

**IRISH ORGANIC
 ATLANTIC SALMON**
SALMO SALAR



DESCRIPTION:

Atlantic Salmon is a silver-skinned fish with distinct dark blue-green, cross-like spots over the body and head, and above the lateral line. The underside of the fish is nearly all white and its flesh color ranges from pink to deep orange. Atlantic Salmon is Native to the East Coast of the United States and Europe. Farm-raised Organic Atlantic Salmon from Ireland is raised in sea farms in Clare Island, Co. Mayo, Bantry Bay and Kenmare Bay, in large low-density pens.

EATING QUALITIES:

The flesh is firm, moist, and oily and has a large moist flake. It has a mild flavor and is very versatile in raw and cooking applications. Irish Organic Salmon has a good fat content and clean taste.

FARMING METHODS:

Irish Organic Salmon complies with the following organic aquaculture production regulations and standards: Naturland, Bio Suisse, Irish Certified Quality Salmon Organic Standard, and EU Organic regulations. Accreditation from an organic body means that the farm implements high welfare standards, including welfare and conservation of the environment. The criteria that must be met include but are not limited to: no GMO's, the use of natural processes and substances and mechanical methods over chemicals.

SOLD AS:

Whole, Fillets, Portions, Steaks

**NUTRITIONAL
 INFORMATION**
 Per 3.5 ounce portion

Calories	142
Total Fat	6.3 g
Protein	20 g
Sodium	44 mg
Cholesterol	55 mg
Omega-3	1.7 g

- COOKING METHODS**
- Bake
 - Broil
 - Fry
 - Grill
 - Poach
 - Sauté
 - Smoke

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.