



Wild ALASKA

ATKA MACKEREL

Pleurogrammus monopterygius

also known as SHIMA HOKKE



PRODUCTS

FROZEN



H&G



ROUND



FILLETS



KIRIMI (BONE-IN AND BONELESS)



HIRAKI (BUTTERFLY)



PURE ALASKA

ATKA MACKEREL are named for the island of Atka, the largest in the Andreanof Island group in the Aleutian Chain.

It can be easy to mistake the Atka mackerel for the Okhotsk Atka mackerel, the only other species in the Atka mackerel's genus. Both are actually greenlings, belonging to the family *Hexagrammidae*, and were actually once considered the same species.

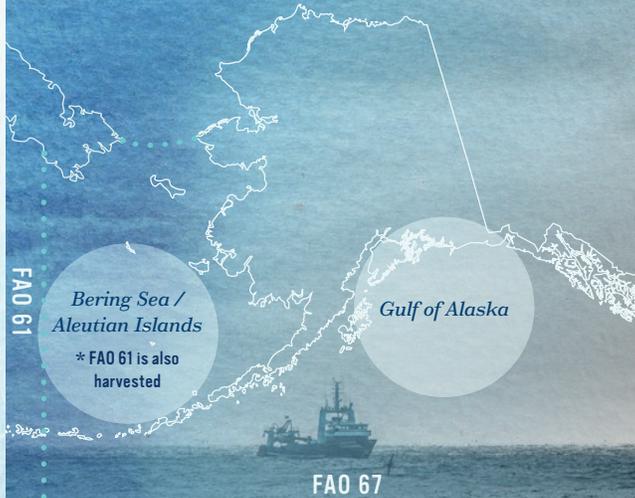
HARVEST PROFILE

HARVEST SEASON

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

Bering Sea / Aleutian Islands

Gulf of Alaska * no directed fishery



FAO 61 and 67: The world's boundaries of the major fishing areas established for statistical purposes.

ECONOMY Atka mackerel jobs | Atka mackerel vessels

Source: NOAA

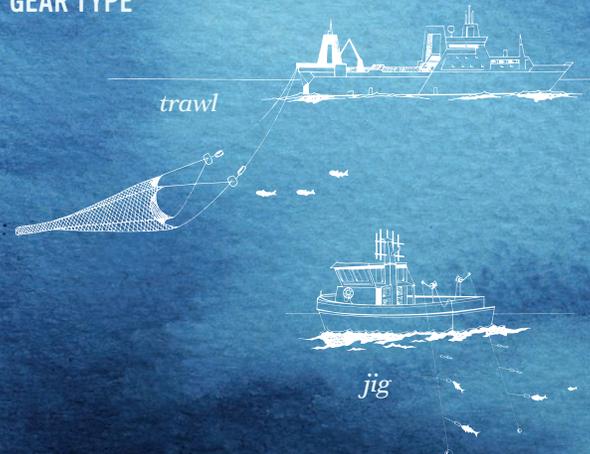


~800



~25

GEAR TYPE



SUSTAINABILITY

IN ALASKA, protecting the future of both the Atka mackerel stocks and **THE ENVIRONMENT TAKES PRIORITY** over opportunities for commercial harvest. The Alaska population of Atka mackerel is estimated from scientific research surveys.

Managers use survey data to determine the "TOTAL AVAILABLE" population, identify the "ALLOWABLE CATCH" and set a lower "ACTUAL CATCH" limit to ensure that the wild Atka mackerel population in Alaska's waters will always be sustainable.



Atka Mackerel are an

IMPORTANT FOOD FOR THE

endangered

WESTERN STELLER SEA LION,

a fact managers take

into consideration when

setting the catch limits

by spacing out the harvest both geographically and temporally.

CERTIFIED

The Alaska Atka mackerel fishery is certified to an independent certification standard for sustainable fisheries:



ALASKA RESPONSIBLE FISHERIES MANAGEMENT (RFM)



GASTRONOMY

MILD BUT FLAVORFUL



“Atka Mackerel has been an integral part of **JAPANESE CUISINE** for generations. As a whitefish that is high in healthy oils and with few bones, it is a staple for any shopping list.”

