

# Chinook Salmon

Latin *Oncorhynchus tshawytscha*

Chinese 契努克族

Japanese ますのすけ  
(キングサーモン)

*Chinook is prized by many as the most flavourful and richest of all salmon*

### Flavour



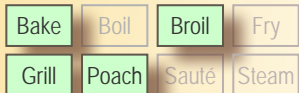
### Texture



### Omega-3 fatty acids/ gram



### Cooking Methods



### Average Portion Size

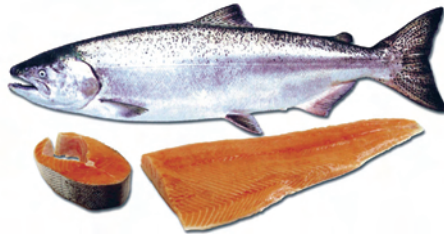
Approximately 75-100 grams  
(2.5-3.5 oz) per person

### Nutritional Value

Per 100 grams (3.5 oz) of raw edible portions

Calories (cal)	179.0
Total Fat (g)	10.4
Saturated Fat (g)	3.1
Protein (g)	19.9
Cholesterol (mg)	50.0
Sodium (mg)	47.0
Omega-3 (EPA & DHA)(g)	2.0

Canadian Nutrient File, Health Canada, 2007



## How to Cook

Wild chinook salmon has deep red to ivory coloured flesh with a high fat content that imparts a well defined, rich flavour to its firm flesh.

Choose fish with bright and clear eyes, shiny skin, tightly adhering scales and a faint, ocean-fresh aroma. The flesh should be firm to the touch and bounce quickly back when gently pressed. Fillets and steaks should be firm, with moist, translucent flesh.

Chinook lends itself to any culinary treatment, either moist or dry, and its firm flesh makes it suitable for grilling.

To cook, measure the thickest section (depth not width), including stuffing if used, and cook for 10 minutes per 1 inch (2.5 cm) of thickness. The salmon is cooked when the flesh turns opaque and separates into moist sections when firmly prodded with a fork at its thickest part.

## Recipes

Pan Seared Wild BC Chinook Salmon

Cedar Plank Wild BC Spring Salmon with Whiskey-Maple Glaze *(courtesy: British Columbia Salmon Marketing Council)*

## About ...

Also known as Spring, King and Tye, Chinook are the largest of wild salmon species. They have small round spots on the back, dorsal fin and tail.

Chinook's flesh colour range arises from the fish's diet which can vary greatly as they travel great distances, sometimes as far as 1,900 km (1,180 miles), during their 4 to 7 year life cycle.



*Cedar Plank Wild BC Spring Salmon with Whiskey-Maple Glaze*

## Availability

*Available fresh*

Jan\*

Feb\*

Mar\*

Apr

May

Jun

Jul

Aug

Sep

Oct\*

Nov\*

Dec\*

### Products

Chinook is available:

- Fresh
- Frozen
- Dressed (gills & entrails removed)
- Pan-dressed (head, tail, fins & scales removed)
- Fillets (boneless)
- Steaks (bone-in)
- Pieces or chunks
- Smoked

*Frozen products are available year-round*

\* Winter fisheries - Chinook available fresh on a limited basis