



COPPER RIVER

Wild Alaska King, Sockeye & Coho

COPPER RIVER KING SALMON

» Celebrate the full flavor of full season Copper River salmon



It's early May in Alaska, and the start of Copper River salmon season is just getting underway. Fishermen have spent weeks

preparing their boats and mending their nets to take to the waters to harvest of one of Alaska's greatest treasures - Copper River King salmon.

UNRIVALED FLAVOR

Copper River Kings are some of the first salmon to arrive in stores and in restaurants when the fresh season opens in May. It is an event that attracts media buzz each year, generating significant consumer demand for the product. Once you've experienced the unrivaled flavor, melt-in-your-mouth texture and distinctive color of Copper River King salmon, you'll know what the hype is all about - this salmon is truly extraordinary and demands to be experienced again and again.

THE COPPER RIVER

The Copper River gets its name from the rich copper deposits found along its banks. First used by the Alaska native population and later by settlers from the Russian empire and the United States, this massive body of water has 13 major tributaries, is a mile wide and runs at 7 miles per hour. Dropping an average of 12 feet per mile and draining 24,000 square miles, it is the 10th largest river in the United States - a pure, pristine environment that creates salmon perfection.

Copper River salmon must travel 300 miles from the ocean, where they have spent their adult lives, through rugged terrain and unspoiled icy waters to reach their spawning grounds, a journey that requires extra stores of energy in the form of fat. It is this fat that not only creates the exceptional flavor and texture of Copper River salmon, but also the high levels of omega-3 fatty acids that make it so healthy to eat.



COPPER RIVER KING

» *Oncorhynchus tshawytscha*

The premiere choice for chefs and diners, Copper River King salmon is also a nutritional star, providing the highest amounts of omega-3 fatty acids of all the salmon species. Capitalize on King salmon's great flavor, sublime mouthfeel and nutritional benefits with simple, low calorie preparations: grilling, broiling or oven roasting.

MARKET NAME(S):

» King » Chinook

SEASON:

» Mid-May through June

SIZE:

» Average weight is approximately 20 lbs, but can grow up to 50 lbs or more.

NUTRITION: (Serving size: 3.5 oz)

» Calories: 230	» Protein: 26 g
» Fat: 13g	» Sat. Fat: 3g
» Sodium: 60 mg	
» Cholesterol: 85 mg	
» Omega-3: 1700 mg	

HABITAT:

» A complex life cycle that spans a variety of fresh and salt water habitats. Hatched in inland streams and rivers, migrate to coastal estuaries and then disperse into ocean waters to grow for several years. Once mature, they reverse their course, returning to freshwater to reproduce.



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Copper River King Salmon with White Bean Salad & Orange-Tomato Sauce

Serves: 6

Prep Time: 15

Ingredients:

6 Copper River King Salmon fillets (4 -6 oz each)
2 Tbs. olive oil

White Bean Salad:

2 cans white beans, drained and rinsed
1 fennel bulb, thinly sliced
1 Tbs. fennel top greens, minced
1/4 small red onion, thinly sliced
3 Tbs. olive oil
Salt and pepper, to taste

Orange-Tomato Sauce:

3 cans (5.5 oz. each) tomato juice
2 Tbs. frozen orange juice concentrate, thawed
Salt and pepper, to taste

Directions:

1. Prepare White Bean Salad: Mix all ingredients in a large bowl; set aside.
2. Prepare Orange-Tomato Sauce: Bring ingredients to a simmer in a small saucepan; keep warm.
3. Heat a heavy nonstick skillet or ridged stovetop grill pan over medium-high heat. Brush both sides of salmon with oil. Place salmon in heated skillet and cook, uncovered, about 3 to 4 minutes, until browned. Shake pan occasionally to keep fish from sticking.
4. Turn salmon over and season with salt and pepper. Cover pan tightly and reduce heat to medium. Cook an additional 3 to 4 minutes for fresh fish (6-8 minutes if you are using frozen salmon). Cook just until fish is opaque throughout.
5. To serve, place 1/2 cup beans in the middle of a plate. Pour 1/4 cup sauce around the beans and top with salmon portion.

