In Alaska, the future of wild coho 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 safely 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 coho 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 coho salmon inhabit Alaska waters for generations to come.

The sustainability of coho salmon harvested in Alaska is an international effort. Alaska coho harvest levels follow the Pacific Salmon Treaty implemented by the Pacific Salmon Commission.

Certified: The Alaska coho 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 COHO SALMON

- 20 g PROTEIN (40% DV)
- 4.3 mcg VITAMIN B12 (180% DV)
- 900 mg OMEGA 3s DHA & EPA
- 9.6 mcg VITAMIN D (48% DV)

“The thing is consistency. You always know you’re getting a great quality fillet when using wild coho. As far as prep, I really like to use vinegar based dressings and sauces because they bind easily with the more porous fillets, while not overwhelming the already oily fish.”

CHEF TRAVIS LARSEN
Salt | Juneau, Alaska

PICTURE PERFECT PORTIONS

Cohos are a favorite among chefs and restaurateurs due to its mid-level size among the salmon species, meaning that each fillet is often perfectly portioned for an individual serving. Add in its medium oil content, which lends flavor and versatility while keeping the taste light, and you have an ideal salmon for most palates.

COOKING PROFILE

METHOD Broiling, grilling, poaching, sautéing, smoking, sushi/sashimi, roasting, steaming

MEDIUM OIL CONTENT Versatile and adaptable

PICTURE PERFECT

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

The Wild Alaska coho salmon:

- Eager breeders, some male coho return after only 6 months at sea as young “jacks”.
- Voracious predators, eating plankton, insects, amphipods and other crustaceans while juvenile and primarily other fish and squid once mature.
- Territorial when young, coho fry establish boundaries they defend vigorously from other salmon.

COHOS

- Semi black mouth with white gum line
- Spots on upper lobe of tail only
- Spots on back
- Wide tail stock
- Average size: 25-35 inches

Benefits of DHA & EPA Omega 3s

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

Recipes

Alaska Salmon and Goat Cheese Tart | Moroccan-Spiced Wild Alaska Salmon | Mustard Maple Salmon with Roasted Vegetables
Coconut-Crusted Wild Alaska Salmon with Matcha Cream | Smoked Salmon Pot Pie with Chive Drop Biscuits
Find these and more at WILDALASKASEAFOOD.COM/RECIPES