YANAGIHARA NAOYUKI | Culinary Specialist of Japanese traditional cuisine



FUN FACT

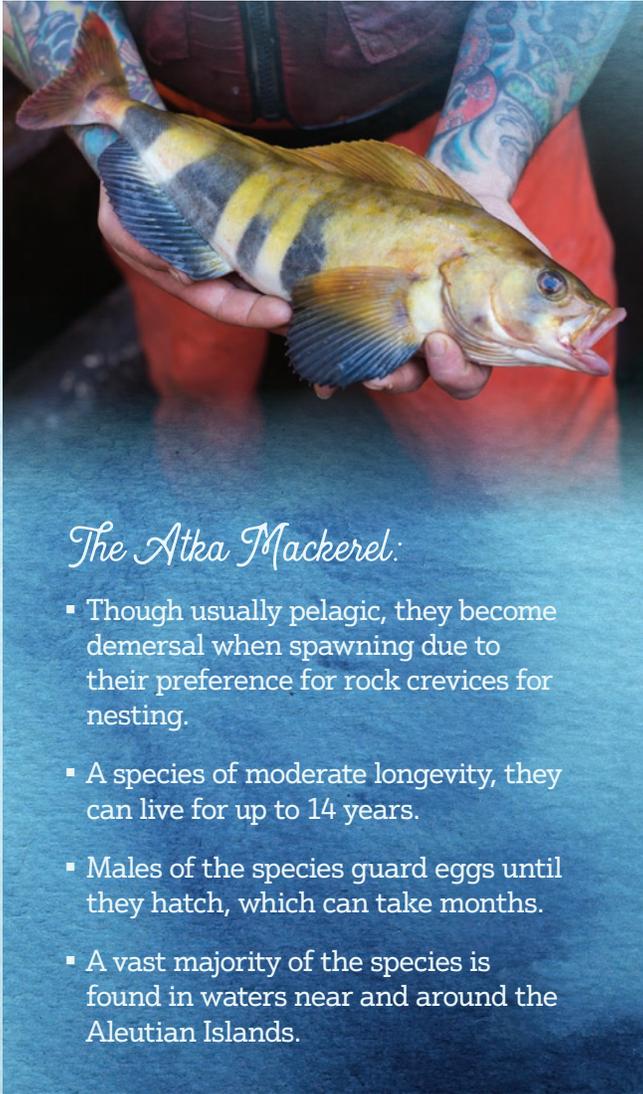
DUE TO ITS HIGH OIL CONTENT, the Japanese traditionally have salted and dried Atka Mackerel in the sun to prevent spoilage. *Now a beloved dish,* the practice continues today simply for the flavor.

COOKING PROFILE

METHOD
Grilling, broiling, frying

HIGH OIL CONTENT
Difficult to overcook

WILD HABITAT



The Atka Mackerel:

- Though usually pelagic, they become demersal when spawning due to their preference for rock crevices for nesting.
- A species of moderate longevity, they can live for up to 14 years.
- Males of the species guard eggs until they hatch, which can take months.
- A vast majority of the species is found in waters near and around the Aleutian Islands.

Despite its long culinary history, the US commercial fishery has only been operating since **1990.**

NUTRITION

ATKA MACKEREL IS **PACKED** WITH THE LONG CHAIN **OMEGA-3 FATTY ACIDS DHA+EPA.**

3.0 oz. of ATKA MACKEREL
22 g PROTEIN (38% DV)
1575 mg OMEGA 3s DHA & EPA
3.6 mcg VITAMIN B-12 (150% DV)
40 mcg SELENIUM (73% DV)

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

THE HIGH OIL CONTENT IN ATKA MACKEREL IS largely comprised of omega-3 fatty acids. The omega-3's in Atka Mackerel are primarily DHA and EPA, the most studied, beneficial, and readily usable by the body.

Benefits of DHA & EPA Omega 3s

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

Recipes

Atka Mackerel Okara | Ginger Vegetable Atka Mackerel | Japanese Broiled Atka Mackerel
Atka Mackerel with Tomato Pasta | Spicy Atka Mackerel | Fried Atka Mackerel
Find more great seafood recipes at WILDALASKASEAFOOD.COM/RECIPES