin-side down, on a hot skillet with little oil added for 2-3 minutes; then slide the skillet into the oven and bake until salmon is cooked through • the characteristic salmon taste and texture can vary by species: Atlantic salmon has a milder flavor than wild salmon Coho salmon are medium flavored with a moderate fat |

| Materials | Shopping List |
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| <ol style="list-style-type: none"> 1. 1 cutting board 2. 1 knife 3. 1 bowl for trash 4. mise en place bowls 5. silicone spatula 6. offset spatula 7. baking sheet 8. food processor or blender 9. measuring cups 10. measuring spoons 11. paper plates/ cups/ soufflé cups 12. paper towels 13. tablecloth 14. kitchen towel 15. gloves 16. copies of recipe | <p>Produce</p> <ul style="list-style-type: none"> <input type="checkbox"/> lemons, for serving |
| | <p>Meats</p> <ul style="list-style-type: none"> <input type="checkbox"/> 4 3-ounce salmon fillets |
| | <p>Condiments</p> <ul style="list-style-type: none"> <input type="checkbox"/> salt, pepper <input type="checkbox"/> extra-virgin olive oil |
| | <p>Paper Goods</p> <ul style="list-style-type: none"> <input type="checkbox"/> plates, forks, napkins |
| <p>Prepping for demo:</p> <ul style="list-style-type: none"> • Shop for ingredients/ Ensure all ingredients are available • Rinse & dry produce • Prep & store for demo as requested in recipe • Label all mise en place items • Make sure to leave a portion of the produce intact for demo purposes • If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time • Ensure all equipment is in place and set up table with a tablecloth • Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe <p>Estimated time for preparation: ½ hour</p> | |