*Recipe by Stefani Marnon
Juneau, AK*

For more recipes and information visit

www.copperiversalmon.org and www.alaskaseafood.org



Courtesy of ASMI

Bronzed Copper River King Salmon in White Wine and Butter Sauce

Serves: 4

Prep Time: 5

Ingredients:

4 Copper River King Salmon fillets (4-6 oz each)
1 Tbs. olive oil
2 Tbs. seafood seasoning
1/4 c white wine
1 Tbs. butter

Directions:

1. Heat a heavy nonstick skillet over medium-high heat. Brush both sides of salmon with oil. Place salmon in heated skillet and cook, uncovered, about 3 to 4 minutes, until browned. Shake pan occasionally to keep fish from sticking.
2. Turn salmon over and sprinkle with seafood seasoning. Cover pan tightly and reduce heat to medium. Cook for 2 minutes; add the wine and butter to pan.
3. Continue to cook, uncovered, an additional 1 to 2 minutes for fresh fish (4 -6 minutes if you are using frozen salmon). Cook just until fish is opaque throughout and sauce is reduced.
4. Drizzle sauce over salmon when serving.



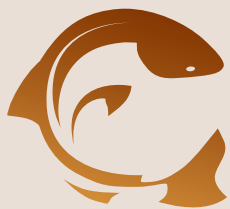
*Courtesy of Alaska
Seafood Marketing
Institute*

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COPPER RIVER

Wild Alaska King, Sockeye & Coho

COPPER RIVER SOCKEYE SALMON

» Celebrate the full flavor of full season Copper River salmon



Copper River king salmon have been the subject of much attention by the media in recent years, but they're only part of the story. Copper River sockeye are the most abundant species harvested from the Copper River and the season lasts a full three months, from May to August. This premium quality lean protein is high

in omega-3s with distinctive deep red color, full flavor and firm texture.

SUSTAINABILITY

The Copper River continues to support healthy salmon runs because it is carefully managed for long-term sustainability. Since statehood in 1959, Alaska has sought to protect its abundant natural resources, and its constitution mandates that "fish...be utilized, developed, and maintained on the sustained healthy yield principle." With every aspect of its fisheries strictly regulated, closely monitored and rigidly enforced, Alaska's successful management practices are considered a model of sustainability for the rest of the world.

Just one of the practices enforced by the AK Dept. of Fish & Game includes monitoring fish populations at several points along the river, counting salmon heading up river to ensure that an adequate number migrate to spawning grounds to reproduce each year. Policies like this have helped to ensure that Alaska will continue to be one of the cleanest and most natural marine environments on earth, and one of the world's most abundant sources of delicious wild seafood for generations to come.

ARTISAN FISHERMEN

The Copper River region is home to generations of fishing families who will tell you that the local harvest is not just a source of income, it's a way of life. Local harvesters are the first link in Copper River salmon's journey from ocean to plate. One to two-man crews onboard small boats tend their nets and each salmon brought onboard is individually handled, bled and chilled immediately; these are quality handling measures that ensure that consumers receive a consistently premium product.



COPPER RIVER SOCKEYE

» *Oncorhynchus nerka*

Copper River Sockeye is known for its naturally brilliant deep-red coloring and distinct flavor. Poach, steam, broil, grill, roast, pan-sear or sauté and let Sockeye's color and flavor shine.

MARKET NAME(S):

» Sockeye » Red

SEASON:

» Mid-May through August

SIZE:

» Average size is 6 pounds, range of 4-10 pounds. Up to 3 feet long.

NUTRITION: (Serving size: 3.5 oz)

» Calories: 220 » Protein: 27 g
» Fat: 11g » Sat. Fat: 2g
» Sodium: 65 mg
» Cholesterol: 85 mg
» Omega-3: 1200 mg

HABITAT:

» A complex life cycle that spans a variety of fresh and salt water habitats. Hatched in inland streams and rivers, migrate to coastal estuaries and then disperse into ocean waters to grow for several years. Once mature, they reverse their course, returning to freshwater to reproduce.

