

S A L M O N

Recipes



Camanchaca®

Feeding the world from the ocean

CITRUS-CRUSTED SALMON AND SWEET POTATO PURÉE



INGREDIENTS

- 180 g salmon
- 20 g Japanese panko bread crumbs or bread crumbs
- 1 lemon
- 15 g unsalted butter
- 200 g sweet potato
- 50 ml cream
- Salt
- Pepper

PREPARATION

For the citrus crust: Mix panko or bread crumbs with butter and lemon zest. Once uniform, coat the entire top of the salmon and bake at 160°C (320°C) for 8 minutes.

For the purée: Peel the sweet potato and boil until completely soft. Drain and purée. Add butter, cream and salt and pepper to taste.

SALMON CROQUETTES BREADED IN CRUNCHY QUINOA WITH CAPER BUTTER



INGREDIENTS

- 200 g Pier 33 Gourmet minced salmon
- ¼ c black quinoa
- ¼ c white quinoa
- 1 sprig of cilantro, chopped
- 3 eggs
- 1 Tbsp. all-purpose flour
- ¼ white onion
- 15 ml lemon juice
- 2 pats of butter
- 2 small packets of chives, chopped
- 2 Tbsp. capers, chopped

PREPARATION

For the croquette: Preheat oven. Boil quinoa for 15 minutes, then strain. In a bowl, mix together minced salmon, onion, cilantro, egg, salt and pepper until uniformly incorporated.

To bread: Shape mixture into small 80 g balls. Dredge in flour, then dip in beaten eggs (2) and finally coat in quinoa. Bake for approx. 8 minutes.

For the sauce: In a hot skillet, add lemon juice, chopped chives, capers and butter. Cook for three minutes and serve with the croquettes. Place the croquettes on a plate and drizzle with sauce. Serve with rice or mashed potatoes.

SALMON CEVICHE WITH AVOCADO AND CORN



INGREDIENTS

- 60 g salmon
- 30 g avocado
- 30 ml lemon juice
- 20 g corn kernels
- 1 g ginger
- 20 g red onion, feathered
- Salt, pepper and finely chopped cilantro
- Arugula

PREPARATION

Place the salmon, cubed, in a bowl. Add lemon juice, corn, ginger and onions. Stir all the ingredients and let stand for 30 minutes in the refrigerator.

Season with salt and pepper. Add cubed avocado. Serve garnished with cilantro and arugula leaves.

SALMON ROLLS WITH GREMOLATA



INGREDIENTS

- 500 g salmon fillet
- 2 Tbsp. olive oil
- 1 tsp. salt
- ½ tsp. pepper
- 1 tsp. ground cumin
- 155 g unsweetened natural yogurt, divided
- 2 Tbsp. mayonnaise
- 1 ½ lemons, juiced, divided
- ½ c oil for frying
- 6 flour tortillas
- 1 c cilantro
- 1 clove of garlic
- ½ banana pepper or other mild hot pepper

PREPARATION

Preheat oven. Coat salmon with olive oil, salt, pepper and cumin. Bake for 10 minutes. Let cool.

Break salmon into large pieces. Pour mayonnaise and half of yogurt and lemon juice over salmon. Stir gently to combine.

Heat oil in a large skillet over medium-high heat.

Place 1/6 of the salmon mixture in a line down the center of each tortilla. Fold the tortilla and roll it tightly to hold the filling.

Place two rolls at a time in the hot oil, seam side down. Fry for one minute on each side until all sides are golden.

GREMOLATA: Place cilantro, garlic, the rest of the lemon juice and salt in a food processor until the mixture is finely chopped. Cut each roll in half on a diagonal and place on a tray. Cover with the remaining yogurt and gremolata.

BAKED SALMON WITH QUINOA SALAD



INGREDIENTS

- 160 g salmon
- 25 g white quinoa and 25 g black quinoa
- 15 g carrots
- 15 g zucchini
- 10 g white onion
- 50 g shrimp
- 20 g unsalted butter
- Chopped cilantro, garlic, paprika
- White wine

PREPARATION

Season salmon with salt and pepper to taste. Bake at 160°C (320°F) for 8 minutes.

Pil pil sauce: Heat a little vegetable oil in a skillet. Add onion, garlic and shrimp and sauté for 2 minutes. Add wine and let the alcohol evaporate. Add butter, cilantro and paprika to taste. Cook over low heat for 3 minutes and set aside.

Mixed quinoa salad: Add white and black quinoa to a pot of boiling water. Cook for 15 minutes then strain, cool and season.

