

HUON AQUACULTURE COMPANY

Our salmon farms are located in the mouth of the Huon River, south of Hobart, the capital of Tasmania, Australia's Island State. The cool waters in this area are pristine and produce premium salmon.

Huon Aquaculture Company and its owners Peter and Frances Bender work closely with their customers to produce quality product in a sustainable environment, whilst planning to meet the increasing sales demands of the future. Huon Tasmanian Salmon are premium grade salmon of superior size, quality, colour, freshness and texture.

Huon Tasmanian Salmon is a safe and natural product, high in Omega-3.

SALMON GROWING (*Salmo salar*)

Mature eggs are gently massaged from female salmon and hatched in fresh water. In Tasmania when the "fry" weigh about 5 gms they are transferred to larger tanks supplied with crystal clear water from mountain rivers. It takes 12 months for baby salmon (smolt) to grow to 100 gms, before transporting them to the waters at the head of the Huon Estuary. As the fish acclimatise the cages are towed to the open sea lease sites to grow for 12-18 months before harvesting at 3 to 5 kgs.

Huon Tasmanian salmon are fed a low oil content pellet produced from the world's cleanest fishmeal. Our low production levels, Tasmania's remote location and the isolation of our fish has resulted in the enviable position of us producing the healthiest salmon found anywhere in the world. The Tasmanian industry does not use antibiotics or chemicals to promote growth and has committed publicly, as has the Tasmanian Government, that they shall not be involved in the production of genetically modified fish (GMOs).

Salmon are harvested 12 months of the year beginning with the new year class in April through to the following March. Fish are harvested daily and transported in ice to our registered export facility.

The salmon are then processed, chilled and packed into our distinctive packaging and transported within hours to all States of Australia or flown directly to our premium international markets. **True freshness!**

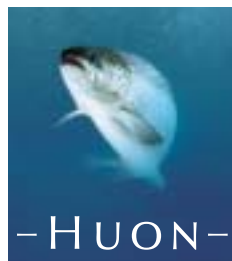
ABOUT OMEGA-3

Omega-3 helps prevent coronary heart disease, high blood pressure, rheumatoid arthritis and other disorders. However, we rely on dietary intake to increase Omega-3 levels in our systems.

Recent CSIRO research shows that seafood and in particular salmon has between 10 and 100 times higher levels of Omega-3 than chicken and lamb.

Therefore enjoy staying healthy by savouring the delights of Huon Tasmanian Salmon.

More new recipes at www.tasmaniansalmon.com.au



TASMANIAN SALMON

Premium Salmon from Pristine Waters

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Taste Tasmanian Salmon

Moroccan Style Tasmanian Salmon

*Pan Grilled Tasmanian Salmon
with Ginger and Lime Dressing*

*Tasmanian Salmon
with Sweet Chilli and Spice*



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-HUON-

TASMANIAN SALMON





MOROCCAN STYLE TASMANIAN SALMON

A very quick and easy method of producing a wonderfully flavoured meal in only a few minutes. Serve presented with an apricot and pistachio couscous and some slow roasted red onions.

Prep time: 5 mins • Cooking time: 6 mins • Serves 6

60 ml extra virgin olive oil (EVOO) 30 ml for cooking in and 30 ml to finish to taste

sea salt flakes

6 x 150g Huon Tasmanian salmon portions

2 tablespoons Screaming Seeds Marrakesh Magic mix or

McCormick's Middle Eastern spice blend

½ lemon (juice only)

3 cups prepared couscous

½ cup diced dried apricots

½ cup pistachio kernels

1 tomato (diced)

½ cup coarsely chopped continental parsley

2 red onions (sliced, seasoned with EVOO and roasted)

- ① Season the Tasmanian salmon portions with the salt flakes and Marrakesh Magic mix. ② Bring a heavy based frypan to moderate heat and add half the extra virgin olive oil. ③ Combine together the cooked couscous, apricots, pistachios, diced tomato and parsley.
- ④ Dress with a little lemon juice and olive oil. ⑤ Quickly sear the salmon pieces skin side down first then turn and cook until just done. ⑥ Present with the couscous salad and roasted red onions. Finish with a splash of the extra virgin olive oil and several chives.

PAN GRILLED TASMANIAN SALMON WITH GINGER & LIME DRESSING

The salmon is lightly pan grilled then dressed with this fresh lively dressing. Here it is served with some delicious soba noodles and steamed split beans.

Prep time: 10 mins • Cooking time: 6 mins • Serves 6

6 x 150g Tasmanian salmon portions (skin on)

30 ml extra virgin olive oil

3 cups split beans (steamed)

6 portions soba noodles

½ cup sliced green onions (shallots)

Dressing:

¼ cup lime juice

¼ cup lite soy

¼ cup extra virgin olive oil

1 tablespoon freshly grated ginger

½ teaspoon sambal olek (chilli paste)

1 tablespoon sesame seed oil

2 tablespoons chopped coriander leaves

- ① Combine together in a bowl, the above dressing ingredients and mix well. Heat a fry pan and add the extra virgin olive oil.
- ② Add the salmon portions and cook until just medium.
- ③ Place 60 ml of the dressing into the pan and combine with the salmon. ④ Present immediately with the soba noodles and the steamed split green and butter beans. ⑤ Finish with some extra dressing and sliced shallots.



TASMANIAN SALMON WITH SWEET CHILLI AND SPICE

Lightly flavoured with sweet chilli and spiced with cumin, cassia, cloves and cardamom. This is delicious presented on jasmine rice or steaming-hot rice stick noodles.

Prep time: 5 mins • Cooking time: 6 mins • Serves 6

600g Huon Tasmanian salmon (diced)

30ml extra virgin olive oil

1 clove garlic, crushed

2 tablespoons Screaming Seeds 7 Seas Spice or

McCormick's Season-All Asian blend

4 tablespoons sweet chilli sauce

½ lemon (juice)

6 small cups steamed rice

2 cups steamed snow peas

1 tomato (diced)

- ① Combine together the diced salmon, crushed garlic, 7 Seas Spice and half the sweet chilli sauce. ② Place the extra virgin olive oil into a heated pan and add in the salmon mixture. ③ Grill until just cooked, add in the lemon juice and serve with the steamed rice, snow peas, tomato dice and a little extra chilli sauce.