

ATLANTIC SALMON
FARM - RAISED



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 are commonly available on the market weighing between 8lbs and 16 lbs.

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. Salmon farms in British Columbia are predominantly located on the east coast of Vancouver Island

EATING QUALITIES:

The flesh of farmed Atlantic salmon is firm, moist, and oily and has a large moist flake. Its flavor is delicate.

FARMING METHODS:

Atlantic salmon is farmed in an open system meaning cages or pens floating in the open ocean. The feed consists of fish meal, fish oil and vegetable proteins usually from soy beans.

SOLD AS:

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|--------------------------------|-------------------|
| 8-10lb Whole Head On Dressed | Hand cut Fillets |
| 10-12Lb Whole Head On Dressed | Hand cut Portions |
| 12-14lb Whole Head On Dressed | Hand cut steaks |
| 14-16 lb Whole Head On Dressed | Pin bone out/in |
| Custom Smoked | Skin on/off |

NUTRITIONAL INFORMATION

Per 3.5 ounce raw portion:

Calories	183
Total Fat	10.85 g
Cholesterol	59 mg
Sodium	59 mg
Protein	19.9 g
Omega-3	1.9 g

Source USDA

COOKING METHODS

- Sauté - Fillets
- Broil – Fillets or Steaks
- Bake – Fillets or Steaks
- Pan Fry – Fillets
- Grilled – Fillets or Steaks
- Poached – Fillets or whole fish
- Smoking – Fillets or Whole Fish

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. Fillets should be stacked skin to