Steamed vegetables: Cut carrot and zucchini into sticks and boil for three minutes.

SAUTÉED SALMON IN FRESH HERBS AND MOROCCAN COUSCOUS SALAD



INGREDIENTS

- 160 g salmon
- 50 g couscous
- 5 g walnuts
- 5 g almonds
- Chopped cilantro
- 5 g turmeric powder
- Vegetable oil
- 30 g zucchini
- 30 g eggplant

PREPARATION

For the salmon: In a hot skillet, add 4 cubes of salmon and cook for 2 minutes on each side. Add cilantro, salt and pepper.

For the couscous: Add couscous, a bit of oil and turmeric powder to a bowl. Add hot water to cover the couscous and cover bowl with plastic wrap for 5 minutes. Add diced eggplant and zucchini. Then add the nuts. Season with salt and pepper to taste and serve.

SALMON AND LEMON SAUCE PASTA



INGREDIENTS

- 400 g spaghetti or other long pasta
- 300 g salmon
- 4 egg yolks
- Lemon zest
- 4 Tbsp. lemon juice
- 2 Tbsp. white wine
- 1 tsp. sugar
- 90 g butter
- Salt and pepper

PREPARATION

Cut skinless salmon into 2 cm cubes and set aside.

Cook pasta according to package instructions.

Beat egg yolks, lemon zest and juice, white wine, sugar, salt and pepper until smooth. Pour into sauce pan and cook over medium heat, stirring constantly to form a thick, creamy sauce. Add butter and stir until completely melted.

In a large skillet, heat a tablespoon of olive oil and brown salmon cubes until cooked, but not dry.

Add the pasta to the skillet and sauté for 2 or 3 minutes.

Serve on individual plates with lemon sauce.

SALMON AND ASPARAGUS QUICHE



INGREDIENTS

- 400 g salmon
- 300 g flour
- 160 g butter
- 1 egg
- Salt
- 8 spears of asparagus
- 2 Tbsp. flour
- ½ Tbsp. margarine
- 2 c skim milk

PREPARATION

Shortcrust pastry: Combine flour, diced margarine, salt and egg. Use hands to mix until it forms a compact ball. Wrap the ball in plastic and let stand in the refrigerator for an hour.

Use a rolling pin to roll out the dough to a thickness of about a quarter of an inch. Completely cover quiche pan or baking dish with dough and remove any extra.

Pierce the dough with a fork so it does not puff up. Bake at 200°C (400°F) for 15 minutes.

Filling: Season salmon and bake at 180°C (350°F) for 20 minutes. Flake. Cook asparagus and cut into small pieces.

Béchamel sauce: Add butter to hot skillet. Once melted, add flour and milk. Stir until smooth.

Mix the salmon, asparagus and Béchamel sauce. Pour the mix into the crust and bake until the top is golden brown.

SALMON CEVICHE



INGREDIENTS

- 500 g skinless, boneless salmon
- 4 red onions, feathered
- Cilantro
- 200 g cooked corn
- 1 c lemon juice
- 1 small piece of ginger, peeled and chopped
- 2 cloves of garlic, peeled
- Salt, pepper and oil
- Lettuce leaves for garnish

PREPARATION

Cut salmon into small cubes and set aside in the refrigerator.

Feather onion and salt generously. Let stand for five minutes and rinse to make less sharp.

