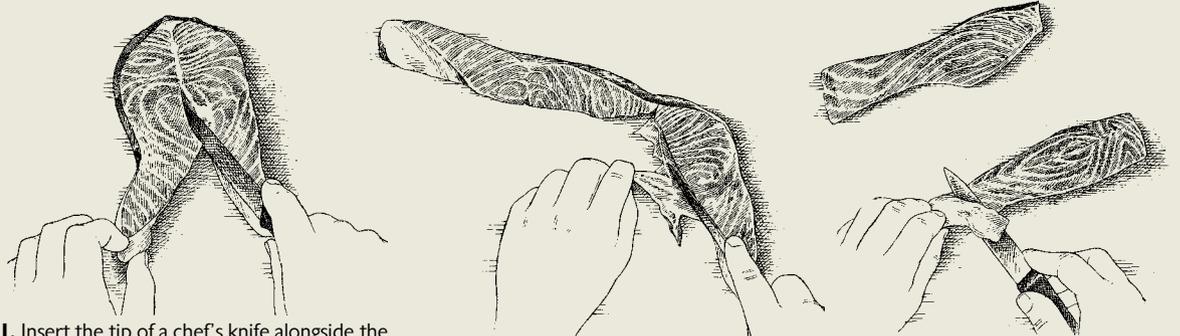


# How to Cook & Serve Salmon

Rich, delicate salmon is probably the most popular eating fish in America. After extensive kitchen testing, we found that the best way to cook a whole salmon is to wrap it in tin foil and roast it in the oven (*see* recipe page 14). To combine ease of eating and attractive presentation, we like to bone the fish and reassemble it before serving. With salmon steaks, we prefer the more traditional approach of poaching in liquid (*see* recipe page 15). By following these step-by-step instructions, you will easily be able to prepare and cook your salmon by either method. By Eva Katz

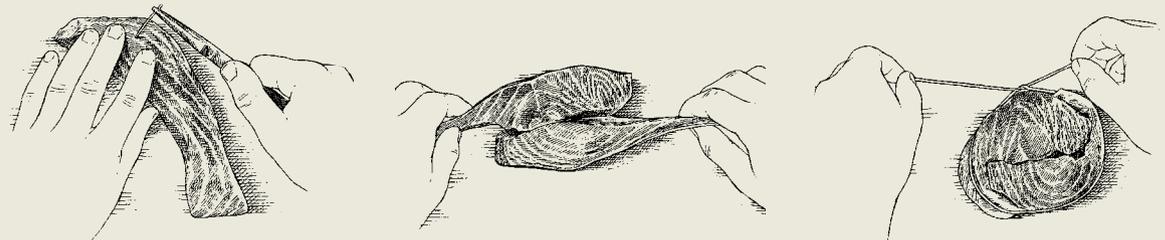
## PREPARING TO COOK SALMON STEAKS



**1.** Insert the tip of a chef's knife alongside the large central bone. While pressing the knife tip against the bone to avoid cutting off any extra meat, cut along the center to remove the one side of the steak.

**2.** Cut down the other side of the center bone to separate the other side.

**3.** Cut off the white, fatty belly flap on the narrow tip of each steak.



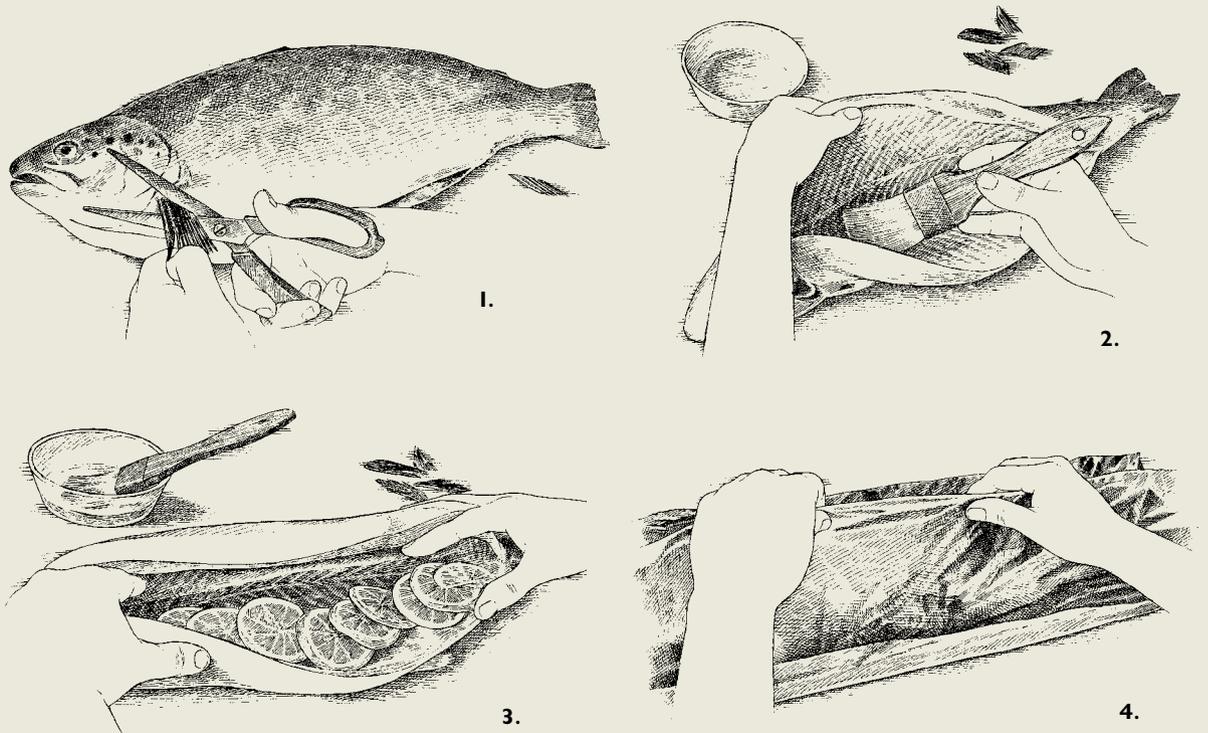
**4.** Gently rub the broad surface and sides of the steak with your fingers to locate any pin bones. Remove with needlenose pliers.

