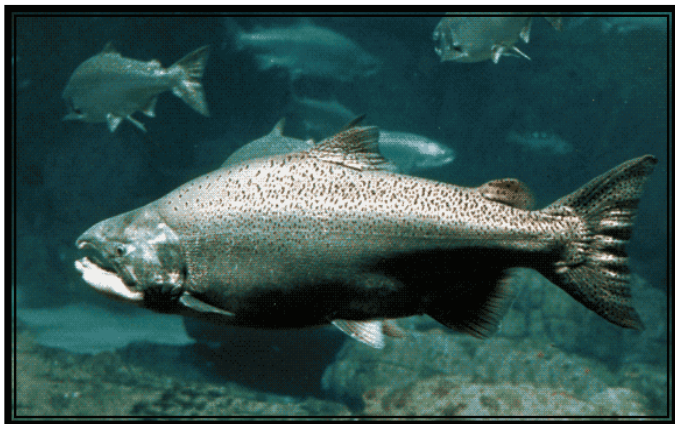




COPPER RIVER SALMON ALASKAN



DESCRIPTION:

The mighty Copper River is one of the longest and most rugged rivers in Alaska. Twisting and cutting deeply through the Wrangell and Chugach mountains, its 300 mile stretch of pristine glacier-fed waters are riddled by hundreds of rapids. Each Spring, Sockeye and King salmon return along the 300 miles of mountainous glacier fed waters to spawn and lay their eggs. This is the most anticipated and celebrated wild salmon run in the world and lasts from mid-May through mid-June. Because the journey is so long, they must store extra fat and oils in order to survive. This high fat and oil content is why it is recognized as one of the worlds best eating salmon. It is also a highly nutritious protein because of its high levels of 'heart-smart' Omega-3 fatty acids, which help reduce heart disease and lower cholesterol.

The King salmon and the Sockeye differ in size and fat content. The King can weigh in at 15 pounds, while the Sockeye reaches between 5 and 7 pounds. King salmon - sometimes called Chinook - spend the longest time at sea before returning to spawn, and is generally considered the finest. Sockeye, also known as red salmon, is smaller and spends less time at sea.

EATING QUALITIES:

King salmon has red meat, but not as red as sockeye whose flesh is bright red with a fine texture resembling beef. Both are firm in texture, with a rich flavor that makes them a very delicious dining experience whose popularity is rapidly growing.

FISHING METHODS AND REGULATIONS:

Caught by gillnet

SOLD AS:

Whole
Portions

H&G

Fillets
FAS (Frozen at Sea)

NUTRITIONAL INFORMATION

3.5 oz raw portion

Calories	179
Fat Calories	94.1
Total Fat	10.43 g
Saturated Fat	3.1 g
Protein	19.93 g
Sodium	47 mg
Cholesterol	50 mg
Omega-3	2.041 g

COOKING METHODS

Sautéed
Bake
Broil
Grill
Poach
Smoke
Steam

HANDLING

Whole fish should be packed in flaked ice. Whole fish and Fillets should be stored in a drain pan in the coldest part of the walk-in. Fillets should also be covered in ice although with a barrier, so the ice never touches the flesh.

FORTUNE FISH COMPANY

1068 Thorndale Avenue
Bensenville, IL 60106
T: 630.860.7100
F: 630.860.7400
www.fortunefishco.net