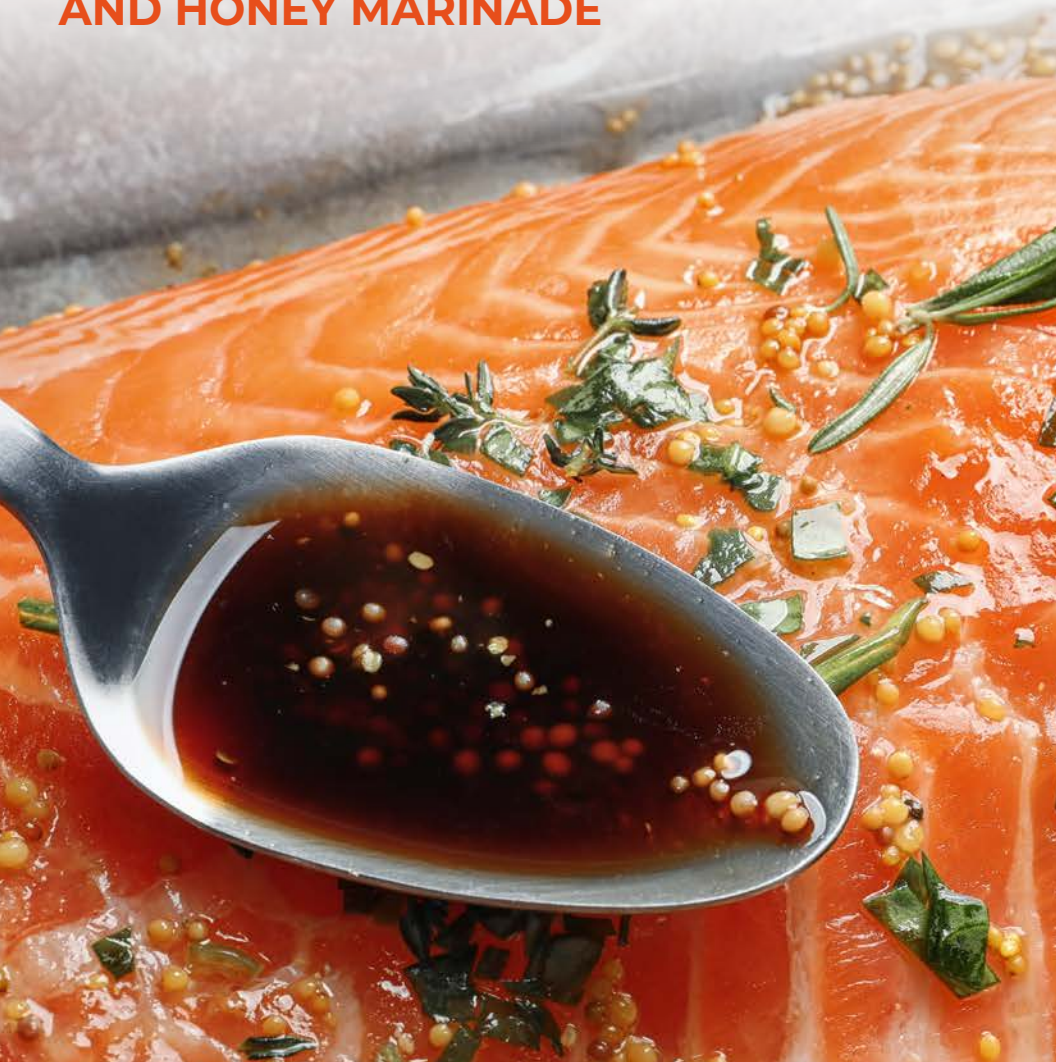
Crush ginger and garlic.

Strain lemon juice and pour over salmon. Add cilantro leaves, corn and onion. Let marinate in the refrigerator for half an hour.

Season with salt and pepper to taste.

Serve ceviche on a bed of lettuce.

BAKED SALMON IN SOY SAUCE AND HONEY MARINADE



INGREDIENTS

- 500 g salmon fillet
- ½ c soy sauce
- 2 Tbsp. honey
- Rosemary leaves and sesame seeds to garnish

PREPARATION

Remove skin from salmon and cut into two portions. Place in baking dish.

Add soy sauce and honey mixture to the baking dish and let stand for about 20 minutes.

Sprinkle with rosemary and sesame seeds. Bake in hot oven for 10 to 15 minutes or until the salmon is has reached the desired degree of doneness.

Serve with a side of sautéed vegetables.

SALMON TARTAR IN A SOY, GINGER AND SESAME OIL MARINADE



INGREDIENTS

- 150 g Pier 33 Gourmet salmon fillet, cubed
- 30 g red onion, finely diced
- 30 ml soy sauce
- 1 Tbsp. fresh ginger, diced
- 5 ml sesame oil
- Toasted sesame
- 1 tsp. honey
- 10 ml lemon juice

PREPARATION

ElIn a bowl, mix together salmon, red onion, ginger and soy sauce. Let marinate for 15 minutes.

Add honey, lemon juice and sesame oil.

Recommendation: serve with a watercress salad and garnish with toasted sesame seeds.



Camanchaca®

SALE ROOMS

CORONEL, Bío Bío Region:

Av. General Carlos Prats 80,
Caleta Lo Rojas
Telephone: +56 41-2261222

TOMÉ, Bío Bío Region:

Mariano Egaña 655
Telephone: +56 41-2509905

RAUCO, Los Lagos Region:

Camino Rauco s/n,
Comuna de Chonchi
Telephone: +56 65-2534311

SANTIAGO, Metropolitana Region:

Av. La Florida 9660
Local 07, Esq. Santa Amalia
Telephone: +56 2-2287 7427

www.camanchaca.cl