

Pink Salmon

Latin Name *Oncorhynchus gorbuscha*

Chinese 桃红色三文鱼

Japanese せつぱります
(カラフトマス)

Pink salmon roe is gaining popularity and is available on a limited basis

Flavour



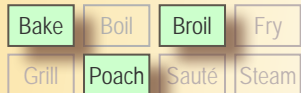
Texture



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)	142.0
Total Fat (g)	6.7
Saturated Fat (g)	1.7
Protein (g)	20.4
Cholesterol (mg)	53.0
Sodium (mg)	68.0
Omega-3 (EPA & DHA)(g)	1.4

Canadian Nutrient File, Health Canada, 2007



How to Cook

Pink salmon has light rose pink flesh, a mild, delicate flavour and a softer texture compared to other BC salmon species.

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.

As pink salmon has a lower fat content, marinating, cooking with moist heat and basting frequently during cooking is recommended.

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 Pink Salmon Baked with Tartar Sauce *(courtesy: British Columbia Salmon Marketing Council)*

Lavender Cured Wild Pink Salmon

About ...

Also known as Humpback and Humpie, wild pink salmon is the smallest of the salmon species with shiny silvery skin, very small scales and large black spots on the back and tail.

The pink salmon fisheries are managed under a conservation-based regime that permits controlled harvest to protect weaker stocks.



Wild BC Pink Salmon Baked with Tartar Sauce

Availability

Available fresh

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

Products

pink salmon is available:

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

Frozen products are available year-round