



## Chum Salmon (Silver Brite)



Chum Salmon (*Oncorhynchus keta*) is the meatiest of the wild Salmon. Chum Salmon is the most wide-ranging of the Pacific Salmon species, as well as the most abundant commercially harvested Salmon species in parts of Alaska.

Monterey Bay Aquarium Seafood WATCH® rates wild-caught Chum Salmon from Alaska as a "Best Choice" and wild-caught Salmon from Washington, Oregon and California as a "Good Alternative." The Annette Islands Reserve salmon fishery, Alaska salmon, British Columbia chum salmon, and Iturup Island pink and chum salmon fisheries are certified sustainable to the standards of the Marine Stewardship Council. All MSC-certified fisheries, at a minimum, meet Monterey Bay Aquarium Seafood WATCH®'s requirements for a "Good Alternative."

### Sources



#### *Species Name*

Oncorhynchus keta



#### *Source*

Chum Salmon is found in the eastern North Pacific Ocean from California to Alaska. In the western Pacific, Chum ranges from the Bering Sea to Japan and Korea.



#### *Seasonality*

Fresh Chum Salmon is available July through October.



#### *Fishing Method*

Chum Salmon is a wild capture fishery and is popular among both sport and commercial fishermen. Most Chum Salmon are harvested in net fisheries. Purse seine fisheries take the largest volume, but Chum Salmon are also an important species for gillnet fisheries. Small amounts of Chum are also captured with troll gear.

### Features



#### *Flavor*

The low oil content in Chum Salmon lends a delicate, mild flavor.



### *Dietary Information*

Chum Salmon is a very good source of Protein, Vitamin B12 and Selenium.

Per 3.5 oz (100 g) raw edible portion:

Calories 120

Total Fat 3.77g

Total Saturated Fatty Acids 0.84g

Total Carbohydrates 0g

Sugars 0g

Total Dietary Fiber 0g

Cholesterol 74mg

Selenium 36.5mcg

Sodium 50mg

Protein 20.14g



### *Form*

Fresh and frozen is available; Headless dressed, fillets, portions and steaks.

## Uses

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### *Preparation*

The low oil content in Chum Salmon does not lend well to high-heat cooking methods such as broiling or baking. Chum Salmon is often marinated before grilling.



### *Substitution*

If Chum Salmon is unavailable, any other Pacific Salmon species can be used as a substitute.



### *Handling*

Fresh Chum 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. Never directly ice a Chum Salmon fillet. Filleted product should be stored in a sealed plastic container and surrounded with ice.



### *Serving*

As noted above, Chum Salmon lends well to grilling with marinade. Pan searing or poaching Chum with a flavorful sauce is a popular cooking method as well.

## Market

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### *Sizes and Cuts*

Chum Salmon varies in weight between four and 30 pounds, but generally range between seven to 15 pounds.



### *Pricing Scale*

Fresh Chum Salmon prices have remained relatively steady over the last few years. 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 whole Chum Salmon which has been handled and stored properly should retain optimum quality for 4-5 days. Once the fish is filleted product should be used within 2-3 days.

Frozen can be commercially stored for up to one year.

#### **Market Names**

Chum Salmon, Keta, Silver Brite,  
Dog.

When referring to skin and flesh  
color references of Brites, Pails,  
and Darks are often used.

