

Chum Salmon

Latin Name *Oncorhynchus keta*

Chinese 密友

Japanese さけ (鮭)

Chum often appeals to those seeking a milder salmon taste

Flavour



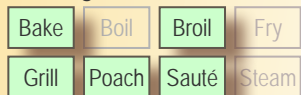
Texture



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)	126.0
Total Fat (g)	3.7
Saturated Fat (g)	0.9
Protein (g)	23.1
Cholesterol (mg)	39.0
Sodium (mg)	93.0
Omega-3 (EPA & DHA)(g)	0.9

Canadian Nutrient File, Health Canada, 2007



How to Cook

Wild chum's firm, reddish-pink flesh has a mild, less full-bodied flavour and a slightly drier texture due to its low fat content. The flesh becomes paler as fish migrate upstream.

Choose a 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.

Chum is best suited to cooking with moisture like poaching and steaming. Its firm flesh also makes it an excellent candidate for grilling if marinated before.

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

Wild BC Chum Salmon with Soy Wasabi Glaze *(courtesy: British Columbia Salmon Marketing Council)*

Smoked Chum Salmon

About ...

Also known as Silverbright, ocean-caught chums have a dark metallic blue-green back with silver sides and belly. As they mature and migrate to fresh water they develop dark vertical bars called watermarks on their sides.

Chum feeds on more "ocean jellies" than other Pacific salmon, resulting in a lower fat content and a distinctive flavour.



Wild BC Chum Salmon with Soy Wasabi Glaze

Availability

Available fresh

Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec

Products

Chum is available:

- Fresh
- Frozen
- Dressed (gills & entrails removed)
- Pan-dressed (head, tail, fins & scales removed)
- Fillets (boneless), steaks (bone-in), and pieces or chunks
- Canned (as "keta")
- Roe (in limited quantities)

Frozen products are available year-round