

Chinook Salmon (*Oncorhynchus Tshawytscha*)



COMMON NAMES

Chinook, King, Spring

SEASONAL AVAILABILITY

Farmed: Year-Round; Wild: May-September

PRIMARY PRODUCT FORMS


Fresh: Whole, Dressed (head on), H&G, Steaks, Fillets (bones in/boneless)

Frozen: Whole, Dressed (head on), H&G, Steaks, Fillets (bones in/boneless)

Value-Added: Smoked

PRODUCT PROFILE

Flavor:  MILD MODERATE FULL

Texture:  DELICATE MEDIUM FIRM

COOKING TIPS

For the purist, the less you do to the rich and flavorful king salmon, the better. However, this fish can also stand up to hearty seasonings and flavorful sauces. For a simple yet bold treat, try broiling or grilling a piece of king salmon with pesto sauce.

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...

Chinooks, also called “kings,” are the largest and most prized species of Pacific salmon. They are the most expensive of all salmon species and are often found in upscale restaurants and better supermarkets. Most Pacific salmon spend one to three years at sea; kings can stay out as long as five years before returning to where they spawn. Chinooks are harvested primarily by trawlers, but are also fished by seiners and gillnetters. They can reach upwards of 50 pounds, but the bulk of the commercial catch ranges between 11 and 18 pounds.

GLOBAL SUPPLY



NUTRITIONAL FACTS

Serving size: 100 g/3.5 oz (raw)
AMOUNT PER SERVING

Calories	179
Fat Calories	94
Total Fat	10.4 g
Saturated Fat	3.1 g
Cholesterol	50 mg
Sodium	47 mg
Protein	19.9 g
Omega-3	2.3 g

If it swims we have it.

SEATTLE FISH CO^{EST. 1998}

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