



Wild Salmon Inc.

Baked Coho



- ½ cup melted butter
- 1 onion, sliced thin
- ½ cup light mayo
- ½ tsp fresh ground pepper
- ½ cup soy sauce
- 6-8 cloves crushed garlic (optional)

Whisk together all ingredients except onions. Spread thin layer of sauce over salmon, layer sliced onions, add remaining sauce. Bake uncovered at 350F until flaky, approximately 12-15 min.

Salmon Preparation

Cold = Quality

Be Gentle

Thaw under refrigeration

Do Not Overcook – Opaque color, meat flakes

Cook approximately 10 mins. per inch thickness

Cooking Times

Salmon cooks in minutes. It is done when the meat flakes easily and a small cut indicates even color. Salmon will continue to cook even after it is removed from the heat.

Remove salmon just before it is done cooking and allow it to reach cooking perfection away from the immediate heat source.

The 10 Minute Rule

Measure seafood at its thickest point; measure after stuffing or rolling.

Cook at its maximum of 10 minutes per inch thickness.

Add 5 minutes to total cooking time if cooked in foil or a sauce.

The hotter the temperature, the shorter the cooking time.