



# King Salmon



**Palo Alto \* Santa Clara**

**Del Mar \* San Mateo**

**San Diego \* San Jose**

## Wild King Salmon

The origin of the salmon family as we know it today traces its roots back to 30 million years ago. There are six Pacific species named by German naturalist George Wilhelm Steller. Dr. Steller explored much of the Pacific Northwest in 1737. The largest physical member of the six species weighed more 100 pounds. It was named "King" of the family, hence, the name King Salmon.

Prior to Dr. Steller's classification of this fish it was known among the native Indian tribes of Washington State, as the "Chinook" fish in honor of the Chinook tribe who had first discovered it on the Columbia River. For many decades the fish has been commercially referred to as Chinook or King Salmon. The largest recorded King Salmon landed was 126 pound, 58 inch long specimen caught by a sport fisherman in 1959 at St. Petersburg Alaska. King Salmon is also the state fish of Alaska.

Found from central California to the Aleutian Islands in Alaska, peak availability in California is May to September. Caught by the "Troll" method (one line, one hook) California Kings are among the elite of the Pacific salmon runs. There are almost one thousand salmon runs on the entire Pacific coast of North America.

Salmon are the number one finfish species for Omega 3 content. Omega 3 is credited with reducing heart disease, stroke, diabetes and symptoms of depression. King Salmon is truly natural health food.

King Salmon are anadromous, meaning they are born in freshwater and migrate to saltwater before returning to their freshwater place of birth to spawn. All ocean run Kings enjoy the bounty of their wild habitat, this accounts for their rich, unique, moderately pronounced, flavor.

Wild King Salmon has been a favorite choice of Fish Market guests for more than 30 years.

IN 1976, OUR FOUNDERS SET OUT TO OPEN A RESTAURANT THAT WOULD SERVE THE FRESHEST, HIGHEST QUALITY SEAFOOD AVAILABLE AT AN HONEST PRICE. WITH THAT THOUGHT IN MIND, WE OPENED OUR FIRST RESTAURANT IN PALO ALTO. SINCE THEN, OUR FLEET HAS GROWN TO INCLUDE SIX RESTAURANTS. OUR LOCATIONS ARE IN PALO ALTO, SANTA CLARA, DEL MAR, SAN MATEO, SAN DIEGO AND SAN JOSE.

THE FISH MARKET'S COMMITMENT TO PROVIDING OUR GUESTS WITH THE WIDEST SELECTION OF FISH IS UNRIVALED. OUR MENUS ARE UPDATED DAILY TO REFLECT CHANGES IN SEASONS, AVAILABILITY AND FISHING LUCK. OUR ENTIRE STAFF IS COMMITTED TO PROVIDING YOU, OUR GUEST, WITH THE UTMOST IN COURTEOUS, ATTENTIVE SERVICE AND SUPERIOR SEAFOOD KNOWLEDGE.

YOUR FISH MARKET EXPERIENCE IS OUR NUMBER ONE PRIORITY. YOU ARE THE MOST IMPORTANT PERSON IN OUR RESTAURANTS. THANKS TO YOU, WE'VE GROWN FRESHER THAN EVER!

### THE FISH MARKET

Palo Alto 3160 el camino real (650) 493 8862

Santa Clara 3775 el camino real (408) 246 3474

Del Mar 640 via de la valle (858) 755 2277

San Mateo 1855 south norfolk st (650) 349 3474

San Diego 750 north harbor drive (619) 232 3474

San Jose 1007 blossom hill road (408) 269 3474

## Seafood Handling Tips

### Storage

Store fresh seafood in the coldest part of your refrigerator (ex: the meat keeper). Remember fresh seafood should be consumed within 36 hours of purchase.

Keep your raw and cooked seafood separate to prevent cross contamination. After handling any raw seafood always wash your hands, utensils and cutting boards with hot soapy water.

Marinades add great flavor. Always marinate under refrigeration and discard used marinade.

### Frozen or previously frozen Seafood

Thaw frozen seafood in the refrigerator or under cold running water. **Never** thaw seafood on a counter top at room temperature.

Allow one day to defrost frozen seafood in the refrigerator.

Remember to treat seafood like ice cream—keep it **COLD!**

### Retail Market Tips

Any of our retail market staff would be more than happy to go over any preparation or handling questions you may have.

King Salmon is perfect for baking, grilling, sautéing and steaming.

Farmed Salmon, Rainbow Trout and Sablefish are good choices if Wild King Salmon is not available.

**Helpful Cooking Hint:** 10 minutes per inch. A one inch thick piece would be cooked 5 minutes on each side. **Remember:** If cooking in foil or in a sauce add 5 minutes to the total cooking time.



### Misoyaki Glazed King Salmon

4	6 oz	Salmon Steaks, $\frac{3}{4}$ " thick
1	Cup	Sake (rice wine)
1	Cup	Lite Soy Sauce
1/3	Cup	Fresh Ginger (minced)
1/3	Cup	White Miso Paste
1/2	Cup	Honey
1/4	Cup	Brown Sugar
1/3	Cup	Sesame Oil

#### Misoyaki Sauce:

Mix all ingredients (except salmon) in a mixing bowl. Whisk until incorporated.

In a small saucepan; reduce the liquid by half and allow to cool.

Divide the sauce in half. Reserve half of the sauce for basting the fish and the other half for drizzling over the fish and the Stir-fried Vegetable recipe.

#### To cook:

Preheat a gas or charcoal grill to medium high heat. Thoroughly clean and oil the grill.

Baste each salmon steak with the sauce and place on the hot grill. Cook for 3-4 minutes on each side. Drizzle some of the sauce over the fish before serving on bed of stir fried vegetables. Accompany with steamed white

### Stir-fried Vegetables

1	Small	Red pepper, sliced
1/2	Small	Yellow onion, julienned
1	Each	Carrots, cut into matchsticks
1&1/2	Cups	Snow Peas
3	Cups	Bok Choy, cut into large sections
1&1/2	Cups	Oyster Mushrooms, sliced
1	Cup	Purple Cabbage, cut into sections
2	Tbs	Fresh Ginger, cut into matchsticks
3	Tbs	Vegetable oil
3	Each	Garlic Cloves, sliced
1/2	Cup	Misoyaki Sauce
1/4	Tsp	Crushed Red Pepper

In a large sauté pan or wok heat the oil.

Add the onions and carrots and crushed red pepper. Stir.

Add the ginger and garlic and cook for a minute. Toss and stir.

Add the snow peas, bok choy, oyster mushrooms, red pepper and cabbage. Toss and stir.

Add the misoyaki sauce. Continue to toss and stir until the vegetables are glazed with the sauce.