



# Sockeye Salmon



Sockeye Salmon (*Oncorhynchus nerka*), also known as Red Salmon, has a red flesh coloring darker than any other Salmon species. Sockeye Salmon is the second most abundant of the five wild Salmon species. The species, when found in landlocked bodies of fresh water, is Kokanee.

Bristol Bay, Alaska, has the largest Sockeye run during which millions of fish are harvested. Wild-run Bristol Bay Sockeyes are of world-renowned and known for superior quality. There are also major Sockeye runs other parts of Southeast Alaska. The "Copper River" is most notably known to be of the best quality due to its high fat content. Fresh and Frozen "Copper River" Sockeye command the highest price of any Sockeye catch.

Monterey Bay Aquarium Seafood WATCH® rates wild-caught Sockeye Salmon from Alaska as a "Best Choice" and wild-caught Salmon from Washington, Oregon and California as a "Good Alternative." Sockeye Salmon caught by reefnet during the early summer run in the Fraser River in Washington is rated a "Best Choice."

## Sources



**Species Name**  
*Oncorhynchus nerka*



**Source**  
Sockeye Salmon ranges from California's Sacramento River system to Northern Alaska



**Seasonality**  
Fresh Sockeye Salmon is available May through September.  
Frozen is available year-round.



**Fishing Method**  
Sockeye Salmon is a wild capture fishery. Sockeye Salmon is primarily captured by net (both purse seine and gill net), with some hook and line (trolling) as well. These fisheries generally operate in the water column with minimal impact on the bottom or other habitat.  
In Alaska, salmon fisheries in the EEZ are managed through the North Pacific Fishery Management Council's Fishery Management Plan for the Salmon Fisheries in the EEZ off the Coast of Alaska. The FMP currently defers all regulation of the sport and commercial salmon fisheries in the EEZ to the State of Alaska. The state utilizes a complex system of regulations on gear, time, and area to ensure sustainability of salmon resources.

# Features

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## *Flavor*

Sockeye Salmon has very high oil content that accounts for its full, rich flavor.



## *Dietary Information*

Sockeye is an excellent source of protein and vitamins, and contains high levels of Omega-3.

Serving Size 3.5 oz (100 g) raw edible portion

Calories 168

Calories from Fat 77

Total Fat 8.6 g 13%

Saturated Fat 1.5 g 8%

Cholesterol 62 mg 21%

Sodium 47 mg 2%

Total Carbohydrates 0 g 0%

Iron 0.47 mg 3%

Protein 21.3 g 43%

Calcium 6 mg 1%

Potassium 391 mg 11%

Omega-3 1.9 g 48%



## *Appearance*

Deep green head, silvery body, white belly and small black spots on the upper part of the fish. Known for its deep red flesh, which is the reddest of all the wild Salmon species.



## *Form*

Available fresh (dressed – head-on and headless, steaks, fillets and portions), frozen (dressed, head-on and headless), fillets, portions and as a value-added product (smoked and canned).

# Uses

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## *Preparation*

Sockeye Salmon can be baked, broiled, grilled, poached, micro waved or smoked. Sockeye's rich flavor requires minimal seasoning or marinade.



## *Substitution*

Chinook (King) Salmon is similar in taste and flavor to Sockeye.



## *Handling*

Fresh Sockeye 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 Sockeye Salmon fillet, steak or portion. Filleted product should be stored in a sealed plastic container and surrounded with ice.

# Market

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### *Sizes and Cuts*

Sockeye Salmon range in weight from four to 10 pounds, and averages 25 inches in length. Seattle Fish Company of New Mexico will custom process to your specifications, fillets steaks and custom portions.



### *Pricing Scale*

Fresh and frozen Sockeye Salmon is moderately priced. Please check with your Seattle Fish Company of New Mexico associate for availability.

Due to market, availability 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*

Fresh whole Sockeye Salmon which has been handled and stored properly should retain optimum quality for 5-6 days. Once the fish is filleted product should be used within 3-4 days.

Frozen can be commercially stored for up to one year.

Market Names
<p>Reds, Blue Backs, and “Copper River Salmon”, although they are only one of the two species of Alaska Salmon which has a famed Copper River Fishery.</p> <p>When Buying “Cooper River Salmon”, ask if they are Sockeye or Kings. Don’t be fooled by anyone trying to sell any other species of Salmon from the renowned Copper River Fishery.</p>
Where Caught
<p>US (Alaska, Washington, Oregon, California), Canada, NW Russia and Japan.</p>
How Caught
<p>Wild-Caught, Hook and line and Net</p>

