

Title:

Salmon - An Affordable Luxury

Word Count:

553

Summary:

Salmon has a reputation as a luxury fish, but is nowadays quite affordable. Find out more about

Keywords:

salmon, fish, food, cooking

Article Body:

Salmon is one of the most versatile fish we can buy, and despite its longstanding reputation as a

Salmon are available in both farmed and wild varieties, and while the wild salmon has the edge

Most of the wild salmon you can buy will be from the Atlantic Ocean, both off the shores of North

An enduring image of wild salmon is of a sleek silver arch of fish leaping up weirs and waterfalls

Farmed salmon, in contrast, spend their entire lives in lochs or river estuaries, swimming in

When you come to buy salmon, the usual rules for buying fish apply. Make sure you can see a whole

Depending on how many you are feeding, you can buy a steak which is cut from the shoulder of the

Whichever cut you buy, you can be assured that your health will benefit - as an oily fish, salmon

Enjoy your salmon!

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