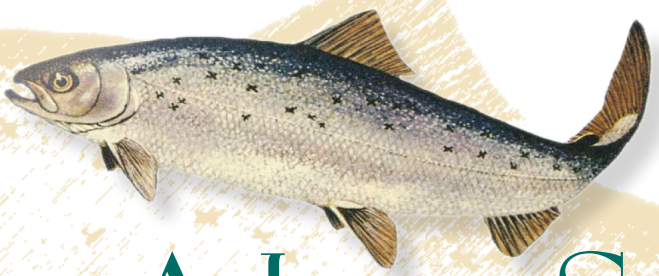
SUSTAINABLE CATCH SEAFOOD



Market Name
Salmon, Atlantic

Scientific Name
Salmo salar

Common Name
Atlantic Salmon

Atlantic Salmon

Atlantic Salmon is predominantly a farmed salmon in either the Atlantic or Pacific Oceans with the species indigenous to the Northern Atlantic from New England to Scandinavia. Countries raising farmed Atlantic Salmon are Chile, Canada, Norway and the UK (Scotland, Ireland & Faroe Islands). In general, growing periods for farmed salmon is shorter, and harvest weights are more uniform as compared to wild salmon. Total growing periods for farmed salmon for 8-10 lbs. whole fish is 18 months to 3 years, growing in sizes from 6 lbs. to 18 lbs. Farmed Atlantic Salmon represents 90% of farmed salmon sold in the USA. King Salmon and some Coho Salmon represent the remaining 10%.

Rastelli Seafood sells both wild and farm raised salmon. Farm raised salmon is purchased as whole fish from Canada, UK and Norway. Fish is received in our facility 3 times per week to ensure our customers have the freshest product available. Whether it is whole fish, 2-3 lbs. fillets, 3-4 lbs. fillets, 4-5 lbs. fillets or portions of any size or shape, we provide the freshest product every day because our name goes on every box.

Wild caught salmon is also available; below you will find a seasonal availability chart that indicates when these species are available in fresh whole fish or in fillets.

Salmon fillets trimmed based on a scale from A-E

TRIM A

- Backbone and Belly bone off

TRIM B

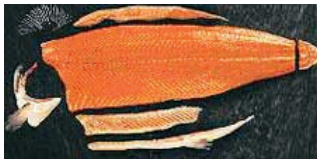
- Backbone and Belly bone off
- Back fins off
- Collarbone off
- Belly fat and fins off

TRIM C

- Backbone and Belly bone off
- Back fins off
- Collarbone off
- Belly fat and fins off
- Pine bone out

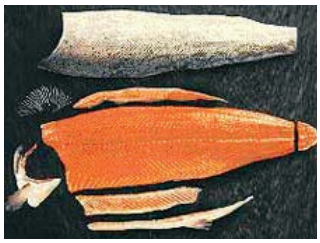
TRIM D

- Backbone and Belly bone off
- Back fins off
- Collarbone off
- Belly fat and fins off
- Pine bone out
- All belly off
- Tail piece off
- Fully trimmed



TRIM E

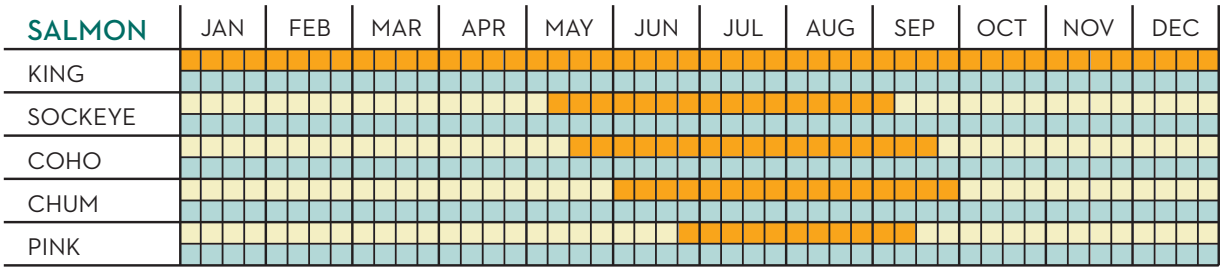
- Backbone and Belly bone off
- Back fins off
- Collarbone off
- Belly fat and fins off
- Pine bone out
- All belly off
- Tail piece off
- Fully trimmed
- Skin off



NUTRITIONAL INFORMATION

Average nutritional values per 100 g:	
Energy	183 kcal/766 kJ
Protein	19.9 g
Carbohydrates	0 g
Fat	10.9 g
- of which saturated fat	2.2 g
- polyunsaturated fat	3.9 g
- of which LC omega-3	2.7 g
- EPA 0.6 g	
- DHA	1.3 g
Dietary fiber	0 g
Sodium	59 mg

WILD SALMON AVAILABILITY CHART



AVAILABLE FRESH AVAILABLE FROZEN OFF SEASON

the taste of fresh

SALMON SERVING SUGGESTIONS

WHITE WINE POACHED SALMON WITH DIJON DILL SAUCE

Four 6-8 oz Salmon Fillets
½ cup plain yogurt
¼ cup quality Dijon mustard
1 tbsp. honey
¼ cup fresh lemon juice
3 tbsp. fresh dill, chopped
1 tbsp. finely diced sweet gherkins
1 cup white wine
½ cup water
¼ cup finely diced shallots

PREPARATION: In a small bowl, combine yogurt, mustard, honey, lemon juice, dill, gherkins and Dijon mustard. Blend well. Cover and keep in refrigerator until ready to use. In a medium size saucepan over medium heat, combine salmon, white wine and water. Adjust the amount of water to cover fish. Add shallots. Cover and cook for 10-12 minutes or until fish flakes easily with fork. When done, drain liquid and top salmon with sauce. Yields 4 servings

ESTIMATED COST TO PRODUCE

$_____PERPORTION

SALMON WITH HOISIN SAUCE

1-½ lbs Salmon Fillet 680 g
1 cup hoisin sauce
1 clove garlic chopped finely
2 tsp. sesame oil
1 tbsp. sherry vinegar
1 tbsp. olive oil
3 tbsp sesame seeds toasted

PREPARATION: Rub the salmon with salt & pepper and store in the fridge 30 min to 4 hours. Mix the hoisin, garlic, sesame oil and sherry vinegar together and smear 2 tbsp of sesame oil. Wipe off all the mixture, pat dry and rub oil on the salmon. Grill on a very clean grill on high – flesh side down for 3-4 minutes. Turn salmon over and coat the flesh side with the rest of the mixture. Grill 3-4 minutes. It is important to not flip the salmon over more than.

ESTIMATED COST TO PRODUCE

$_____PERPORTION