

Salmon-Coho

The coho's size, relatively high fat content and excellent color retention make it a desirable fish. Pan-sized coho have a delicate flavor. Fillets from larger fish have an excellent, mild salmon taste but are more flavorful than chum. The flesh of wild coho appears soft but becomes firm when cooked. Reddish-orange coho meat is moderately fatty and flakes well. The flesh is usually pinker than that of chum but paler than chinook or sockeye.



Product Details

Pack Size	Various
Cooking Methods	Bake, Broil, Grill, Poach, Smoke
Texture	Medium
Flavor	Moderate
Availability	July - September
Scientific Name	Oncorhynchus kisutch
Location	Canada, Chile, Japan, Russia, United States