

COASTAL ISLAND FISHING ADVENTURES

... Your Adventure Starts Here!

Our commitment since day one is to provide you with an exciting and enjoyable, yet a memorable and relaxing experience.



*Campbell River's most recommended
choice in Guided Sport Fishing!*

How to Prepare Salmon – Tips from the Fishing Pros

- If we can only pass on one super critical important tip – this is the one! How to correctly defrost frozen fish, any type of fish:
- Remove frozen fish from packaging and discard packaging. Rinse well with cold water and pat dry with paper towel. Let it defrost on a plate uncovered on paper towel. Once fish is defrosted, rinse again with cold water and pat dry. For a whole fish, rinse inside and out and pat dry. When fish is defrosted in the bag, this is where the “fishy smell” and taste comes from.
- When cleaning a fish, make sure it is thoroughly clean with no blood and pat dry. We recommend vacuum packing as fish will keep better when frozen.
- When defrosting frozen smoked fish, remove from bag and defrost on a plate on paper towel.
- We do not recommend freezing fish whole. Before freezing cut into meal size steaks or fillets. Once a fish is unthawed it cannot be refrozen.

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