

Sockeye Salmon

Latin Name *Oncorhynchus nerka*

Chinese 红大马哈鱼

Japanese ベニザケ

Sockeye salmon roe known as "sujiko" is produced for the Japanese market

Flavour



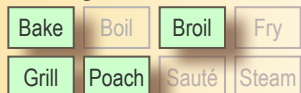
Texture



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)	168.0
Total Fat (g)	8.6
Saturated Fat (g)	1.5
Protein (g)	21.3
Cholesterol (mg)	62.0
Sodium (mg)	47.0
Omega-3 (EPA & DHA)(g)	1.2

Canadian Nutrient File, Health Canada, 2007



How to Cook

Sockeye has high fat content and has a rich flavour.

The meat is firm and deep-red to orange-red, and is best showcased in simple preparations.

To cook salmon perfectly, follow the "Canadian Rule": 10 minutes of cooking per 1 inch of thickness. Measure at its thickest point (its depth not its width), including stuffing if used. It is done when flesh is opaque and separates into moist sections when firmly prodded with a fork at its thickest part.

Sockeye retains its distinctive colour and texture when cooked.

Recipes

Pan Seared Wild BC Sockeye Salmon

Baked Wild BC Sockeye Salmon Stuffed with Fresh Basil and Fennel

(courtesy: British Columbia Salmon Marketing Council)

About ...

Wild sockeye is one of the most sought-after salmon species. It can be recognized by its speckles on its deep blue-green back and silver sides.

The sockeye fishery is managed under a conservation-based regime that permits controlled harvest to protect weaker stocks as they rebuild.



Pan Seared Wild BC Sockeye Salmon

Availability

