

ALASKAN SOCKEYE & COHO SALMON

SILVER LINING™


HAND SELECTED FROM OUR TOP WILD
ALASKAN SOCKEYE & COHO HARVESTS

HEALTHY AND SUSTAINABLE

RELIABLE PERFORMANCE, CONSISTENT
PRICING, & YEAR-ROUND AVAILABILITY

Trident 
SEAFOODS

SILVER LINING™ ALASKAN SOCKEYE SALMON

For a truly premium Sockeye Salmon experience, try our Silver Lining™ Alaskan Sockeye Salmon. Carefully selected from our top Sockeye catch, these fillets and portions are cut, packed, and flash frozen at the source to lock in freshness. Long a top choice for both chefs and seafood lovers, Alaskan Sockeye Salmon consistently delivers one of the most sought after dining experiences in the world. Suitable for grilling, baking, poaching, or broiling.

FEATURES & BENEFITS

Wild Caught & Certified Sustainable

The second most abundant Alaskan Salmon species

Reliable Performance

Retains its ruby-red color and tender texture throughout cooking

Consistent Pricing & Availability

Available year round

Naturally loaded with healthy Omega-3s

Great for heart health, mental health, and brain function (source: alaskaseafood.org)

SILVER LINING™ ALASKAN COHO SALMON

Prized, popular, and economical, our Silver Lining™ Alaskan Coho Salmon are wild caught and certified sustainable. Coho's orange-red color and firm flesh make for a beautiful plate presentation and a classic salmon experience. Like their Sockeye counterparts, our Silver Lining™ Alaskan Coho Salmon are hand-picked from our top Coho catch, cut, packed, and flash-frozen at the source. Suitable for grilling, baking, poaching, or broiling.

FEATURES & BENEFITS

Wild Caught & Certified Sustainable

One of the most commonly-used species in the foodservice arena

Great Value

Classic salmon experience at a modest price

Rich in Omega-3s

Great for heart health, mental health, and brain function (source: alaskaseafood.org)

Reliable Performance

Light orange-red color and firm texture presents well through cooking



COOKING & HANDLING INSTRUCTIONS

Thawing: Remove the product from all packaging and place on tray or plate. Loosely cover and thaw under refrigeration. Keep thawed product refrigerated and use within 2 to 3 days.

Preparation: Allow 10 minutes of cooking time per inch of thickness on thawed product; 20 minutes per inch on frozen product. Oven temperatures vary. Cook to an internal temperature of 145°F.

Bake: Season Salmon or dip in seasoned bread crumbs. Place in greased baking dish and bake at 400° F.

Sauté: Dip Salmon in seasoned flour. Sauté in oil, butter or margarine over medium heat, lightly brown on both sides.

Poach: Cover Salmon with boiling, salted water. Add any flavorings such as lemon slices, white wine, or herbs to the poaching liquid. Reduce heat, simmer until done. Simmer: For stews and chowders, add Salmon pieces in the final 10 minutes of cooking. Do not over-stir.

Grill: Place salmon on hot, well-greased grill. During grilling, baste fish with oil or basting sauce several times. Turn over once.

Storage: Keep frozen at 0° F or below until ready to use.

We strive to produce a fully "boneless" product. As with all fish, however, occasional bones might still be present.

Nutrition Facts	Silver Lining™ Alaskan Sockeye Salmon Sides, PBO, Skin On		Silver Lining™ Alaskan Coho Salmon Sides, PBO, Skin On	
	(113 g/4 oz)		(113 g/4 oz)	
Serving Size (1 piece)	(113 g/4 oz)		(113 g/4 oz)	
Amount Per Serving				
Calories	190		160	
Calories from Fat	90		60	
	% Daily Value*		% Daily Value*	
Total Fat	10g	15%	6g	9%
Saturated Fat	1.5g	8%	1g	5%
Trans Fat	0g		0g	
Cholesterol	70mg	23%	65mg	22%
Sodium	55mg	2%	65mg	3%
Total Carbohydrate	0g	0%	1g	0%
Dietary Fiber	0g	0%	0g	0%
Sugars	0g		0g	
Protein	24g		25g	
Vitamin A • Vitamin C	4%	• 0%	2%	• 0%
Calcium • Iron	0%	• 2%	0%	• 4%

*Percent Daily Values are based on a 2,000 calorie diet.



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