



CHILEAN ATLANTIC SALMON



Crane Bay® Sashimi Grade Atlantic Salmon

BRAND:	Crane Bay®
PRODUCT NAME:	Sashimi Grade Atlantic Salmon
DESCRIPTION:	Farm-Raised Skin off Atlantic Salmon
SCIENTIFIC NAME:	Salmo salar
COUNTRY OF ORIGIN:	Chile
COMPLIANCE:	BAP / BRC / ASC
INGREDIENTS:	Farm Raised Atlantic Salmon
ALLERGENS:	Fish (Atlantic Salmon)
SHELF LIFE:	FROZEN: 24 Months REFRIGERATED: 3 days
THAWING INSTRUCTIONS:	RECOMMENDED: Thaw under refrigeration immediately before use. QUICK THAW: Not recommended.
PREPARATION:	Thaw and serve.

SPECIFICATIONS:

Item Number:	6102-10	6102-22
Trim:	TRIM E	TRIM E
Size	3+ lb fillets	3+ lb fillets
Piece / Case:	Approx. 3 pcs / case (Catch Weight)	Approx. 6-7 pcs / case (Catch Weight)
Net WT / Case:	10 lbs	22 lbs
Gross WT / Case:	14 lbs	26 lbs
Case Dimensions:	26.1" x 9.6" x 4.2"	25.6" x 10.2" x 6.5"
Case Cube:	0.61ft³	0.98ft³
TI X HI:	6x12	5x10
Case / Pallet:	72 Case / Pallet	50 Case / Pallet

UPC:



GTIN:



Nutrition Facts

Servings per container varies	
Serving size	3 oz (85g)
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 50mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 10mcg	45%
Calcium 10mg	0%
Iron <1mg	2%
Potassium 310mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



PAN-SEARED SALMON WITH BRANDY DASHI CREAM SAUCE

Serves 2

INGREDIENTS:

2 5 OZ CRANE BAY® CHILEAN SALMON FILLET

4 OZ SHIMEJI MUSHROOMS, ENDS TRIMMED

1 CUP HEAVY CREAM

2 TABLESPOONS BUTTER

1 TABLESPOON GARLIC SOY SAUCE

2 TABLESPOONS BRANDY

1 TEASPOON HONDASHI POWDER

5 OZ CHOPPED KALE

1 CUP MICROGREENS

1 TABLESPOON LEMON JUICE

1 TABLESPOON OLIVE OIL

SALT AND FRESHLY GROUND BLACK PEPPER TO TASTE

PREPARATION:

PREPARE THE INGREDIENTS:

Pat the salmon dry with paper towels and season with salt and pepper.

Clean the shimeji mushrooms and trim the ends.

COOK THE SALMON AND MAKE THE SAUCE:

Heat a large skillet over medium-high heat. Add the salmon and cook for 3-4 minutes per side, or until golden brown and cooked through. Remove from pan and set aside.

Melt the butter in the same skillet over medium heat. Add the mushrooms and cook until softened, about 5 minutes.

Add the garlic soy sauce and brandy to the skillet and cook for 1 minute.

Stir in the heavy cream and hondashi powder. Bring to a simmer and cook until the sauce thickens slightly, about 5 minutes.

Reduce heat to low and stir in the chopped kale until wilted.

In a small bowl, toss the microgreens with lemon juice, olive oil, salt, and pepper.

ASSEMBLE THE DISH:

Spoon the sauce onto two plates.

Top with the seared salmon.

Garnish with the microgreens.



BLACKENED SALMON TIRADITO WITH LECHE DE TIGRE

Serves 2

INGREDIENTS:

4 OZ CRANE BAY® CHILEAN SALMON SKIN REMOVED

1 TSP JAPANESE 7 SPICE

1 TSP LIME ZEST

1 TSP LEMON ZEST

1/2 TSP SALT

1/2 CUP AJI AMARILLO PEPPER

(SUB WITH MINI ORANGE PEPPER IF NEEDED),

ROUGHLY CHOPPED

1/2 CUP COCONUT MILK

2 CLOVES GARLIC, MINCED

1/2 CUP VEGETABLE STOCK

1/4 CUP OLIVE OIL

1 CILANTRO STEM

1/4 CUP LIME JUICE

½ TEASPOON TURMERIC

SALT TO TASTE

SLICED FRESNO CHILI PEPPER

MIRCO GREENS

CHILI FLAKES

CHILI OIL

PREPARATION:

SPICE RUB: Combine Japanese 7 spice, lime zest, lemon zest, and salt.

BLACKEN SALMON: Pat salmon dry, coat with spice rub. Sear in hot olive oil for 1-2 minutes per side.

LECHE DE TIGRE: Sauté pepper in the same pan until softened. Blend with coconut milk, garlic, stock, olive oil, cilantro stem, lime juice, and turmeric. Strain and season.

