



SANTA MONICA
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Atlantic Salmon



Atlantic salmon (*Salmo salar*) is the only species of salmon native to the Atlantic Ocean; the other species are native to the Pacific Ocean. It is found from New England to Canada and from the White Sea in Russia to Portugal. While once a wild fishery, almost all Atlantic salmon on the U.S. market is farm-raised ([download pdf Why Farm Salmon?](#)) and Atlantic salmon is the most important farmed salmon species. It is farmed in Norway, Chile, Canada ([download pdf Canadian and Chilean Salmon](#)), the U.S. and many other countries. Atlantic salmon is also raised in [Scotland and the Shetland Isles](#).

The Latin name of Atlantic salmon, *Salmo salar*, translates as "leaping Salmon." The flesh color of farmed Atlantic salmon comes from the use of a pigment that is added to the feed which provides the carotenoids naturally found in the diet of wild Salmon that gives them their color. The Monterey Bay Aquarium Seafood WATCH® rates net pen farmed Atlantic Salmon from Atlantic Canada, Chile, Norway and Scotland as "Avoid" and closed recirculating aquaculture system farmed Atlantic Salmon as "Best Choice." Marine net pen farmed Atlantic salmon from British Columbia, Maine, and the Orkney Isles of Scotland are rated "Good Alternative."

Sources



Species Name
Salmo salar



Source
Atlantic Salmon is native to the Atlantic Ocean and is now farmed in over a dozen countries around the world. Most are raised in North America, Latin America and Europe. Norway pioneered the aquaculture of Atlantic Salmon. Chile is the leading supplier of Atlantic Salmon to the U.S. Atlantic Salmon is also farmed in Canada and the U.S.



Seasonality
Atlantic Salmon is available fresh and frozen year-round.



Fishing Method
Atlantic Salmon is aquacultured in open net pens and cages. Although once a popular wild species, it is now only available wild in a very limited supply.

Features



Flavor

With a delicate flavor, Atlantic Salmon is milder than wild Salmon. The meat is mildly firm and oily with a large, moist flake.



Dietary Information

Atlantic Salmon is a great source of omega-3 fatty acids.

Per 100g raw, edible portion:

Calories 208

Fat 13.42g

Saturated Fat 3.050g

Protein 20.42g

Sodium 59mg

Selenium 24.0mcg

Cholesterol 55mg

Source: USDA



Appearance

Atlantic Salmon resembles the Pacific Coho in its outer appearance. It has silver skin with small black crosses. The flesh color ranges from orange to pinkish-red and depends on the amount of pigment in the feed. It retains its color when cooked.



Form

Atlantic Salmon is available as fillets, portions, whole head on, steaks, and roasts.

Uses



Preparation

Atlantic Salmon work well poached, grilled, broiled, baked, sautéed or smoked.



Substitution

Other Salmon species and Rainbow Trout may substitute for Atlantic Salmon.



Handling

Fresh Atlantic Salmon should be refrigerated at 30-34 degrees F. Whole fish should be surrounded with fresh ice in a perforated pan which allows any water to drain away from the product for maximum shelf life. Filleted product should be stored in a sealed plastic container and surrounded with ice.

Frozen Atlantic Salmon should be kept frozen until prior to use. It is recommended to defrost in a 34-36 degrees refrigerator overnight to retain best quality, although running under cold water in a sealed plastic bag will expedite defrosting. Do not refreeze or allow to sit in water.

Market



Sizes and Cuts

Atlantic Salmon is typically harvested at 4 pounds but may be available up to 18 pounds.



Pricing Scale

Due to market and currency fluctuations, please contact your Seattle Fish Company of New Mexico associate for up-to-date market information, availability and current pricing information.



Shelf Life

Fresh Atlantic Salmon which has been handled and stored properly should retain optimum quality for 5 to 7 days. Frozen can be commercially stored for one year although some color loss may occur after 9 months.

Market Names
Atlantic Salmon
Where Caught
U.S., Canada, Chile, Norway
How Caught
Aquaculture