FOOD SOURCE:

Includes zooplankton and small adult fishes (such as sand lance), and occasionally squid.



COPPER RIVER SOCKEYE SALMON

» Celebrate the full flavor of full season Copper River salmon

Lemon-Drenched Wild Alaska Salmon with Fine Beans

Serves: 4

Ingredients:

4 Copper River Sockeye Salmon fillets (4 -6 oz each)
2 Lemons
1 1/2 lb small new potatoes, scrubbed
12 oz. fine green beans
Salt and freshly ground black pepper
Chopped fresh parsley, to garnish



Directions:

1. Put the salmon fillets onto a baking sheet, sprayed with cooking spray. Finely grate the rind from 1 lemon and squeeze the juice. Pour the juice over the salmon and scatter the rind on top. Finely slice half the remaining lemon and arrange the slices over the fish. Slice the rest of the lemon into wedges to serve with the fish.
2. Put the potatoes on to cook in lightly salted boiling water. When they have been cooking for 10 minutes, preheat the grill.
3. Grill the salmon for 6-8 minutes, or until the flesh is opaque and flakes easily when tested with a fork. At the same time, cook the fine beans in lightly salted water for 4-5 minutes.
4. Serve the salmon with the lemon wedges, potatoes and beans

Sockeye Salmon Cakes

Makes 8-10 patties

Ingredients:

Vegetable or canola oil, for frying
3 (6-ounce) portions cooked salmon
1 1/2 cups cracker meal
2 large eggs, beaten
2 tsp Old Bay seasoning blend
1/2 red bell pepper, finely chopped
20 blades fresh chives, chopped
2 to 3 Tbs. fresh dill, finely chopped
1 teaspoon cayenne pepper sauce
1 lemon, zested and juiced



This is a great recipe for using up leftovers and also works well with canned salmon.

Directions:

1. Flake the cooked cooled salmon with a fork. Add cracker meal to the bowl and work through the fish with your hands.
2. Add the eggs, seasoning, pepper, chives, dill, pepper sauce, and the zest of one lemon to the bowl. Combine the ingredients well with your hands. If the mixture is a little wet, add a bit more cracker meal.
3. Form 3-inch patties of salmon cakes 1-inch thick. Fry cakes until golden in a single layer 3 or 4 minutes on each side.
4. Serve with salad greens and chili mayonnaise sauce.

Sesame Ginger Copper River Salmon

Serves: 4

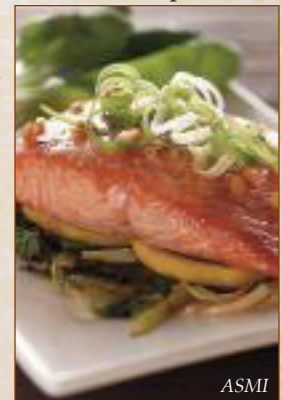
Prep Time: 15

Ingredients:

4 Copper River Sockeye Salmon fillets (4-6 oz each)
5 green onions, cut into 2" shreds
1/3 cup chopped fresh cilantro
1 lemon, cut into 8 thin slices
2 Tablespoons dark sesame oil
2 Tablespoons minced and packed ginger
1/3 cup sake or dry sherry
1/4 cup light soy sauce

Directions:

1. Preheat broiler. Line a baking sheet with aluminum foil and coat with nonstick cooking spray.
2. Layer onions and cilantro in 4 equal stacks (the size of the salmon portions) on baking sheet. Top each serving with 2 lemon slices. Stir together sesame oil and ginger; spoon about 1 teaspoon of mixture over each pair of lemon slices. Top with salmon portions. Add sake and soy sauce to remaining oil mixture; blend. Spoon over salmon portions.
3. Broil 4-5 inches from heating element until salmon is nicely browned, about 6 minutes. Turn off broiler; set oven to 375°F. Cook an additional 2 minutes. Cook just until fish is opaque throughout. Serve garnished with reserved green onions.



