

## 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

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