**5.** Place the two halves together, flesh sides facing and ends going in the opposite direction.

**6.** Move ends counterclockwise to form a medallion and secure with kitchen twine.

## PREPARING TO COOK WHOLE SALMON

**1.** Trimming the salmon fins with kitchen scissors makes serving the fish easier. Cut the fins from both sides of the fish, then from its belly. Turn the fish over and cut the fins from along the back of the fish.  
**2.** Generously sprinkle the fish with salt and brush with vinegar over both sides and inside the cavity.  
**3.** Place the lemon slices inside the cavity.  
**4.** Cut three pieces of foil, each about 12 inches longer than the fish. Following steps 1 through 3 on page 15, wrap the fish securely in the foil. Roll up the ends to seal, but do not close the foil too tight.



## PREPARING TO SERVE THE OVEN-POACHED SALMON

**1.** After removing the salmon from the oven, place it on a baking sheet, open foil, and allow the fish to cool for five minutes. Using a paring knife, make a deep cut around the head and the tail.

**2.** To remove the skin from the cooled salmon, starting at the head incision, carefully peel the skin away, taking care not to damage the flesh beneath with the knife.

**3.** Scrape away any remaining dark oily flesh with the paring knife and discard.

**4.** Turn the fish so the back is facing you. Run the paring knife down the back bone. Using the knife (and your fingers if necessary), pull and scrape the bones and fat from between the top and bottom fillets to remove.

**5.** Lift the fish onto the foil and transfer to a serving platter. Using your spatula, divide the topside of the fish into two portions.

**6.** With a spatula, ease one of the portions toward the edge of the plate. Repeat with the other portion. Remove the lemons.

