**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.

**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.

**ECONOMY**

Atka mackerel jobs | Atka mackerel vessels
---|---
~800 | ~25

**GEAR TYPE**

trawl, jig

**CERTIFIED**

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

ALASKA RESPONSIBLE FISHERIES MANAGEMENT (RFM)

**PRODUCTS**

**FROZEN**

- HEG
- ROUND
- FILLETS
- KIRIMI (BONE-IN AND BONELESS)
- HIRAKI (BUTTERFLY)

**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 are an important food for the endangered Western Steller Sea Lion, a fact managers consider when setting the catch limits by spacing out the harvest both geographically and temporally.

**ALASKA RESPONSIBLE FISHERIES MANAGEMENT (RFM)**
3.0 oz. of ATKA MACKEREL

22 g PROTEIN (38% DV)
1575 mg OMEGA 3s
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

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

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

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.

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