



Farmed Atlantic Salmon

Latin Name *Salmo salar*

Chinese 大西洋三文鱼

Japanese 大西洋サケ

Atlantic salmon has a mild flavour compared to wild salmon species, and its raw fatty meat almost appears marbled

Flavour



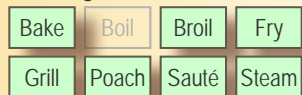
Texture



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)	183.0
Total Fat (g)	10.9
Saturated Fat (g)	2.1
Protein (g)	19.9
Cholesterol (mg)	59.0
Sodium (mg)	59.0
Omega-3 (EPA & DHA)(g)	3.9

Canadian Nutrient File, Health Canada, 2007



Farmed Chinook (left);
Farmed Atlantic whole & portions (centre & right)

How to Cook

Farmed Atlantic salmon has mild flavour, moderately firm meat, that has a large moist flake and is rich in Omega-3 fatty acids. Flesh colour ranges from pink to deep orange.

Because of its high oil content, Atlantic salmon can turn rancid quickly if not properly stored.

Atlantic salmon can be prepared in many ways including baked, broiled, poached or grilled.

To avoid overcooking, measure the thickest section of the salmon and cook for 10 to 12 minutes per 1 inch (2.5 cm) at 230° C (450° F). The salmon is cooked when the flesh loses its translucency and becomes opaque.

Avoid using accompanying flavours that overpower the delicate flavour of the fish.

Recipes

BC Farmed Salmon in Orange Chilli Butter

Farmed Atlantic Salmon with Pinot Blanc, Gris or Grigio

About ...

BC's farmed Atlantic salmon is a silver-skinned fish with distinct black spots over the body and head, and a white underbelly.

Salmon farming is the most strictly regulated agricultural industry in BC. Almost 80% of farmed salmon in BC is Atlantic salmon, although Chinook and Coho are also farmed.



BC Farmed Salmon in Orange Chilli Butter

Availability

Available fresh all year

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

Products

Farmed Atlantic salmon is available:

- Whole dressed
- Steaks
- Fillets (with or without bones and/or skin)
- Portions (with or without bones and/or skin)
- Frozen (most products)
- Smoked

Frozen products are available year-round