CATANESE CLASSICS

# Salmon, Atlantic

## ABOUT

Atlantic salmon farming first emerged on a commercial scale in the early 1980s, with Norway leading the way. Since that time, global production has increased tremendously, and Atlantic salmon are farmed in more than a dozen countries around the world — most notably, Latin America, Europe and North America. Atlantic salmon lack the many common and regional names of the wild Pacific salmons, but countries that farm the fish tack on their national label: Scottish salmon, Norwegian salmon, etc. The fish are typically raised in large, floating net-pens, often in open bays, to help give them a "natural" flavor. The adult Atlantic salmon is a silver-skinned fish with distinct black cross-like spots over the body and head and above the lateral line. It resembles the Pacific coho. Farmed Atlantics start at 4 pounds, but fish up to 18 pounds are available.

## PRODUCT PROFILE

The flavor of Atlantic salmon is milder than that of the wild salmon species. The meat is moderately firm and oily, though not as fatty as that of the wild chinook, or king, salmon.The flesh color varies, depending on the amount of pigment in the feed, but generally Atlantics' meat is a rich orange or pinkish-orange color. The fatty meat appears almost marbled when raw. Atlantic salmon retains its color when cooked and has a large, moist flake.

## COOKING TIPS

Fillets of Atlantic salmon are pleasing to the eye and should be used with recipes that show off the fish. With the Atlantic salmon's delicate flavor, avoid accompanying flavors that overpower the fish. A light dill-and-yogurt or cucumber-dill sauce works well, and sliced cucumbers and new potatoes are ideal companions.



## NUTRITION FACTS

| | |
|---|---|
| Calories | 183 |
| Fat Calories | 98.1 g. |
| Total Fat | 10.9 g. |
| Saturated Fat | 2.2 g. |
| Cholesterol | 59 mg. |
| Sodium | 59 mg. |
| Protein | 19.9 g. |
| Omega 3 | 1.9 g. |

## PRIMARY PRODUCT FORMS

Fresh: Dressed, H&G, Fillets (skin-on/skinless, pinbones in or out), Roasts
Frozen: Dressed, H&G, Fillets (skin-on/skinless, pinbones in or out), Roasts
Value-added: Smoked

## GLOBAL SUPPLY

Australia, Canada, Chile, England, Faroe Islands, Norway, Scotland, Iceland, Ireland, United States

## COOKING METHODS

- [x] Bake
- [ ] Boil
- [x] Broil
- [ ] Fry
- [x] Grill
- [ ] Pate
- [x] Poach
- [ ] Saute
- [x] Smoke
- [ ] Steam