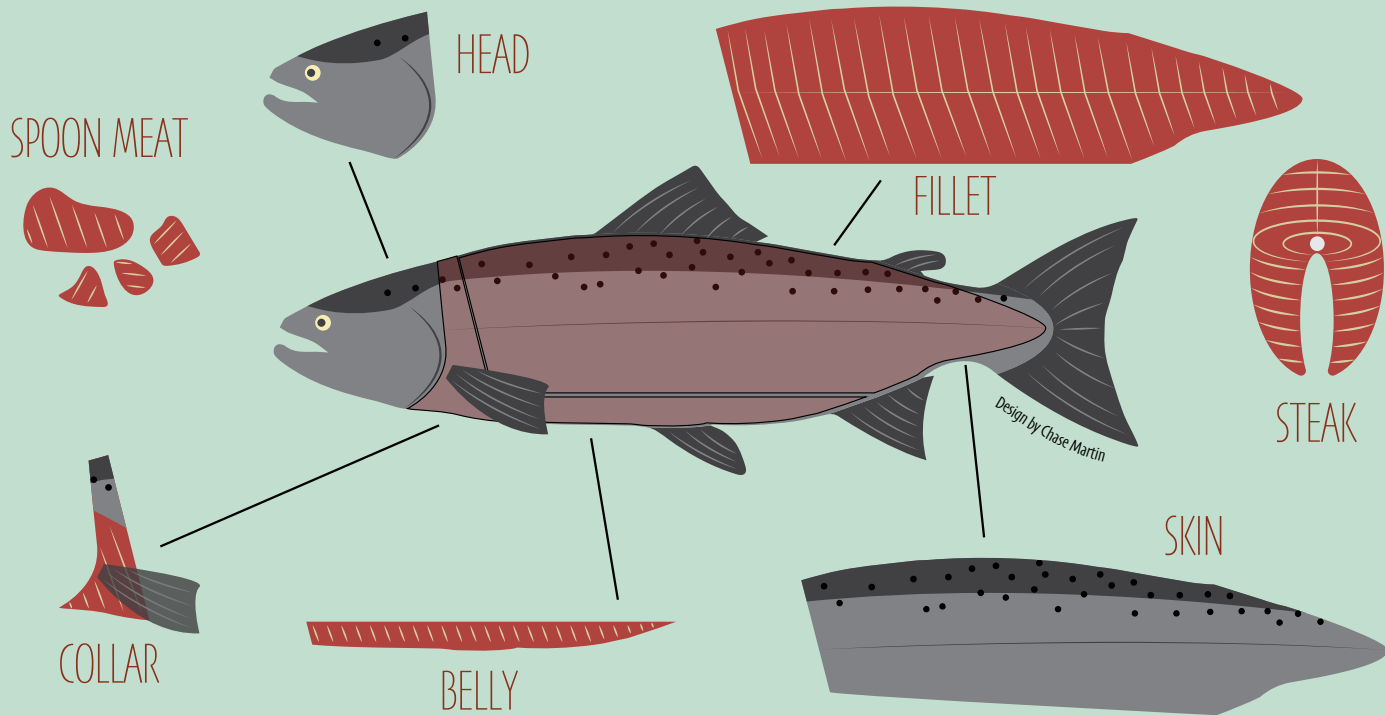


# KING SALMON GUIDE

*Oncorhynchus tshawytscha*



## Chinook Salmon (*Oncorhynchus tshawytscha*)

Chinook, also known as King, salmon (*Oncorhynchus tshawytscha*) 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.

US 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.

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 rich, buttery taste.



