Eating oily fish such as salmon is an excellent way to increase the omega-3 fatty acids in your diet. Although a bit intimidating, buying and preparing salmon is not as hard as swimming upstream. Here’s an introductory course in “fish school.”

Salmon are classified by their ocean of origin:

- **Atlantic salmon** is only one species. Most salmon labeled Atlantic is actually farm-raised. Norwegian salmon is Atlantic salmon farm-raised in Norway.

- **Pacific salmon** includes Chinook (king), Sockeye (red), Coho (silver), Pink, and Chum. Coho and Chinook were introduced to the Great Lakes in the 1960s. The vast majority of Great Lakes salmon begin their lives in one of Michigan’s six fish hatcheries.

**Salmon Prep 101:**
- **Remove pin bones.** Arch the fillet and run your fingers over the surface to find the bones. Gently pull each pin bone with needle-nose pliers.
- **Cook skin side down.** When you do this, there is no need to flip it during cooking.
- **Cooking methods** (see below for cooking times)
  - **Grilling:** Preheat grill to medium-high. Brush marinade lightly on the fish (flesh side only). Using tongs and a paper towel, mop the grill grate with oil. Place salmon on the grill grate. Baste every 6 to 8 minutes.
  - **Baking:** Preheat oven to 450º. Lightly grease a shallow baking dish. Place salmon fillet in prepared baking dish. Brush top and sides of fillet with butter.
  - **Poaching:** (gently cooking in broth or water at a bare simmer). Melt 2 T butter in a large pan over low-medium heat. Add 1/3 c each of chopped onion, celery, and carrots. Cover and sweat until vegetables are soft. Add 4 c water, ½ c wine, salt, and pepper. Bring liquid to slow simmer. Add fish and cook with lid on. Reserve stock for use in fish soup or stew.
- **Approximate cooking time** by figuring 4 to 6 minutes for each ½ inch thickness of the fillet. Remove from the heat when the internal temperature reaches 125 to 130ºF, as the fish will continue to cook. Salmon is done when it flakes easily with a fork.

**BBQ Glazed Salmon**

*from the kitchens of the MSU Residence Halls*

Serves 6

- ¼ c finely diced red onion
- 2 t olive oil
- 1 T + 2 t red wine vinegar
- ¼ c + 2 T pancake syrup
- 1 T tomato paste
- 1 ½ t Worcestershire sauce
- ¾ t curry powder
- ¼ t black pepper
- 6 (4–6 oz each) salmon fillets (fresh or frozen)
- Salt and additional pepper to taste

In a saucepan, cook onions in olive oil for 2-3 minutes. Add vinegar; simmer for 5 minutes. Add syrup, tomato paste, Worcestershire sauce, curry powder and black pepper. Simmer until sauce has a thick consistency, like BBQ sauce.

Season salmon with salt and pepper, then grill or bake until done. Brush salmon with glaze and serve.

BBQ Glazed Salmon will be served on Tuesday, February 5 for lunch from 11 am – 2 pm in Yakeley, Wilson, Wonders, Holmes, Hubbard and Shaw. It will be served on Tuesday, February 12 for lunch in Brody, Case, McDonel, Holden, Akers, Landon, and The Gallery from 11 am – 2 pm. Once you try this delectable dish, you’ll want to make it at home! Enjoy. For meal hours and complete menus, visit eatatstate.com.