

# FORTUNE

## •FISH & GOURMET•

THE SEAFOOD & GOURMET SPECIALISTS



## YUKON KETA/CHUM SALMON

*ONCORHYNCHUS KETA*



### DESCRIPTION:

Keta Salmon or Chum is a species of anadromous fish in the Salmon family. Keta Salmon have greenish-blue backs with silver splashes on the tail. They look similar to a Sockeye. Keta live for 3-5 years in the ocean while maturing. Then they travel from the ocean back to the freshwater river where they were born to reproduce and die. The Yukon is the longest most powerful river in Alaska. Yukon River Keta travel over 2,000 miles to reach their spawning grounds. The fish prepare for this rigorous journey by putting on excessive fat reserves.

### EATING QUALITIES:

Yukon Keta have higher levels of fat and healthy omega-3 fatty acids, making them richer tasting and healthy for you. It is an extremely firm and high-quality Salmon.

### FISHING METHODS:

The lower Yukon River is home to the Yupik people who have lived a subsistence lifestyle for over 10,000 years. They work with Kwik'Pak Fisheries and the Yukon Delta Fisheries Development Association in a cooperative to foster a sustainable fishery and an economically successful community. The Yupik fishermen use gill nets to capture the fish at the beginning of the spawning run. They take special care when handling their catch. The fishermen bleed and ice the fish immediately to preserve freshness.

### SOLD AS:

Whole, Fillets

### NUTRITIONAL INFORMATION

Per 3.5 ounce portion:

Calories	155
Total Fat	5 g
Saturated Fat	1 g
Protein	26 g
Sodium	65 mg

### COOKING METHODS

Broiled  
Baked  
Grill  
Pan fried  
Sautéed  
Smoked

### 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.