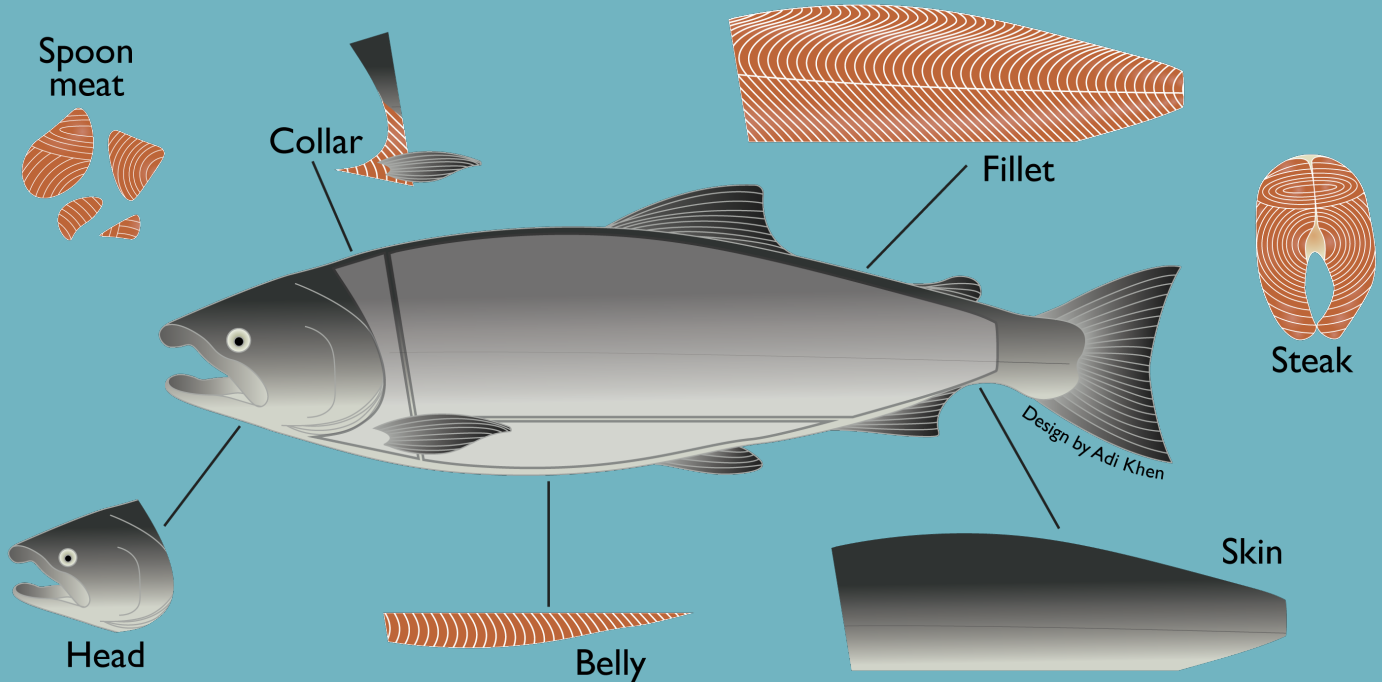


# Coho Salmon Guide

*Oncorhynchus kisutch*

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## COHO SALMON (*Oncorhynchus kisutch*)

Coho salmon are found in the North Pacific Ocean and in coastal rivers and streams from central California to Alaska. Coho salmon are also known as silver salmon, named after their silvery sides and light bellies. Like all Pacific salmon, coho salmon are anadromous, meaning they migrate between fresh and saltwater ecosystems. When they enter their natal freshwater streams to spawn, coho salmon change coloration to reddish-maroon, and males develop a hooked snout with large teeth. All coho salmon die after spawning, depositing marine nutrients upstream that support aquatic and terrestrial organisms, plant growth, and the next generation of salmon.

U.S. fisheries only target healthy stocks of coho salmon. Alaska is home to more than 20 stocks of coho salmon, all of which are near or above target levels and support healthy fisheries. On the West Coast, the status of coho salmon populations varies. The Central California Coast coho salmon is listed as Endangered under the U.S. Endangered Species Act (ESA), and three other population units in California and Oregon are listed as threatened. These stocks are actively protected, with scientists and managers working to restore their populations.

Coho salmon are threatened by changes to their habitats. Cold, clean, flowing freshwater streams are needed for adult salmon to reproduce, and for young salmon to hatch and grow. These streams are becoming increasingly rare as agriculture, urbanization, hydropower, logging, water pollution, and climate change each alter the availability of suitable habitat for salmon.

Coho salmon is a good source of lean protein, niacin, selenium, vitamin B12, and omega-3 fatty acids. When shopping for coho salmon, look for U.S. wild-caught coho, sold fresh seasonally and frozen year-round.

REFERENCES (1) NOAA Fishwatch, [Coho Salmon Profile](#). (2) NOAA Fisheries, Species Directory: [Coho Salmon \(Protected\)](#).