**7.** Beginning at the head, lift the backbone and remove entirely.

**8.** Run your fingers along the center of the bottom and top fillets to remove any remaining bones.

**9.** Replace the halved fillet neatly to reshape the boned fish.

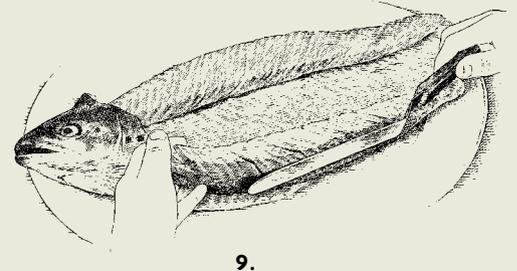
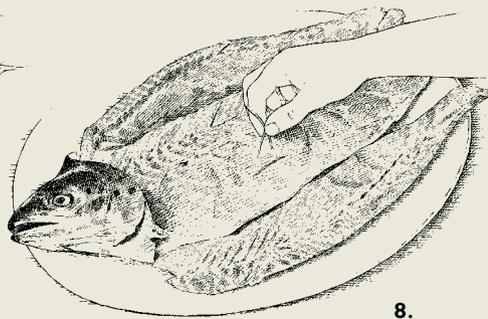
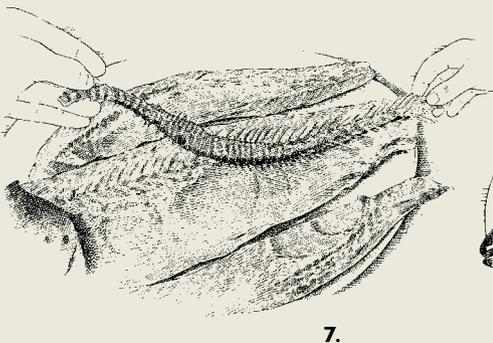
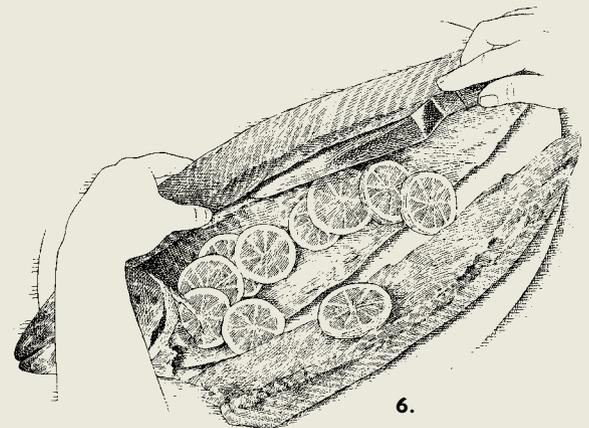
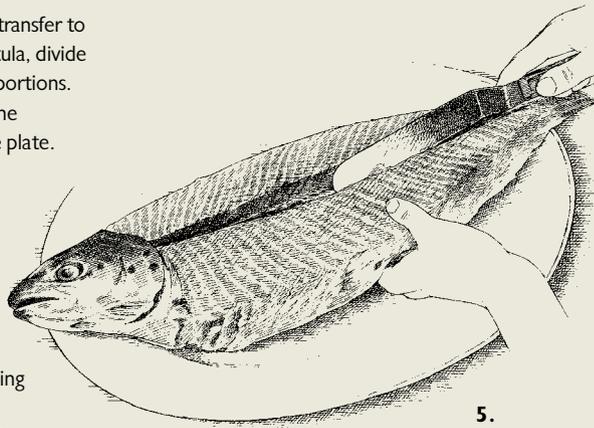
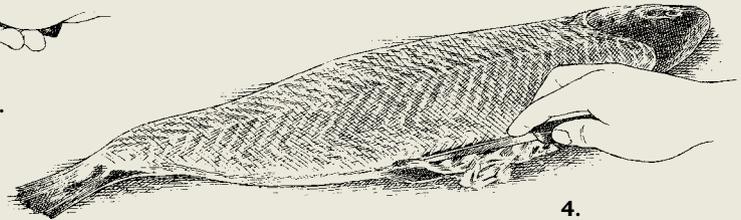
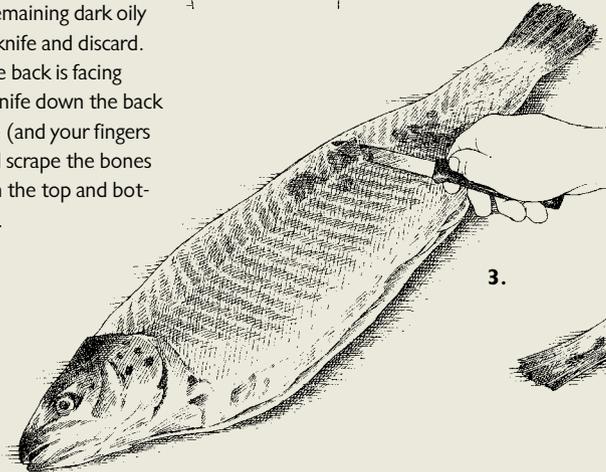
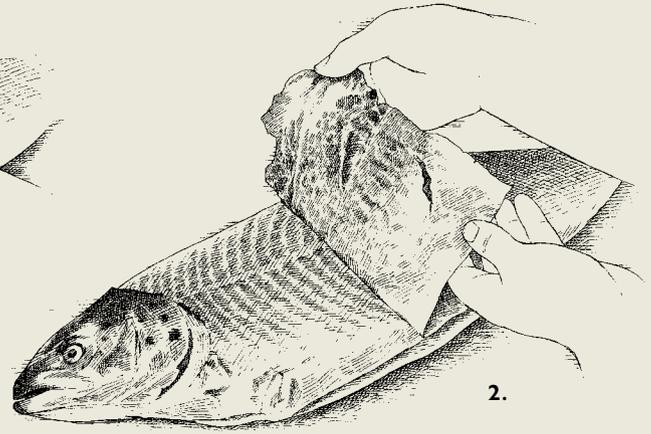
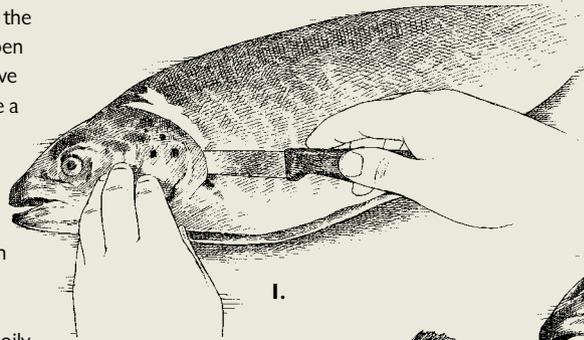


Illustration: John Burgoyne