

Arctic Char (*Salvelinus alpinus*)



COMMON NAMES

Arctic char, Arctic charr, alpine trout, alpine char, sea trout

SEASONAL AVAILABILITY

Year-round; wild-run char is best when harvested in early fall

PRIMARY PRODUCT FORMS

Fresh: Whole, Dressed, Fillets (boneless)

Frozen: Whole, Dressed, Fillets (boneless)

Value-added: Smoked

PRODUCT PROFILE

Flavor: 

Texture: 

COOKING TIPS

Blessed with a salmon-like texture and mild-tasting flesh, char is perfect for those who find its cousin too strong in flavor. Like trout, filleted char can be grilled, broiled, baked, smoked or poached—just remember to remove the thick, leathery cooked skin before serving.

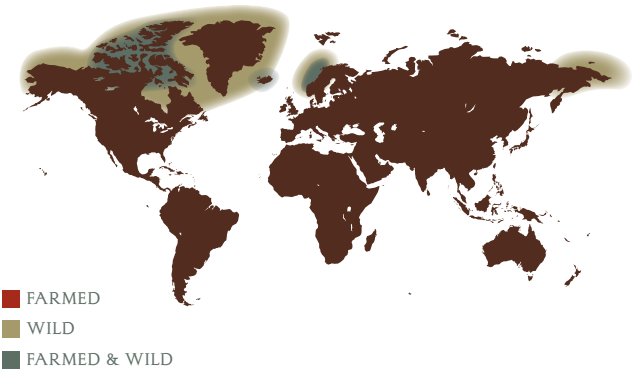
COOKING METHODS

- | | | |
|---|---|---|
| <input checked="" type="checkbox"/> BAKE | <input checked="" type="checkbox"/> GRILL | <input checked="" type="checkbox"/> SMOKE |
| <input checked="" type="checkbox"/> BROIL | <input checked="" type="checkbox"/> POACH | <input type="checkbox"/> STEAM |
| <input type="checkbox"/> FRY | <input checked="" type="checkbox"/> SAUTÉ | <input type="checkbox"/> BOIL |

DID YOU KNOW...

...the Inuit people of Canada have enjoyed arctic char for thousands of years, freezing the fish and eating them like popsicles? A member of the salmon and trout family, they have silvery skin dappled with blue and pink along the lateral line, with shades of blue and green on their upper sides. Arctic char migrate from icy northern lakes throughout Europe, Asia, and North America to spawn in salt water. The typical market size of arctic char is between 2 and 8 pounds.

GLOBAL SUPPLY



Canada, Iceland, Norway, Greenland

NUTRITIONAL FACTS

Serving size: 100 g/3.5 oz.

AMOUNT PER SERVING

Calories	154
Fat Calories	73
Total Fat	8.1 g
Saturated Fat	n/a
Cholesterol	n/s
Sodium	n/a
Protein	20.2 g
Omega-3	1.6 g

If it swims we have it.

SEATTLE FISH CO.

2800 Guinotte Avenue, Kansas City, MO 64120
816.920.7070 • SeattleFishKC.com