

Atlantic Salmon (*Salmo Salar*)



COMMON NAMES

Atlantic Salmon, Farmed Salmon, Eastern Salmon

SEASONAL AVAILABILITY

Year-Round

PRIMARY PRODUCT FORMS

Fresh: Dressed, H&G, Fillets (skin on/skinless, pinbones in or out), Roasts, Portions

Frozen: Dressed, H&G, Fillets (skin on/skinless, pinbones in or out), Roasts, Portions

Value-Added: Smoked

PRODUCT PROFILE

Flavor: 

Texture: 

COOKING TIPS

Fillets of Atlantic salmon are pleasing to the eye, and should be used with recipes that highlight their vibrant color and texture. Since the flavor of this fish is delicate, avoid using flavors, glazes or seasonings that overpower it. For example, a light dill and yogurt or cucumber-dill sauce works well.

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 type="checkbox"/> SAUTÉ | <input type="checkbox"/> BOIL |

DID YOU KNOW...

To meet a rapidly growing demand, Atlantic salmon farming first emerged on a large scale in the early 1980s, with Norway leading the way. Since then, global production has increased tremendously. Today, Atlantic salmon are farmed in more than a dozen countries in Latin America, Europe and North America. The fish are typically raised in large, floating net-pens, which are usually located in open bays. Farmed Atlantics start at four pounds, but can grow as large as 18 pounds.

GLOBAL SUPPLY



NUTRITIONAL FACTS

Serving size: 100 g/3.5 oz (raw)

AMOUNT PER SERVING

Calories	183
Fat Calories	98.1
Total Fat	10.9 g
Saturated Fat	2.2 g
Cholesterol	59 mg
Sodium	59 mg
Protein	19.9 g
Omega-3	1.9 g

If it swims we have it.

SEATTLE FISH CO^{EST. 1998}

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