



Suggested Cooking Methods for BC Seafood

Species	Flavour	Texture	Bake	Boil	Broil	Deep-fry	Grill	Poach	Sauté	Steam
Clams	<i>Moderate/ sweet</i>	<i>Firm/ resilient</i>	✓					✓	✓	✓
Crab, <i>Dungeness</i>	<i>Mild/light</i>	<i>Delicate</i>		✓						✓
Farmed salmon, <i>Atlantic</i>	<i>Moderate/delicate</i>	<i>Firm/ moist/ oily</i>	✓		✓		✓	✓		
Geoduck	<i>Mild/sweet</i>	<i>Firm/ crunchy</i>		✓		✓			✓	
Halibut, <i>Pacific</i>	<i>Mild/light</i>	<i>Firm/ lean</i>	✓		✓		✓	✓	✓	✓
Mussels	<i>Sweet</i>	<i>Firm</i>			✓				✓	✓
Oysters, <i>Pacific</i>	<i>Mild/sweet</i>	<i>Firm/ plump</i>	✓			✓	✓		✓	✓
Prawns, <i>Spot</i>	<i>Mild/sweet</i>	<i>Firm</i>	✓		✓	✓	✓	✓	✓	✓
Sablefish	<i>Mild/sweet</i>	<i>Delicate/ velvety</i>	✓		✓		✓		✓	✓
Sardine, <i>Pacific</i>	<i>Strong</i>	<i>Delicate/ soft</i>	✓		✓	✓	✓			
Scallops	<i>Mild/sweet</i>	<i>Delicate/ chewy</i>	✓		✓	✓	✓		✓	✓
Sea Urchin, <i>Red</i>	<i>Mild/sweet</i>	<i>Firm/ dry</i>	✓						✓	✓
Tuna, <i>Albacore</i>	<i>Mild</i>	<i>Delicate/ soft</i>			✓		✓		✓	
Wild Salmon, <i>Chinook</i>	<i>Full</i>	<i>Firm</i>	✓		✓		✓	✓		
Wild Salmon, <i>Chum</i>	<i>Moderate</i>	<i>Firm/ slightly drier</i>	✓		✓		✓	✓	✓	
Wild Salmon, <i>Coho</i>	<i>Full/intense</i>	<i>Firm</i>	✓		✓		✓	✓		
Wild Salmon, <i>Pink</i>	<i>Moderate/ delicate</i>	<i>Moderate/ soft</i>	✓		✓			✓		
Wild Salmon, <i>Sockeye</i>	<i>Full/ intense</i>	<i>Firm</i>	✓		✓		✓	✓		