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# GINGER SCALLION COHO COLLARS

Chef Mike Reidy, [The Fishery](#)

THE FISHERY

## Ingredients

**6 coho salmon collars**  
*¼ cup granulated sugar*  
*¼ cup salt*  
*6 lime wedges*  
*2 tbsp toasted sesame seeds*  
*2 nori sheets julienned*

## Ginger Scallion Sauce

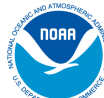
*134 g Scallion (white part only) sliced thin*  
*10 g Garlic microplaned*  
*45 g Ginger peeled, micro planed*  
*12 g Lemon Zest*  
*19 g Serrano Chili*  
*10 g salt*  
*211 g Canola Oil*

## Directions

1. Start by seasoning the collars with a cure, mixing the salt and sugar. Make sure to season every inch of the collar, heavier on the thicker areas. Put collars on a cookie sheet in the fridge for 12 min, then rinse quickly.
2. After rinsing, place collars on cookie sheet with a layer of paper towel. Replace in the fridge to dry out while you prepare the sauce.
3. For the **Ginger Scallion Sauce**: you'll need two 4-qt sauce pots, micro plane, peeler and very sharp chef's knife. Slice white parts of scallions into consistent, paper thin slices. Peel ginger, then micro plane both ginger and garlic. Deseed serrano pepper, remove white portions, then mince. Peel lemon, cut white pith from peels and mince remaining peel (crucial to remove pith, or sauce will be bitter).
4. Place scallions, ginger, garlic, serrano, lemon zest and salt into first sauce pot. In second pot, heat oil to 220F, then pour directly over pot with ingredients. Cover with foil, cool to room temperature, then taste.
5. Preheat oven to 400F. Grease cookie sheet with butter and evenly space collars on sheet. Sprinkle a bit more salt on all sides. Bake for 12 min.
6. Remove from oven, rest for 5 min. Spread Ginger Scallion Sauce very liberally over the top or skin side of collars. Sprinkle with sesame seeds and nori strips, serve with white rice and a lime wedge.



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# COHO SALMON ONIGIRI (Salmon Rice Balls)

Nick Sakagmi, Author of "Sushi Master"



## Ingredients

*¼ cup coho salmon flakes*

*1.5 tbsp sea salt*

*2 tbsp butter*

*2-3 cups cooked sushi rice*

*2 sheets of nori, cut in half lengthwise*

## Directions

1. In a large bowl, stir together coho salmon flakes, salt, butter and cooked rice.
2. Wet your hands with water (to avoid having the rice stick to your hands) and form half the mixture into a ball, or onigiri.
3. Use the nori sheet like a tortilla to hold the onigiri.
4. Repeat to make another onigiri. Serve immediately so the nori stays crisp.



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# COHO SALMON CANDY



Chef Davin Waite, [Wrench & Rodent Seabastropub](#)

*Recipe published in "Sushi Master" by Nick Sakagami*

## Ingredients

**8 oz coho salmon  
belly or trim meat**

*1 cup packed light-  
brown sugar*

*2 tsp sea salt*

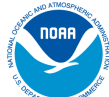
*2 tsp whiskey or  
brandy*

## Directions

1. For the salmon trim, keep skin on but remove bones. Choose pieces large enough to not fall through the grill.
2. In a large bowl, combine sugar and salt. Add salmon and whiskey, mix until salmon is coated with brine. Cover and refrigerate for 24 hours.
3. Preheat a smoker to 170F. Apple and mesquite chips are our favorite.
4. Remove salmon from marinade and pat dry. Place salmon on the smoker, smoke for 3 hours. If you don't have a smoker, place salmon on a wire rack over a rimmed baking sheet, and bake in a 170F oven for 3 hours.
5. Let cool before eating. Keep leftovers refrigerated in an airtight container for up to 4 days.



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# MISO MARINATED COHO SALMON

Recipe courtesy of [Real Good Fish](#)



## Ingredients

**2 coho salmon fillets**  
(~1 inch thick)

¼ cup miso paste

¼ cup rice vinegar

¼ cup sake

2 tbsp light brown  
sugar

2 tbsp sugar

1 tbsp soy sauce

1 tsp ginger, grated

½ cup panko  
breadcrumbs

## Directions

1. In a shallow dish, combine miso, rice vinegar, sake, sugar and brown sugar, soy sauce and ginger to create marinade. Place salmon fillets in dish and marinate for at least 30 min, up to 2 hours.
2. Preheat oven to 400F. Remove salmon from marinade. Shake excess marinade off fillets and set aside. Place fillets on foil-lined pan, bake for 10-12 min.
3. Toast panko in a non-stick pan for 2 min, until golden brown. Sprinkle over salmon 2 min before fish is done.
4. In a small saucepan, warm leftover marinade into a sauce and drizzle on/ around your salmon. Serve with mashed potatoes and greens, or over rice, and pair with a glass of Sauvignon Blanc.



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# COHO SKIN CHIPS & DIP



Chef Davin Waite, [Wrench & Rodent Seabastropub](#)

## Ingredients

*skin from 1 coho  
salmon*

*2 medium avocados*

*1 tsp salt*

*1 tsp pepper*

*¼ cup lemon or lime  
juice*

*½ cup diced tomatoes*

*½ cup diced red onion*

*¼ cup chopped  
cilantro*

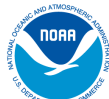
Chef Davin's Note: This recipe works with the skin from most fish. Give it a try with skin from any salmon or trout, or with yellowtail, snapper, or grouper species.

## Directions

1. First scale your fish, then fillet. Remove skin from each fillet with a sharp knife. Place skin meat-side down on a foil-lined tray, making sure to turn the edges of the foil up. Lightly season with salt and pepper.
2. Toast or broil for 20-30 min until crispy. When done, carefully drain off the oil. Cool to room temp.
3. While skin is cooling, cut avocados in half and remove pits. Scoop out meat into a medium mixing bowl, and add the salt, pepper, lemon or lime juice, tomatoes, red onion, and cilantro. Mix with a fork to your desired consistency - for chunky, mix less, or for smooth, can beat with a whisk.
4. Spoon guacamole into a dollop in the center of 1 large or 2 smaller plates.
5. When the skin is cool, cut into tortilla-chip size pieces, alternating diagonal cuts to create triangles. Arrange chips around the guacamole on plate, and enjoy!



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