

Coho Salmon

Latin Name *Oncorhynchus kisutch*

Chinese 银大马哈鱼

Japanese ぎんざけ
(ギンザケ)

Coho's size, flavour, and attractive reddish-orange flesh have made it a favourite with restaurateurs

Flavour



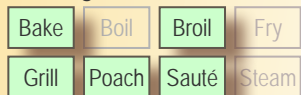
Texture



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)	146.0
Total Fat (g)	4.6
Saturated Fat (g)	1.1
Protein (g)	20.0
Cholesterol (mg)	49.0
Sodium (mg)	74.0
Omega-3 (EPA & DHA)(g)	1.1

Canadian Nutrient File, Health Canada, 2007



How to Cook

Wild coho has a vibrant reddish-orange, firm flesh. Similar to sockeye in flavour and texture, wild coho possesses fine-textured flesh and full flavour.

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.

Coho's high fat content makes it perfect for grilling or broiling and cooking does not diminish its attractive colouring.

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

Juniper Berry Spiked Wild BC Coho Salmon Steaks with Raspberry Coulis

Citrus and Tarragon Cured Wild BC Coho Salmon with Fennel, Bean and Potato Salad *(courtesy: British Columbia Salmon Marketing Council)*

About ...

Also known as Silver, wild coho's appearance can differ greatly depending on their point of origin, but they all share the common distinguishing feature of white gums. Its is the third largest of the salmon species.

Unlike other species, coho spends the first full year of its three-year life cycle in its spawning stream before commencing its ocean migration.



Citrus and Tarragon Cured Wild BC Coho Salmon with Fennel, Bean and Potato Salad

Availability

Available fresh

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Products

Coho 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 "Medium red")
- Smoked

Frozen products are available year-round