For more recipes and information:

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PRINCE WILLIAM SOUND

WILD ALASKA SOCKEYE



What makes a Sound?
A sound is a large sea or ocean inlet between two bodies of land, and Prince William Sound is a hidden gem along the rugged Alaska coastline. Shielded from the high seas by barrier islands

and surrounded by mountains and glaciers, this pristine paradise remains isolated, far from the industrial world.

Nestled between Cook Inlet and Yakutat Bay, and located on the east side of the Kenai Peninsula, Prince William Sound is surrounded mostly by the Chugach National Forest, which is the second largest national forest in our country. The result is a landscape that is breathtakingly beautiful, and icy pure waters that support healthy sustainable salmon runs.

KENNY JONES

F/V Silver Mist & Sam-an-I

I love it here. I love gillnetting and the thrill of seeing a king coming over the bowroller. I love seining and the intensity of wrapping up large sets, and the friendships that you build with your crew. Most of all I love waking up and smelling the fresh ocean breeze and thinking, "Ah, another day in the office."



Copper River and Prince William Sound salmon are the best because of their healthy Omega-3 oils, but I would say that what makes our fish so unique is our emphasis on quality. All fishermen have to remember that these aren't just any fish. Every fish we catch will go on a dinner, or lunch plate somewhere around the world. Whether it's on the grill, sandwiches, fish sticks, burgers, Prince William Sound salmon is the best. In order for the product to be the freshest and highest quality we have to bleed and ice our gillnet fish, and make sure all fish are handled properly.

I've been working on seiners and gillnetters since I was 8. My favorite memories include good weather, and lots of fish. You can't beat catching huge amounts every day for 2 weeks straight!



SOCKEYE SALMON

» *Oncorhynchus nerka*

ABOUT PRINCE WILLIAM SOUND SOCKEYE:

Copper River salmon fishermen have only told part of their story - now word is getting out about the fabulous sockeye salmon being harvested on the other side of the region in Prince William Sound.

Spawning in coastal lake and stream systems, these salmon don't pack away as much oil as their Copper River cousins, but they have the beautiful red color, rich flavor, firm texture and high levels of Omega-3 fatty acids that all wild Alaska sockeye salmon are celebrated for.

The difference is in fishermen, like Scott Seaton, who handle their catch with care in order to deliver a premium quality salmon to market.

FLAVOR & TEXTURE:

- » Deep red flesh
- » Distinctive rich flavor
- » Firm texture

SPECIES INFORMATION:

- » Second most abundant Alaska Salmon species
- » Average weight 6 pounds
- » Generally marketed in whole, steak or fillet forms
- » Also available frozen and in convenient, shelf-stable cans and pouches

PREPARATION TIPS:

- » Prince William Sound sockeye is perfect for grilling, broiling, sautéing, roasting, poaching, steaming, smoking, marinades and sauces.



PRINCE WILLIAM SOUND

WILD ALASKA SOCKEYE

ALASKAN AMBER SALMON MARINADE

INGREDIENTS:

2-3 lbs. wild Alaska salmon
6 oz. Alaskan Amber beer
6 oz. soy sauce
8 cloves of pressed garlic
2-3 inch piece of grated ginger
3/4 cup chopped cilantro

DIRECTIONS:

Mix all ingredients (except salmon) to make the marinade. Place fish in sealable container, add marinade. Allow fillets to marinate for 12-24 hrs.

Grill fillets, skin side down using mostly indirect heat. If possible, add moist alder chips to the coals. Cook until the fish flakes at the thickest part of the fillet. Serve with roasted red bell peppers and cold Alaskan Amber.



POTATO-CHIP-CRUSTED SALMON

INGREDIENTS:

3 lbs. wild Alaska salmon
Salt & black pepper
5.5 oz kettle-cooked potato chips
Zest of 1 lime
1 tsp olive oil
1/3 cup fresh dill, minced

DIRECTIONS:

Preheat the oven to 400°F. Lay salmon, skin side down, in the center of the baking sheet, season with salt and pepper. Crush potato chips, lime zest and olive oil in a small bowl.