ASSEMBLE: Pour Leche de Tigre onto a plate, top with sliced salmon.

GARNISH: Garnish with Fresno Chili Pepper, micro greens, chili flakes, and chili oil.

Serve immediately.



COCONUT CURRY POACHED SALMON

Serves 2

INGREDIENTS:

FOR THE CURRY SAUCE:

1 TBSP OLIVE OIL
1 SHALLOT, THINLY SLICED
2 GARLIC CLOVES, MINCED
1/2-INCH GINGER, MINCED
1 INCH LEMONGRASS, THINLY SLICED
(OR 1 TSP LEMONGRASS PASTE)
1/8 CUP LIME JUICE

1/8 CUP WATER
1/2 TSP LIME ZEST
1 TBSP CILANTRO, CHOPPED
1 TBSP BASIL, CHOPPED
1 TBSP CANE SUGAR (OR BROWN SUGAR)
1/2 TBSP TURMERIC POWDER
1/2 TSP SALT
1 CUP FULL-FAT COCONUT MILK

FOR THE CAULIFLOWER:

1 CUP CAULIFLOWER FLORETS
1 TEASPOON CURRY POWDER
SALT TO SEASON CAULIFLOWER
OLIVE OIL

FOR THE SALMON:

2 5 OZ CRANE BAY® CHILEAN SALMON FILLET
SALT, TO SEASON THE SALMON

GARNISH:

CILANTRO

PREPARATION:

PREPARE THE CAULIFLOWER: Preheat oven to 400 °F (200 °C). Toss cauliflower florets with olive oil, curry powder, and salt. Spread on a baking sheet and roast for 15 minutes, or until tender. Set aside.

PREPARE THE CURRY BASE: While the cauliflower roasts, heat the olive oil in a medium saucepan or skillet over medium heat. Add the shallot and cook until softened, about 5 minutes. Add the garlic, ginger, and lemongrass and cook for another minute, until fragrant.

BUILD THE SAUCE: Stir in the lime juice, water, lime zest, cilantro, basil, cane sugar, turmeric, and salt. Bring to a simmer, then reduce heat to low and stir in the coconut milk. Let the sauce simmer gently while you prepare the salmon.

POACH THE SALMON: Season the salmon fillets with salt. Gently place the salmon in the simmering coconut curry sauce. Ensure the sauce covers the salmon (add a little water if needed). Cover the pan and let the salmon poach for 10-15 minutes, or until cooked through. The cooking time will depend on the thickness of your fillet.

SERVE: Place roasted cauliflower on plates. Carefully remove the poached salmon from the sauce and place it on top of the cauliflower. Spoon the curry sauce over the salmon and garnish with cilantro.



CHOPPED KALE SALAD WITH PAN-SEARED SALMON

Serves 2

INGREDIENTS:

FOR THE PASSION FRUIT VINAIGRETTE:

1/2 CUP PASSION FRUIT PUREE
1/4 CUP OLIVE OIL
1/4 CUP CHAMPAGNE VINEGAR

1/4 CUP SUGAR
1 LIME, JUICED
2 TABLESPOONS HONEY
1/4 TEASPOON SALT
1/4 TEASPOON BLACK PEPPER

FOR THE SALMON:

2 EA 5 OZ CRANE BAY® CHILEAN
SALMON FILLETS
1 TBSP OLIVE OIL
SALT AND PEPPER TO SEASON

FOR THE SALAD:

2 CUPS CHOPPED KALE (ANY VARIETY)
1/2 CUP JULIENNED CARROTS
1/2 CUP YELLOW BELL PEPPER, THINLY SLICED
1/2 CUP ORANGE BELL PEPPER, THINLY SLICED
WATERMELON RADISH FOR GARNISH

PREPARATION:

MAKE THE VINAIGRETTE: In a blender or food processor, combine the passion fruit puree, olive oil, champagne vinegar, sugar, lime juice, honey, salt, and black pepper. Blend until smooth and well combined. Taste and adjust the seasonings as needed. You might want to add a pinch more sugar, honey, salt, or pepper depending on your preference.

PREPARE THE SALMON: Pat the salmon fillets dry with paper towels. Season with salt and pepper.

SEAR THE SALMON: Heat the olive oil in a large skillet over medium-high heat. Once the oil is hot, carefully place the salmon fillets in the skillet, skin-side down. Cook for 3-4 minutes per side, or until the salmon is cooked through and the skin is crispy.

ASSEMBLE THE SALAD: While the salmon cooks, in a large bowl, combine the chopped kale, julienned carrots, and bell peppers.

DRESS THE SALAD: Drizzle the desired amount of passion fruit vinaigrette over the salad and toss to coat.

PLATE AND SERVE: Divide the salad between two plates. Top each salad with a pan-seared salmon fillet. Garnish with watermelon radish and red radish slices.