FRESH/FROZEN

IN ALASKA, the future of wild king salmon and the environment are more important than the immediate opportunities for harvest.

AS A WILD RESOURCE, there is variability in the number of salmon that return to freshwater to spawn annually. Managers in Alaska set ‘ESCAPEMENT GOALS’ using the best science available to ensure enough fish return to the freshwater spawning grounds to reproduce. Biologists account for natural fluctuations in returns of salmon by managing the fisheries in-season to ensure the sustainability of Alaska’s wild king salmon.

RENEWABLE BY DESIGN: Sustainability is written into Alaska’s state constitution. FISH ARE TO BE ‘UTILIZED, DEVELOPED, AND MAINTAINED ON THE SUSTAINABLE YIELD PRINCIPLE,’ ensuring wild king salmon inhabit Alaska waters for generations to come.

The sustainability of king salmon harvested in Alaska is an INTERNATIONAL EFFORT. Alaska king harvest levels follow the Pacific Salmon Treaty implemented by the Pacific Salmon Commission.

CERTIFIED

The Alaska king salmon fishery is certified under two independent certification standards for sustainable fisheries:

- ALASKA RESPONSIBLE FISHERIES MANAGEMENT (RFM)
- MARINE STEWARDSHIP COUNCIL (MSC)
3.0 oz. of ALASKA KING SALMON

- 22 g PROTEIN (44% DV)
- 2.4 mcg VITAMIN B12 (100% DV)
- 1476 mg OMEGA 3s DHA & EPA
- 0 g CARBOHYDRATE

\[ DV = \text{Daily Value} \]
\[ 3.0 \text{ oz.} = 85g \]
Source: USDA Standard Reference Release 28

**NUTRITION**

**ALASKA KING SALMON WEARS THE CROWN WHEN IT COMES TO LONG CHAIN OMEGA-3 FATTY ACIDS DHA & EPA.**

**COOKING PROFILE**

- **METHOD** Baking, broiling, grilling, poaching, sautéing, smoking, sushi/sashimi, roasting, steaming
- **HIGH OIL CONTENT** Difficult to overcook

**LIFE CYCLE**

**KING SALMON** have a complex life cycle: hatching and living in fresh water for 2 years and spending between 1 and 5 years in the ocean before returning to fresh water to spawn.

1. **FRESHWATER** 2 YEARS
2. **SALWATER** 1-5 YEARS

**The Wild Alaska king salmon**

- The largest of the 5 Pacific salmon, with the largest ever recorded weighing 126 lbs. and landed in 1949 in Petersburg, Alaska.
- Small king salmon that return to freshwater to spawn after only 1 year in the ocean are called ‘jacks,’ and are usually male.
- As a wild-capture fishery, Alaska king salmon are harvested from the open ocean. The fish are then transported to processing facilities located in small fishing communities scattered along Alaska’s coastline.
- The Alaska king salmon fishery is the largest wild-capture king fishery on earth.

**IVORY KINGS**

While most kings have meat that is a vivid red, around 1 in 20 process their dietary pigment differently, resulting in white meat.

While nutritionally identical, the IVORY FLESH IS EVEN MORE Densely OILED THAN A STANDARD KING, resulting in a super-premium product with a buttery and lavish flavor.

**COOKING PROFILE**

- **METHOD** Baking, broiling, grilling, poaching, sautéing, smoking, sushi/sashimi, roasting, steaming
- **HIGH OIL CONTENT** Difficult to overcook

**Benefits of DHA & EPA Omega 3s**

- Improved heart health
- Improved brain function
- Vital nutrient for growth and development of prenatal babies and infants

**COOKING PROFILE**

- **METHOD** Baking, broiling, grilling, poaching, sautéing, smoking, sushi/sashimi, roasting, steaming
- **HIGH OIL CONTENT** Difficult to overcook

**Recipes**

- Alaska Salmon Poke
- Chipotle Alaska Salmon Wrap with Collard Greens
- Ginger Peanut Salmon Noodle Bowls
- Cedar Plank Grilled Alaska Salmon with Sweet Potatoes
- Alaska Salmon Salad Monterey

Find these and more at WILDALASKASEAFOOD.COM/RECIPES

Alaska Seafood Marketing Institute | www.alaskaseafood.org