Coast the salmon with a thin layer of potato chip mixture. Bake for 20-25 minutes, or until the chip coating is nicely browned.

Recipe from the Splendid Table



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SALMON HAVARTI CAESAR SALAD

INGREDIENTS:

4 Alaska Salmon steaks or fillets
2 Tbs olive oil
Seafood seasoning
4 Havarti cheese slices
6 c. romaine lettuce
Whole grain croutons
4 Tbs. Parmesan cheese, shredded
Caesar Salad Dressing
Fresh dill, for garnish

DIRECTIONS:

Heat a heavy nonstick skillet over medium-high heat. Brush both sides of salmon with oil. Place salmon in heated skillet and cook, uncovered, about 3 to 4 minutes, until browned. Shake pan occasionally to keep fish from sticking.

Turn salmon over and sprinkle with seafood seasoning. Cover pan tightly and reduce heat to medium. Cook an additional 1 to 2 minutes. Cook just until fish is nearly opaque throughout. Add Havarti slices to top of salmon portions; cover. Turn heat to low and cook for 1 to 2 minutes until cheese begins to melt. Remove from heat; keep warm.

In a separate bowl, mix romaine, parmesan cheese, croutons and salad dressing. Add salt & pepper to taste. Portion salad onto 4 serving plates. Top each salad with salmon fillet; garnish with dill.



SPICY PAPRIKA RUB

INGREDIENTS:

4 tsp paprika	1 tsp ground cinnamon
2 tsp coarse salt	1/2 tsp cayenne pepper
1 tsp ground ginger	1/2 tp ground allspice

DIRECTIONS:

Mix all ingredients together in a small bowl. Rub on salmon and grill until done, about 4 min. per side.

from Everyday Food by Martha Stewart



COPPER RIVER

Wild Alaska King, Sockeye & Coho

COPPER RIVER COHO SALMON

» Celebrate the full flavor of full season Copper River salmon



Since early May, Copper River fishermen have been harvesting premium King and Sockeye salmon from the pristine waters of the Gulf of Alaska. Now

this time of year brings another special treat, Copper River Coho. Sustainable, wild silver salmon with a mild and delicate flavor that's perfect for almost every preparation, especially grilling. Catch our best kept secret- Copper River Coho - the last great salmon of the season!

INCOMPARABLY RICH AND DELICIOUS: ALWAYS POPULAR

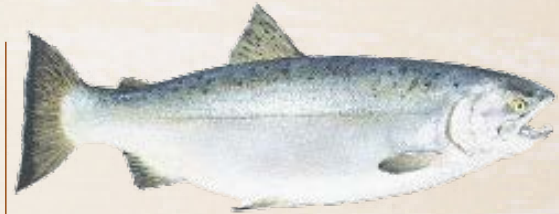
In the realm of wild salmon, Copper River salmon is well known for its rich flavor and superior health benefits - the result of spending life swimming wild in the sea, and returning to spawn in the river system where they were hatched. Glacial fed waters, 300 miles of river and the abundance of natural food give Copper River salmon its celebrated flavor.

SEASONALLY HARVESTED FOR TOP QUALITY

All Copper River salmon is wild and pure, responsibly managed for continuing abundance and sustainability. Harvested from May through September by individual fishermen using premium quality handling measures, Copper River salmon is also available frozen year-round.

VERSATILITY & VARIETY

The flavor of each wild Copper River salmon species depends upon fat content and the environment in which it matured. From oily rich King salmon who travel up to 300 miles to return to their spawning grounds on the Copper River, to the mild and delicate Coho salmon that spawn in coastal streams and lakes, there is a flavor for every palette.



COPPER RIVER COHO

» *Oncorhynchus kisutch*

Copper River Coho's orange-red color, firm flesh and delicate flavor make it a highly versatile fish. Many think it's the best species for grilling, a testament to its firm, yet succulent texture.

MARKET NAME(S):

» Coho » Silver

SEASON:

» August - September

SIZE:

» Average 12 lbs, range of 5 to 18 lbs.

