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# THE WILD SALMON SEAFOOD MARKET'S GUIDE TO WILD PACIFIC SALMON

**Salmon** Pacific Salmon occur from northern California along the Pacific Coast throughout the Pacific Ocean, Bering Sea and Arctic Ocean waters adjacent to Alaska. Salmon are anadromous, that is, they spawn in fresh water and the young migrate to the sea where they mature. The mature Salmon returns to the stream of their birth to spawn.

**Nutrition** Few single foods bring as many valuable contributions to the table as Salmon. An excellent source of high-quality protein, containing all the essential amino acids. The fats in Salmon are predominately unsaturated. These fats are evidenced to reduce the risk of heart disease.

**Availability** Although each species has a particular season, small fisheries of wild salmon occur periodically, making fresh salmon (often hard to find and expensive) available throughout the year. Your best values will come during peak salmon season, May through September. Frozen salmon (often frozen at sea) is available during the off season.

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## *King*

Also known as **Chinook Salmon**.  
The largest of the species and the most prominent of the salmon known for its high oil content and distinctive, rich flavor.  
Average size from 5 to 40 lbs.  
Available May - September

### **Copper River & Yukon River King**

The most desired runs of the species. Also, the most expensive. Caught from the Copper River near Cordova, Alaska and the Yukon River, Alaska. Higher in oil content than other King Salmon-robust in flavor. Highly prized!

**Copper River** Available early May - June

**Yukon River** Available mid to late June

## *Sockeye*

Also known as **Red Salmon**.  
One of the most abundant salmon with firm flesh and delectable flavor. Many prefer the deep red flesh and rich flavor of Sockeye over King Salmon.  
Average size from 4 to 6 lbs  
Available May - August

### **Copper River Sockeye**

The most desired run of the species. Also, the most expensive. Caught from the Copper River near Cordova, Alaska. Higher in oil content than other Sockeye Salmon-robust in flavor. Highly prized!  
Available early May - June

## *Coho*

Also known as **Silver Salmon**. Highly desired for both table use and smoking. Coho salmon offers firm meat with excellent flavor slightly milder than King and Sockeye.  
Average size from 4 - 9 lbs.  
Available June - September

## *Keta*

Also known as **Chum Salmon**. A plentiful fish with firm pink flesh and mild flavor. What's in a name? Maybe more than we think as Keta Salmon is often overlooked for its less plentiful but more amply named counterparts.  
Average size 4 - 9 lbs.

Available July - September

### **Yukon River Keta**

From the cold, clear waters of the Yukon River. Higher in oil content than other Keta Salmon!  
Available mid to late June

## *Pink*

Also known as **Humpy Salmon**. The most abundant of all salmon species. Pink Salmon is often sold as whole fish due to its small size. Pink flesh with a mild flavor. Most Pink Salmon is reserved for canneries, making fresh often hard to find.  
Average size 2 - 4 lbs.  
Available July - September

## *Natural Superiority*

At the Wild Salmon Seafood Market we are committed to only superior, all natural Wild Salmon. The natural superiority of wild salmon results from a life spent feeding on the sea's natural foods while swimming against the strong currents of the cold, clean waters of the North Pacific Ocean.

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## The Wild Salmon Seafood Market's Galley Tips

Salmon often called the fillet mignon of seafood, is available a variety of forms; whole fish, roast, steak or fillet. Salmon responds well to most any cooking method. No matter what method you use, be careful not to overcook. Check for doneness after 8 to 10 minutes. If the salmon is a light, opaque pastel in the center, it is fully cooked. If the flesh is still a dark red/orange, continue cooking for a few more minutes.

See "cooking the catch" on the reverse side of your Guide to Wild Salmon.

**WILD SALMON SEAFOOD MARKET**  
206-283-3366 or toll free 1-888-222-FISH      [www.wildsalmonseafood.com](http://www.wildsalmonseafood.com)

Fishermen's Terminal 1900 West Nickerson Street Seattle, WA 98119

Open 7 days a week 10AM-6PM

See back side of this sheet for additional Galley Tips.

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# WILD SALMON SEAFOOD MARKET

AT FISHERMEN'S TERMINAL 1900 WEST NICKERSON SEATTLE, WA 98119

## Cooking The Catch.....Here's what you need to know.....

Our Salmon is available in several forms...Whole fish, Fillets or Steaks.

Whole Fish purchases are always filleted (custom cut) at no charge.

At The Wild Salmon, your fish monger will cut salmon to your specifications.

Technique	Directions	Time	Temp.
BAKE Fillet, Steak <b>PLANK IT!</b>	Use a flat nonstick pan; brush lightly with vegetable oil or butter; sprinkle with citrus juice; season as desired. For added flavor try baking on a traditional Northwest Alder or Cedar Plank.	10-15 minutes	350 <sup>0</sup> F
BROIL Fillet, Steak	Use a flat nonstick pan; brush lightly with vegetable oil or butter; sprinkle with citrus juice; season as desired; broil 4" or less from heat.	8-12 minutes	High
GRILL Fillet, Steak	Cook directly on grill; skin side down; baste often with desired seasoning/oil; do not turn fillet; turn steak once.  Wild Salmon suggestion: Rub fillet with lemon juice and chopped fresh dill before grilling	6-12 minutes	High
BARBECUE Fillet, Steak <b>TRY ALDER WOOD CHIPS!</b>	Cook directly on grill; skin side down; baste often with desired seasoning/oil; do not turn fillet; turn steak once. You may prefer to place fillet on foil before placing on grill. For a distinctively Northwest flavor, slow the fire down to medium high and sprinkle dampened alder wood chips on your coals. This method is reminiscent of the alder-smoked salmon prepared for centuries by Northwest Indians.	6-12 minutes	High
POACH Fillet, Steak, Whole Fish	Use a fish poacher or deep baking pan; combine seasonings in stock or water.	12-15 minutes fillet/steak 15-20 minutes whole fish	Med-High
STEAM Fillet, Steak, Whole Fish	Use a steamer or steamer rack in a wok; add seasonings to water; cover tightly.	8-12 minutes	Med-to Med High
SAUTÉ Fillet, Steak	Use a nonstick skillet; mix vegetable oil with stock to moisten while sautéing; turn once; season as desired.	8-12 minutes	Med-to Med High
MICROWAVE Fillet, Steak	Brush with desired seasonings; arrange fish in 1 layer; cover dish with loose plastic; rotate often; let stand 2 minutes after cooking.	4-6 minutes	High (100%)

CITRUS BROILED WILD SALMON	LEMON GARLIC WILD SALMON
2 oranges 1 tsp red wine vinegar 1 tsp cracked black pepper 4-8 oz Salmon fillets-skinless 1/4 cp sliced green onion dash salt of salt	2 tbs butter 2-8 oz salmon fillets-skinless lemon wedges 2 tsp minced garlic 1 tsp lemon pepper
Slice and peel pith from oranges; slice crosswise into 1/4" rounds. Season salmon fillets with salt. Broil fillets 4-6" from heat, allowing 10 mins. per inch of thickness. Remove fillets just before finished. Sprinkle with vinegar. Arrange orange slices on top, and sprinkle with green onion and cracked pepper. Broil 1 minute longer. Serves 4.	Melt butter in skillet over medium-high heat. Stir in garlic. Season salmon fillets on both sides with lemon pepper. Place fillets in pan and cook for 10 minutes per inch of thickness or until fish flakes when tested with a fork. Flip fillets halfway through cooking to brown on both sides. Sprinkle with lemon before serving. Serves 2.

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OPEN 7 DAYS A WEEK 10 AM - 6 PM