At Egg Harbor Seafood, we’re proud to serve you only the finest and freshest seafood available. Our Faroe Islands Salmon comes straight from the Faroe Islands, nestled between Norway and Iceland in the pristine waters of the North Atlantic. This small group of remote islands promote the perfect natural conditions for the world’s finest farm-raised Salmon.

**Great Source of Omega-3s**
No Antibiotics or Hormones
No Added Preservatives
All Natural, Non-GMO Diet

### grill

Preheat grill to medium heat. Place salmon fillets on grill rack, 3-4” away from the heat. Grill for about 20-25 minutes.

### sauté

Pat salmon fillets dry with a towel and add seasonings. Heat large sauté pan over medium to high heat, then add oil. Once hot, add salmon and cook for 4 minutes per side.

### broil

Preheat broiler. Place salmon fillets in the middle of a sheet pan. Proceed to cook for 12 minutes, ensuring that the salmon is evenly broiled directly underneath broiler.

### oven

Preheat oven to 350°F. Place salmon fillets on a non-stick sheet and roast for approximately 25-30 minutes.

### air fryer

Preheat air fryer to 395°F. Place salmon in air fryer basket, cook for 7-8 minutes if defrosted or 10-12 minutes if frozen. Remove salmon from air fryer and let rest for 1 minute.

Cooking times vary, so continue to cook until salmon reaches desired doneness.
Marinade

**CITRUS & HONEY**

What You’ll Need:
- 4 oz. Extra Virgin Olive Oil
- 3 oz. Honey
- 2 Garlic Cloves, Minced
- 1 tsp. Chopped Parsley
- 1 tsp. Chopped Thyme
- Juice & Zest of 1 Lemon
- Salt & Pepper to Taste

Cooking Instructions:
1 — Begin by mixing all ingredients into a bowl.
2 — Once prepared, add salmon and let marinate for at least one hour. Be careful not to marinate for more than six hours.

*Recipe for 4 Salmon Fillets*
**Marinade**

**SPICY THAI**

**What You’ll Need:**
- 4 oz. Extra Virgin Olive Oil
- 2 oz. Sriracha
- 1 oz. Sesame Oil
- 2 oz. Soy Sauce
- 2 Garlic Cloves, Minced
- 1 tsp. Grated Ginger
- Salt and Pepper to Taste

**Cooking Instructions:**
1. Begin by mixing all ingredients into a bowl.
2. Once prepared, add salmon and let marinate for at least one hour. Be careful not to marinate for more than six hours.

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**Signature Sauce**

**LEMON BEURRE BLANC**

**What You’ll Need:**
- 1/2 Cup White Wine
- 1 tsp. Oil
- 1 Stick Cold Butter
- 2 tbs. Capers
- 1 Garlic Clove, Minced
- Juice & Zest of 1 Lemon
- Salt and Pepper to Taste

**Cooking Instructions:**
1. In a small saucepan, heat oil and garlic together. Once the garlic is cooked, add in lemon juice, zest, and white wine. Let simmer 1 minute.
2. Add in salt and pepper and whip in your stick of cold butter. When melted and combined, add in capers and enjoy!
**Signature Sauce**

**COLD TZATZIKI**

**What You’ll Need:**
- 1 Large Cucumber
- 1.5 Cups Greek Yogurt
- 1 Garlic Clove, Minced
- 2 tbs. Dill, Minced
- Juice & Zest of 1 Lemon
- Salt and Pepper to Taste

**Cooking Instructions:**
1. Begin by grating cucumber, making sure to squeeze out extra moisture. Mix all ingredients into a bowl.
2. Once combined, place bowl in refrigerator for one hour.
3. Remove from refrigerator and serve with salmon.

*Recipe for 4 Salmon Fillets*