



COPPER RIVER

Wild Alaska King, Sockeye & Coho

SALMON

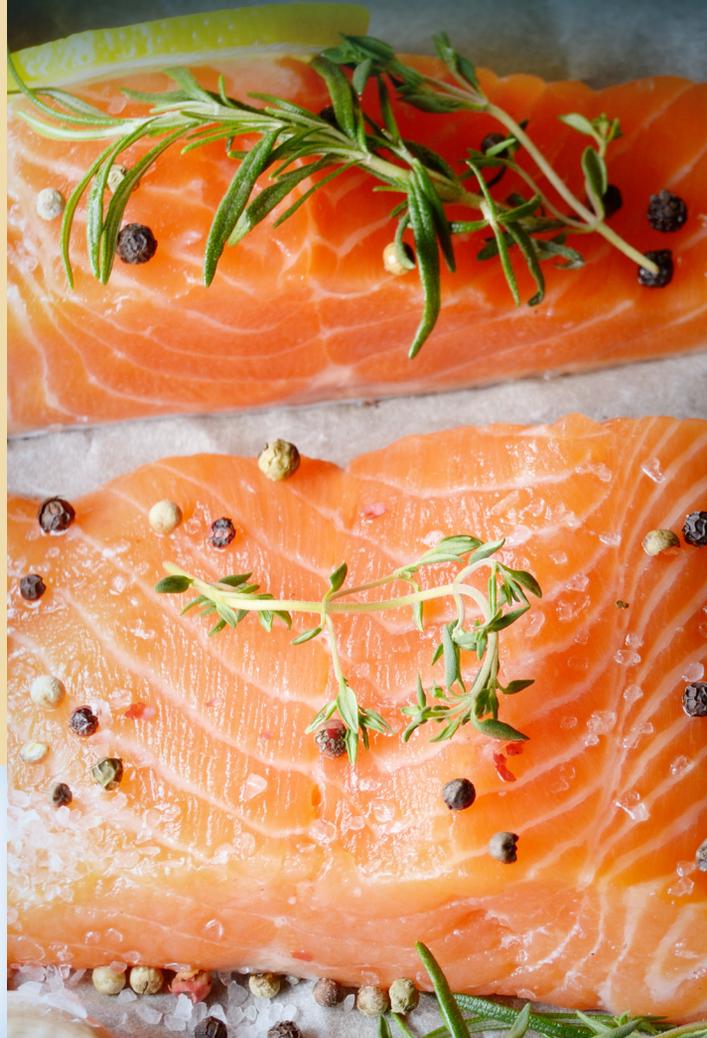
OVEN-ROASTED COPPER RIVER SALMON

- 4 Copper River Salmon Fillets (5-6 oz. each)
- 1-2 Tablespoons of Olive Oil
- Cracked Black Pepper
- Kosher Salt

PREHEAT oven to 450°. Pat salmon fillets dry with a paper towel. Brush olive oil on top of salmon fillets. Top with salt and pepper.

PLACE fillets on a parchment paper-lined cookie sheet.

BAKE for 4-6 minutes per 1/2 inch of thickness. Serve and enjoy.



Reasor's



BORN FREE. CAUGHT WILD. NATURALLY DELICIOUS.

There's not one thing that makes Wild Alaska Copper River King, Sockeye and Coho Salmon different – there are many. Deep color. Silken texture. Rich flavor. The Copper River difference is in the extra fat these fish store to sustain their arduous, upriver journey to the stream where they were born.

Honoring that turbulent journey, our artisan fishermen treat each fish with the utmost care, employing traditional, sustainable practices. With hand processing and minimal handling, we deliver our salmon to you as fresh as if you'd just caught it yourself.

– KING SALMON –



7 OZ SERVING

Calories:	460
Protein:	42g
Fat:	26g
Sat. Fat:	6g
Sodium:	120mg
Cholesterol:	170mg
Omega-3:	3,400 mg

King salmon, also known as Chinook, is the first of the season salmon from our waters and is renowned for its robust size and superlative flavor, thanks to an abundance of omega-3 fatty acids. The kings start to zone in on home around mid-May and the season is short and sweet, usually wrapping up in late June. Kings average about 20 pounds each but some can reach a whopping 50 pounds. Because the season is brief, most Copper River kings are sent to market fresh and are quickly featured on restaurant menus and in seafood counters. Savvy cooks rush to purchase it fresh in season and, because it is so inherently rich and flavorful, they prepare it in the simplest fashion – grilled or seared and served with seasonal ingredients such as spring peas, asparagus, baby potatoes, light sauces and wholesome grains.

– SOCKEYE SALMON –



7 OZ SERVING

Calories:	440
Protein:	54g
Fat:	22g
Sat. Fat:	4g
Sodium:	130mg
Cholesterol:	170mg
Omega-3:	2,400mg

Sockeye are the most abundant salmon harvested from the Copper River and the season lasts from May to August. Averaging about 6 pounds each and boasting a deep red color, full flavor and texture, Copper River sockeye – also known as red salmon – is high in omega-3 fatty acids and vitamin D. Sent to market fresh while in season and frozen in the off season, Copper River sockeye retains its naturally robust red color even when cooked. Infinitely versatile, our sockeye lends itself to a wide range of simple and more complex preparations. Chefs love to sear it and serve it over seasonal vegetables and salads. They also continually experiment and dress it with sauces or rub it with an array of international seasonings. And, because a six-ounce piece of Copper River sockeye can be cooked in well under ten minutes, home cooks rely on it, fresh or frozen, for quick, healthy and protein-packed family meals.

– COHO SALMON –



7 OZ SERVING

Calories:	280
Protein:	46g
Fat:	8g
Sat. Fat:	2g
Sodium:	120mg
Cholesterol:	110mg
Omega-3:	2,200mg

Also known as silver salmon, coho are the last of the three species to arrive each summer. Averaging about 12 pounds each, coho arrive in late August and September and feature a firm flesh and delicate flavor. Many salmon lovers think it's the best species for grilling, which is a testament to its firm yet succulent texture. The beauty of Copper River coho is that it takes deliciously to robust marinades, rubs, smoking techniques and more. It also pairs beautifully with fall delicacies such as wild mushrooms, comforting mashed potatoes and creamy herbaceous risottos. The season is short and can be unpredictable due to rapidly changing weather patterns in the Copper River Delta during the early weeks of fall. Coho are often sent to market fresh or they are flash-frozen for the off-season.

SEE RECIPE ON BACK!