NUTRITION: (Serving size: 3.5 oz)

» Calories: 140 » Protein: 23 g
» Fat: 4 g » Sat. Fat: 1 g
» Sodium: 60 mg
» Cholesterol: 55 mg
» Omega-3: 1100 mg

HABITAT:

» A complex life cycle that spans a variety of fresh and salt water habitats. Hatched in inland streams and rivers, migrate to coastal estuaries and then disperse into ocean waters to grow for several years. Once mature, they reverse their course, returning to freshwater to reproduce.

FOOD SOURCE:

Includes zooplankton and small adult fishes (such as sand lance), and occasionally squid.



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COPPER RIVER COHO SALMON

» Celebrate the full flavor of full season Copper River salmon

Salmon Ceviche with Orange, Capers and Roasted Green Chile

Serves: 8 as an appetizer

Ingredients:

- 1 pound skinless Coho, cut into 1/2-inch cubes
- 2/3 cup fresh lime juice
- 2/3 cup fresh orange juice
- 1 medium red onion, chopped into 1/4-inch pieces
- 1 large fresh poblano chile
- 2 large oranges, seedless
- 2 Tbsp capers, drained
- 1/3 cup fresh cilantro, chopped, plus some leaves for garnish
- salt, as needed
- 2 generous cups lettuce
- French bread, thinly toasted slices or crackers, for serving

Directions:

- MARINATING THE SALMON:** Place the salmon in a 1 1/2-quart glass or stainless steel bowl and stir in the lime and orange juices and onion. You'll need enough juice to cover the salmon and allow it to float somewhat freely. Cover and refrigerate for 2 hours, until a piece of salmon looks "cooked" about halfway through - it will still be translucent pink inside. Drain off all but a little of the juice.
- THE FLAVORINGS:** Roast the poblano on an open flame or on a baking sheet 4 inches below a very hot broiler, turning until the skin is evenly blistered and blackened, about 5 minutes for an open flame, 10 minutes for the broiler. Cover with a kitchen towel and let stand for 5 minutes. Rub off the blackened skin, then pull or cut out the stem and the seed pod. Tear open and quickly rinse to remove stray seeds and bits of skin. Cut into 1/4-inch pieces and place in a large bowl. Cut away the orange rind and all the white pith. Cut out the all-orange, no-white-pith segments: with a small sharp knife cut between the segment-dividing white membranes, releasing perfect little segments (called supremes). Cut the segments in half and add to the bowl. Stir in the capers, cilantro and marinated salmon (with the remaining juice). Taste and season with salt, usually about 1/2 teaspoon, then cover and refrigerate if not serving immediately.
- SERVING:** Divide the lettuce among 8 martini glasses or small decorative bowls. Spoon the ceviche into the center of the lettuce and lay on a leaf of two of cilantro. Serve with toasts or crackers.
- ADVANCE PREPARATION:** This ceviche is best made the day it is served. After marinating the salmon, the flavorings may be successfully added 4 or 5 hours ahead, but only spoon the ceviche onto the lettuce when ready to serve.

Recipe By: Chef Rick Bayless

Eur-Asian Marinated Alaska Salmon

Serves: 4

Prep Time: 45

Ingredients:

- 1 cup finely chopped green onions
- 1/2 cup teriyaki marinade
- 1/2 cup Reisling wine
- 1 Tablespoon Dijon mustard
- 1 Tablespoon minced ginger
- 1 Tablespoon minced garlic
- 1/2 teaspoon red chili flakes
- 4 Coho Salmon steaks or fillets



ASMI

Directions:

- Whisk all ingredients except salmon together in a bowl; place in large resealable bag. Add Coho Salmon; seal bag and turn several times to coat. Marinate in refrigerator for 15 to 30 minutes.
- Heat oven to 375°F. Transfer salmon and some of the onions to a spray-coated baking dish. Cover pan and roast about 15 minutes, cooking just until fish is opaque throughout.
- Variation: Place marinated salmon on well-oiled grill preheated to medium-high heat (450°F). Cook 8 to 10 minutes, turning once during cooking. Cook just until fish is opaque throughout.



ASMI

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