



BRISTOL BAY
SOCKEYE SALMON

SWEET & SAVORY RUBBED SOCKEYE SALMON

Tom Douglas Rub With Love Salmon Rub is a sweet and savory combination of smoked paprika, thyme and brown sugar. It's the perfect way to add depth and flavor to your Bristol Bay wild sockeye salmon fillets.

Here are 3 delicious and easy ways to pair Rub With Love and Bristol Bay sockeye salmon.

Tom Douglas
Rub 
with love®

For more sockeye salmon recipes and cooking techniques, go to www.bristolbaysockeye.org.

To learn more about Tom Douglas' Rub With Love, visit tomdouglas.securetree.com/Rub-with-Love/

1 Grill it

Grilling salmon is simple and adds a great flavor to your fish.

- Preheat grill to 400-450F
- Pat dry the salmon and brush with oil on both sides. Coat salmon with spice rub.
- Place salmon, skin-side down, on grill and cover. Cook for 10-15 minutes or until done.

2 Roast it

If you've got an oven and a baking dish, then you're all set for roasting salmon!

Preheat oven to 375F.

- Line a baking dish with foil. Coat salmon with cooking oil on both sides and coat salmon with spice rub.
- Place salmon skin-side down in baking dish and bake for 10-15 minutes or until done.
- Remove from oven and serve immediately.

3 Pan sear it

This is a good method for beginners. We recommend using a seasoned cast iron skillet, but any non-stick pan will do.

- Coat salmon on both sides with cooking oil. Add spice rub to salmon.
- Add enough cooking oil to coat the bottom of the pan and heat over medium-high heat.
- Place salmon, skin-side up, into pan and cook until browned, about 5 minutes.
- Carefully flip salmon and cook for another 3 minutes or until done.