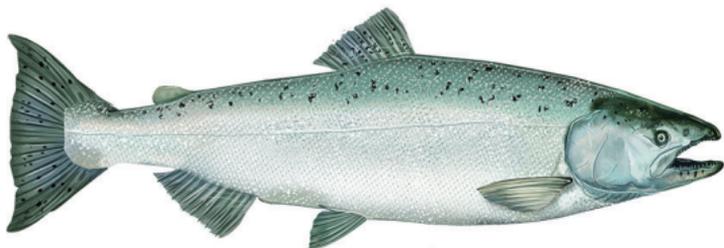




FISHWATCH

FRESH FACTS. SMART SEAFOOD.

CHINOOK SALMON



Chinook salmon stocks originate in rivers from central California to northwest Alaska and are harvested in ocean and river habitats. The status of Chinook populations in California and the Pacific Northwest varies; some populations are healthy while others are listed under the Endangered Species Act (ESA). Chinook salmon stocks in Alaska are generally healthy, and none are listed under the ESA.

U.S. fisheries target only healthy stocks of Chinook salmon. Scientists actively monitor salmon populations and fisheries. Managers adjust regulations for these fisheries every year, and often in-season as well, according to changes in salmon abundance and other conservation considerations.

Chinook salmon is low in sodium and is a good source of omega-3 fatty acids, and a very good source of protein, niacin, vitamin B12, and selenium.

Chinook, a.k.a. king salmon, are the most highly prized salmon in the culinary world. They're the largest and most expensive of the Pacific salmon and have a pronounced buttery, rich taste.

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POWERED BY TRAKOR

SALMON WITH SPICED BROCCOLI, CURRANTS, & PECAN SAUCE

Ingredients:

8 - 5-ounce salmon fillets, skin on
Kosher salt
2 tablespoons cooking oil

Season fillets with salt. Heat cast iron pan on high heat. Add cooking oil. When oil is hot, carefully place fillets skin side down in pan. Gently press each fillet down to ensure skin is in even contact with pan before adding next fillet. Cook until skin begins to crisp and take on golden brown color (about 3 minutes). Gently flip fillets and turn off heat. Let sit for about 2 minutes to continue cooking.

Spiced Broccoli

4 cups broccoli florets
2 tablespoons butter
1 cup diced onion
½ cup currants
1 teaspoon chili

Preheat broiler. Bring heavily salted water to a boil. Put broccoli in water for 90 seconds. Strain and place on a rack to cool to room temp. In a large sauté pan brown butter and add diced onion. Cook until soft. Add in chili, currants, and broccoli. Toss to combine. Place in oven. Cook until edges of broccoli begin to char and crisp (about 3–5 minutes).

Recipe credit: Chef Barton Seaver, NOAA chef, 2008 Great American Seafood Cook-off



Pecan Sauce

3 cups olive oil
2 cups chopped onion
16 cloves garlic
1½ cups pecans
5 tablespoons lemon juice
1 tablespoon molasses
1 cup water

Add onion, garlic, and olive oil to a saucepan. Bring to a simmer and continue to cook for about 7 minutes, until onions and garlic are soft. Add pecans and simmer for 5 minutes, until it has a toasty, nutty smell. Add lemon juice and molasses. Pour mixture into a blender. Add water. Puree on low speed, gradually increasing the speed until mixture is smooth. Pass through a fine mesh strainer using the back of a spoon.



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