



# Wild ALASKA KETA SALMON

*Oncorhynchus keta*

also known as **CHUM** or **SILVERBRITE SALMON**



## PRODUCTS

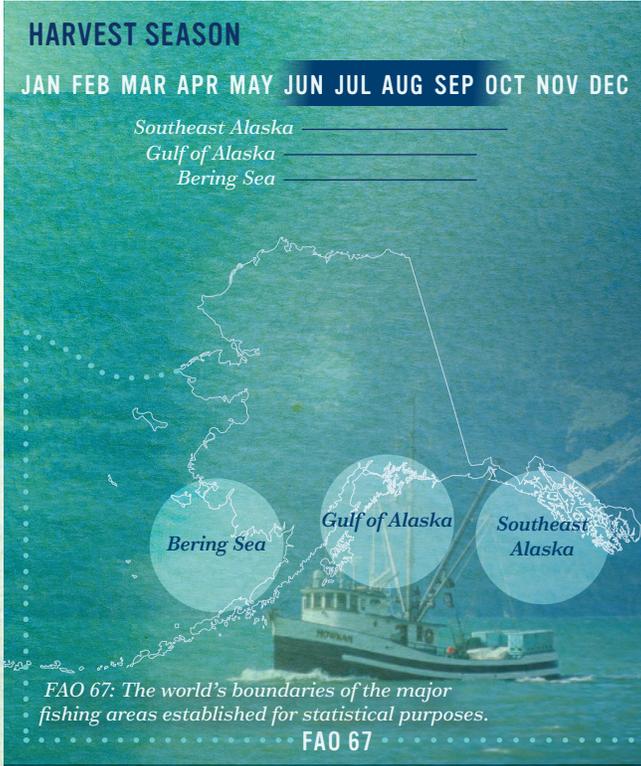
### FRESH/FROZEN



## WILD NATURE

ALASKA'S WILD SALMON belong to the genus *Oncorhynchus*, a name formed by combining two Greek words, 'onco' (meaning hooked or barb) and 'rhyno' (meaning nose), a name given due to the hooked or 'kype' nose seen on spawning males. The genus *Oncorhynchus* DISTINGUISHES WILD PACIFIC salmon from other fish that have the common name 'salmon' including trout and farmed varieties.

## HARVEST PROFILE

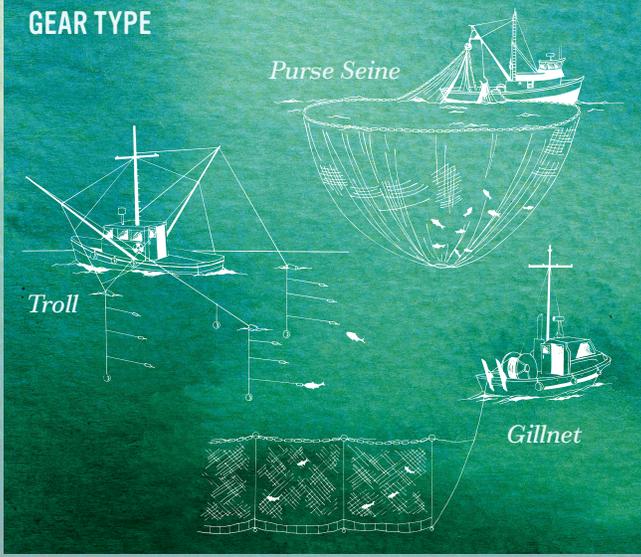


### ECONOMY

Sources: NOAA and CFEC  
\*data includes all salmon species

salmon jobs\* ~33,000

salmon vessels\* ~9-10 K



## SUSTAINABILITY

IN ALASKA, the future of wild keta 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 keta salmon.

### CULTURAL SIGNIFICANCE:

Wild Alaska keta salmon are not only important ecologically, they are intrinsically tied to subsistence fishing in rural Alaska. Families in Alaska's coastal communities **DEPEND ON SUBSISTENCE SALMON** fishing to survive. In Alaska's salmon fisheries management, subsistence has priority before sport, commercial or personal use fishing.

