

FORTUNE • FISH & GOURMET •

THE SEAFOOD & GOURMET SPECIALISTS



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. Farmed Atlantic salmon commonly weigh between 8 lb and 16 lb. Atlantic salmon is Native to the East Coast of the United States and Europe. It is farmed on both coasts of North America, South America, Australia and Europe.

EATING QUALITIES:

The flesh is firm, moist, and oily and has a large moist flake. Its flavor is more delicate than wild Salmon. It is commonly used in sushi because it has a higher fat content and is consistent due to its steady diet.

FARMING METHODS:

Atlantic Salmon are typically farmed in an open system, meaning cages or pens floating in the open ocean. Occasionally, Atlantic Salmon are raised in land based recirculating systems. Their feed usually consists of fish meal, fish oil and vegetable proteins.

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.

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