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Ikura - Salmon Roe



Ikura is the roe of Salmon (*Oncorhynchus spp.*) most often Chum (*O. keta*) or Pink (*O. gorbuscha*). The large, red eggs are popular for sushi. The name is derived from the Russian “ikra,” meaning caviar.

Salmon can be found in the north Pacific from Alaska to California and to Japan and Korea. Salmon are born in freshwater and make their way to the ocean then return to freshwater to spawn and die. Chum and Pink Salmon are wild-captured and the roe is harvested for Ikura. Salmon is harvested in California, Oregon and Washington but most of the Salmon harvested in the U.S. comes from Alaska.

The Monterey Bay Aquarium Seafood Watch® rates wild-caught Salmon Roe by the specific specie. Chum and Pink Salmon are rated as a “Best Choice” when caught in Alaska and a “Good Alternative” when from Washington.

Sources



Species Name

Oncorhynchus spp. | Oncorhynchus keta - Chum Salmon



Source

Ikura comes from Salmon. Salmon can be found in the north Pacific Ocean from Arctic Alaska to California in the east and from the Bering Sea to Japan and Korea in the west. Much of the domestic Salmon supply comes from Alaska.



Seasonality

Year-round. Caught and processed during summer months.



Fishing Method

Processed from wild-captured Salmon that are caught by purse seine, gillnet and troll.

Features



Flavor

Ikura has a faintly salty and fishy flavor and a firm texture. It should pop open when pressed against the roof of the mouth.



Dietary Information

Per 1 tablespoon. (16g) edible portion:

Calories 40

Fat 2.86g

Saturated Fat 0.650g

Protein 3.94g

Sodium 240mg

Selenium 10.5mcg

Cholesterol 94mg

Source: USDA Nutrient Database



Appearance

Ikura is bright red and larger than most other roes. Ikura is generally about the size of a large pea.

Uses



Preparation

Ikura works well on its own as a topping on crackers or a garnish. It is often used for sushi, usually wrapped in dried seaweed. It can also be used to add flavor and texture to dishes like rice or noodles.



Substitution

Tobiko and Caviar can substitute for Ikura.



Handling

Ikura is typically frozen and should be kept frozen until ready to use. Do not refreeze after thawing and keep defrosted Ikura in the refrigerator.

Market



Pricing Scale

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



Shelf Life

Ikura which has been handled and stored properly should retain optimum quality for a week after thawing and 1 year frozen.



Market Names
Ikura, Salmon Roe
Where Caught
Alaska
How Caught
Wild-captured by purse seine, gillnet and troll

