

SEAFOOD FREEZER PACK

SALMON FILLETS

Did you know, our Oven Roasted Salmon is the most loved dish by Earls guests? Our sommelier David Stansfield recommends you pair it with your favourite Pinot Noir — cheers to that!

BBQ INSTRUCTIONS

- 1) Allow your Salmon Fillets to completely thaw before cooking.
- 2) Once the Fillets are thawed, remove from their packaging and place onto a paper towel to blot away the excess liquid. This will help the Salmon from sticking to the BBQ grill.
- 3) Season the Salmon Fillets with salt and black pepper.
- 4) Set grill to 425°F. Oil the grill to stop the Salmon from sticking. Cook for approximately 7 minutes. This will allow the Salmon to be served juicy and moist. Alternatively, if you have a thermometer, the internal temperature of the Salmon should reach 155°F before removing from the oven. Allow to rest for 1 minute. The final rested Internal Temperature needs to be at or above 165°F.

OVEN INSTRUCTIONS

- 1) Allow your Salmon Fillets to completely thaw before cooking.
- 2) Once the Fillets are thawed, remove from their packaging and place onto a paper towel to blot away the excess liquid. This will help the Salmon from sticking to the baking tray.
- 3) Preheat your oven to 375°F.
- 4) Place Salmon on a baking tray (line with parchment paper or aluminum foil if available). Drizzle with vegetable oil and season with salt and pepper to your liking.
- 5) Transfer the tray to your preheated oven and cook the Salmon for 8-10 minutes. This will allow the Salmon to be served juicy and moist. Alternatively, if you have a thermometer, the internal temperature of the Salmon should reach 135°F before removing from the oven. Allow to rest for 1 minute. The final rested Internal Temperature needs to be at or above 165°F.
- 6) Carefully remove the Salmon from the oven, plate and enjoy!

SCALLOPS

PAN SEARED SCALLOPS

- 1) If scallops are frozen, allow to completely thaw before using.
- 2) Place a pan on medium heat (use a non stick pan if you have one available) for 30 seconds. Pat the scallops dry with a paper towel, remove the little abductor muscle attached to each scallop (not all scallops will have the abductor muscle), and then season lightly with salt.
- 3) Add 1 teaspoon of oil to the pan and gently heat until the oil begins to “shimmer”. Carefully place scallops into the pan making sure that they have space in between them. Do not move the scallops for approximately 2 minutes. Take a peek under the scallop. When they are golden brown give them a flip and cook for an additional 30 seconds. Remove them from the pan and serve. Enjoy!

GRILLED SCALLOPS

- 1) If scallops are frozen, allow to completely thaw before using.
 - 2) Heat your grill to 500°F for at least 15 minutes to ensure that the grates keep their temperature.
 - 3) Place a pan on medium heat (use a non stick pan if you have one available) for 30 seconds. Pat the scallops dry with a paper towel, remove the little abductor muscle attached to each scallop (not all scallops will have the abductor muscle), and then season lightly with salt. You could add a sprinkle of your favourite spice at this point.
 - 4) Place on the grill for 3 minutes until you can see a nice grill mark. Flip and cook for another 1-2 minutes. Remove and enjoy!
-

PRAWNS

PAN SEARED PRAWNS

- 1) If prawns are frozen, allow to completely thaw before using.
- 2) Place a pan on medium heat (use a non stick pan if you have one available) for 30 seconds. Pat the prawns dry with paper towel and season lightly with salt.
- 3) Add 1 teaspoon of oil to the pan and gently heat until the oil begins to “shimmer”. Carefully place prawns into the pan making sure that they have space in between them. Do not move the prawns for approximately 2 minutes. When they are a light golden brown give them a flip and cook for an additional 30 seconds. Remove them from the pan and serve. Enjoy!

GRILLED PRAWNS

- 1) If prawns are frozen, allow to completely thaw before using.
- 2) Heat your grill to 500°F for at least 15 minutes to ensure that the grates keep their temperature.
- 3) Pat dry your prawns with paper towel and then drizzle to coat with oil. Any flavoured oil you have would work great here. We really enjoy chili oil! Season lightly with salt. You could add a sprinkle of your favourite spice at this point. If you have BBQ skewers use them for this recipe. Place onto the grill and cook for 2 ½ minutes. They will take on a nice char at this point. Flip and cook for another 2 ½ minutes. Remove and enjoy!