## CERTIFIED

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

- ALASKA RESPONSIBLE FISHERIES MANAGEMENT (RFM)
- MARINE STEWARDSHIP COUNCIL (MSC)



## GASTRONOMY

FIRM TEXTURE • PINK COLOR  
MILD FLAVOR



"With its more mild flavor, I like to cook keta salmon with the skin on in a hot skillet. The skin will crisp nicely and a lemon, caper, butter sauce pairs well with it."

CHEF JACK AMON  
Marx Brothers Café | Anchorage, Alaska



### SAVORY ROE

Wild Alaska keta salmon are also prized for their roe. The rich eggs are **PACKED WITH OMEGA-3 FATTY ACIDS** and possess a deep resonating flavor which has especially endeared it to international consumers. The vibrant color and thicker shell of the eggs relative to other species means they are a **TOTAL SENSORY EXPERIENCE** perfect for complimenting a dish or serving on its own.



## COOKING PROFILE



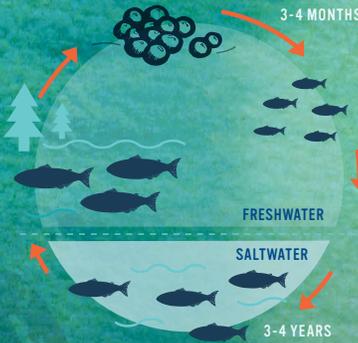
**METHOD** Baking, broiling, grilling, poaching, sautéing, smoking, sushi/sashimi, roasting, steaming, canning



**LEAN BUT DENSE MEAT**  
Lower cooking temp recommended

## LIFE CYCLE

**KETA SALMON** have a complex life cycle; hatching and living in fresh water for 3-4 months and spending 3-4 years in the ocean before returning to fresh water to spawn.



### The Wild Alaska Keta Salmon:

- Is the most widely distributed of the 5 salmon species in Alaska, though they are scarce North of the Kotzebue Sound.
- One of the larger species, most wild chum salmon are at least 2 feet long!
- Chum salmon return to spawn in two distinct races, an earlier run called summer chum salmon and a later one called fall chum salmon.
- Their nickname, 'dog' salmon is tied to their teeth: when re-entering freshwater to spawn, males develop large canine-like fangs which protrude from their jaws.

### Ketas



## NUTRITION

ALASKA KETA SALMON IS **PACKED WITH LEAN, HIGH-QUALITY PROTEIN.**

3.0 oz. of  
ALASKA KETA SALMON

22 g PROTEIN (44% DV)

2.9 mcg VITAMIN B12 (167% DV)

683 mg OMEGA 3s DHA & EPA

470 mg POTASSIUM (10% DV)

DV = Daily Value // 3.0 oz = 85g  
Source: USDA Standard Reference Release 28



**WILD KETA SALMON ALSO PROVIDE MARINE DERIVED OMEGA-3**

fatty acids, essential to the human body. DHA and EPA in wild Alaska keta salmon are the most studied, beneficial, and readily usable healthy fats for the body.



**Benefits of Complete High Quality Protein**

- Build and maintain lean body mass
- Regulation of metabolism
- Improved satiation—leading to lower intake and possible weight loss
- Stronger muscles, resulting in greater mobility, strength, and dexterity

## Recipes

Grilled Alaska Salmon Sliders with Avocado | Microgreens and Green Goddess Aioli | Alaska Keta Salmon with Vegetable-Bread Stuffing  
Lemon-Thyme Alaska Keta Salmon with Artichoke-Tomato Salad | Asian Aromatic Alaska Keta Salmon with Sesame Snap Peas  
Find these and more at [WILDALASKASEAFOOD.COM/RECIPES](http://WILDALASKASEAFOOD.COM/RECIPES)