

Alaskan Coho Salmon



>> WILD, SUSTAINABLE

>> PORTION CONTROLLED, VACUUM PACKED

>> 1,253 mg OMEGA-3s PER 4 oz SERVING



Alaskan Coho Salmon

Returning to their native Alaska streams from July through September, wild Coho salmon are prized for their bright silver color and firm red flesh. Trident Coho are carefully processed and flash frozen close to the fishing grounds. Carefully size graded, portion controlled, and individually vacuum packed, Trident Coho can be glazed and baked in a hot oven directly from frozen or thawed under refrigeration overnight and prepared exactly like a fresh-delivered fillet.

The firm flesh and deep natural color of Trident Wild Alaskan Coho make it ideal for grilling, pan searing or poaching. Plate a grilled portion on a bed of Wild Greens with a Tarragon-Dijon Vinaigrette. Or try an exotic Sesame-Ginger Grilled Salmon, with green onions, cilantro, minced ginger, sesame oil and sake.



Features & Benefits

>> WILD ALASKAN COHO

A prized wild salmon your guests will remember

>> FIRM RED FLESH

Holds up to fire grilling; plates beautifully

>> INDIVIDUALLY VACUUM SEALED

Portion controlled; extended frozen shelf life

Species Information

Coho Salmon are prized and popular, offering a beautiful orange-red color and generous fat content. Another great source of Omega 3's, their rich, yet delicate salmon flavor is a good match for many different applications.

COOKING & HANDLING INSTRUCTIONS

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

To thaw: remove the salmon portion from the plastic pouch and place the product in a shallow tray. Cover and store in the refrigerator below 38°F for 16–24 hours. Once thawed, the salmon is ready to cook.

Keep thawed product refrigerated and use within 2–3 days. 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.

PACK INFORMATION

ITEM #	DESCRIPTION	PORTION SIZE	PACK SIZE	APPROX. PIECES PER CASE	GTIN #
475092	Wild Coho Salmon Sides—Skin On, PBO, Vac Pac	1–3 lb.	1/20 lb.	13	0 00 28029 75092 8
480933	4 oz. Wild Coho Salmon Portions—Skin On, PBO, Twin Vac Pac	4 oz.	1/10 lb.	40	0 00 28029 80933 6
485446	6 oz. Wild Coho Salmon Portions—Skin On, PBO, Vac Pac	6 oz.	1/10 lb.	27	0 00 28029 85446 6
475378	8 oz. Wild Coho Salmon Portions—Skin On, PBO, Vac Pac	8 oz.	1/10 lb.	20	0 00 28029 75378 3
498718	4 oz. Wild Coho Salmon Portions—Skinless, PBO, Twin Vac Pac	4 oz.	1/10 lb.	40	0 00 28029 98718 8
493554	6 oz. Wild Coho Salmon Portions—Skinless, PBO, Vac Pac	6 oz.	1/10 lb.	27	0 00 28029 93554 7
475343	8 oz. Wild Coho Salmon Portions—Skinless, PBO, Vac Pac	8 oz.	1/10 lb.	20	0 00 28029 75343 1
10 LB. CASE: DIMENSION: (L x W x D) 15" L x 9.994" W x 6.25" D		GROSS WEIGHT: 11.2 lb.		CUBE: .54	TI HI: 12 x 7
20 LB. CASE: DIMENSION: (L x W x D) 24" L x 13" W x 6.63" D		GROSS WEIGHT: 23.1 lb.		CUBE: 1.2	TI HI: 5 x 8

Nutrition Facts – Coho Salmon	
Serving Size 1 piece (113 g/4 oz)	
Amount Per Serving	
Calories	200
Calories from Fat	90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 1.8g	
Cholesterol 70mg	23%
Sodium 55mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 24g	48%
Vitamin A 4%	Vitamin C 4%
Calcium 2%	Iron 2%

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

INGREDIENTS: Coho Salmon. Contains fish (Coho Salmon)



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