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# SPOON MEAT SALMON SLIDERS

Mario Ballesteros, Real Good Fish

## Ingredients

- **1 wild salmon carcass, trimmings and/or fillets**
- *Bread crumbs*
- *egg*
- *mayonnaise*
- *whole grain mustard*
- *lime juice*
- *herbs*
- *slider buns*

## Directions

1. Scrape carcass with the back of a spoon. Use spoon meat alone, or to supplement trimmings or fillets.
2. In a bowl, blend salmon to taste with a touch of bread crumbs, egg, mayonnaise, whole grain mustard, lime juice, herbs. Finish with salt & pepper.
3. Shape into small patties.
4. Grill or saute patties for a few minutes on each side, to desired doneness. Toast buns and serve!



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# BROILED SALMON COLLARS

[Maria Finn, Author - \*The Whole Fish\*](#)

## Ingredients

- **wild salmon collars**
- *olive oil*
- *salt*

## Directions

1. Heat broiler. Rinse collars, pat dry, then rub with oil and salt.
2. Place collars skin side down in baking sheet.
3. Broil 5-7 min, until they start to brown.
4. Flip and broil until skin crisps, about 6 min.
5. Serve with your favorite dipping sauce and dig in!



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# SALMON FILLETS WITH ASPARAGUS & WASABI

## [Real Good Fish](#)

### Ingredients

- **2-4 *wild salmon fillets***
- *asparagus*
- *wasabi oil*
- *salt & pepper to taste*

### Directions

1. Preheat oven to 300F. Place fillets skin down on foil-lined oven sheet, season with salt & pepper.
2. Fill a baking pan with boiling water, place on oven floor. Bake 10-20 min or until fish flakes.
3. Steam asparagus 5 min until tender. Plate fillets with asparagus, drizzle a tsp of wasabi oil, serve!



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# SLOW COOKER SALMON HEAD SOUP

Arsy Vartanian, *Rubies & Radishes*, Santa Cruz

## Ingredients

- **2 wild salmon heads and/or tails, bones**
- 1 sliced onion
- 1 clove minced garlic
- 1 cup wakame
- 3 in slivered ginger
- 1 tbsp minced ginger
- ¼ tbsp mirin
- ¼ tbsp tamari
- 3 spiralized zucchini
- chives & chilies to garnish

## Directions

1. Place heads in slow cooker with slivered ginger, cover with water.
2. Cook on high for 1.5-2 hrs.
3. Strain broth, pick out meat. Put meat & broth into stock pot.
4. Add garlic, onions, minced ginger, wakame, mirin & tamari to stock pot.
5. Gently heat, but do not boil. Cook for about 20 min. While soup is heating, spiralize zucchinis.
6. Add zucchinis to soup, cook for another 10-15 min, until zucchini are tender.
7. Ladle into bowls, garnish with chives & chilies.



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# PAN-SEARED SALMON BELLY SALAD

Oriana Poindexter

## Ingredients

- **2 wild salmon bellies**
- *flour*
- *olive oil*
- *mixed greens*
- *tomatoes*
- *favorite salad dressing*

## Directions

1. Rinse bellies & pat dry. Lightly coat with flour.
2. Heat oil, add bellies skin side down, sear until golden.
3. Flip, sear 1-2 min longer.
4. Halve cherry tomatoes, toss with greens & dressing.
5. Top with salmon and a lemon squeeze.



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# CRISPY SALMON SKIN STRIPS

[Maria Finn, Author - \*The Whole Fish\*](#)

## Ingredients

- **wild salmon skin**
- *sesame oil*
- *red chili flakes*
- *salt to taste*

## Directions

1. Preheat oven to 350F. Cut skin into slices.
2. Lay on oven sheet, meat side down.
3. Rub with sesame oil, sprinkle with chili & salt.
4. Bake until crispy, about 20 minutes.



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# GRILLED SALMON STEAKS WITH LIME BUTTER

## Ingredients

- **wild salmon steaks**
- *lime*
- *butter*
- *pepper to taste*

## Directions

1. Heat BBQ to medium-high.
2. Melt butter, mix with lime juice & pepper, pour over steaks.
3. Cook steaks about 4 min per side, brushing with lime butter occasionally.
4. Serve with lime wedges and grilled vegetables.



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