

## Salmon-Sockeye

For its long migration, the sockeye carries a large amount of fat, making it rich in omega-3s. This gives the meat a nice, rich flavor. Some people feel the flavor rivals or is even better than that of chinook. The raw meat is firm and has a bright-red or orange-red color. Sockeyes are the reddest-fleshed of the wild salmon. Cooked meat remains red and firm. Skin and flesh color make sockeye attractive as a display item and in buffets.



### Product Details

<b>Pack Size</b>	Various
<b>Cooking Methods</b>	Bake, Broil, Grill, Poach, Smoke
<b>Texture</b>	Medium/Firm
<b>Flavor</b>	Moderate/Full
<b>Availability</b>	May - August
<b>Scientific Name</b>	Oncorhynchus nerka
<b>Location</b>	Canada, Japan, Russia, United States