

## 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, rinse 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.

**Coastal Island Fishing Adventures**

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### How to Prepare Prawns & Crab – Tips from the Fishing Pros

- Defrosting prawns: If prawns are frozen in a block of ice (the best way to freeze prawns), remove from container and put the block of prawns in a colander in the sink. If you have time, let them defrost at room temperature, if you need to defrost them immediately, run cold water on the frozen prawns until the ice is melted. Do not use warm/hot water or submerge the block of prawns in water!
- How to freeze prawns: Use a ziplock type bag or plastic container – we find a yogurt container works well. Fill the container with rinsed prawns with shell on, head off. Leave about 1 inch at the top. Fill with cold water and close lid. Freeze immediately.
- Crabs: Best enjoyed fresh!

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