

Breaking Down the Salmon

Texas Chefs Association
State Convention
Tyler, Texas 2012

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Salmon Topics

- Types of Salmon
- Life Cycle of a Salmon
- Nutritional Facts
- Wild vs. Farm Raised
- Cuts of Salmon
- Price of Salmon
- Whole Salmon Fabrication



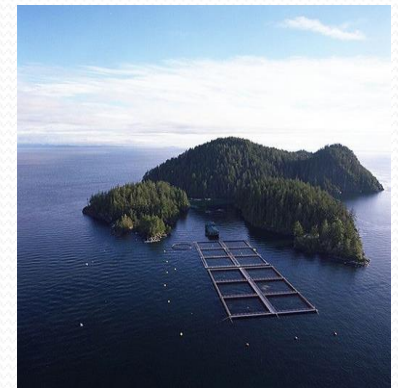
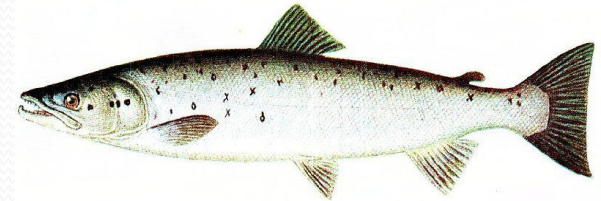
Types of Salmon

- Salmon have eight commercially important species and occur in two genera: Atlantic & Pacific
- Salmon is either farmed or caught in the wild
 - Almost 99% of Atlantic salmon is farmed
 - The majority of Pacific Salmon is wild-caught (80%)
- All salmon are classified as oily round fish and produces two filets
- Species range from a maximum weight of 135# (Chinook) to a minimum weight of 15 pounds (Pink)



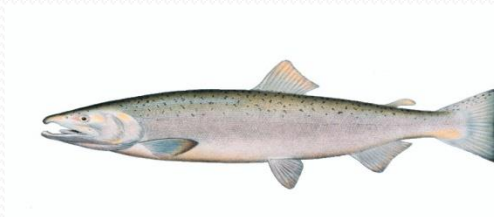
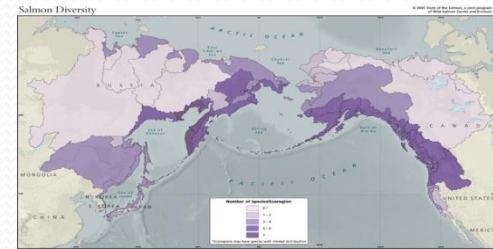
Types of Salmon: Atlantic

- Atlantic Salmon is found in the Northern Atlantic Ocean and rivers that flow into it.
- May be known as:
 - Black Salmon, Kelt, or Landlock Salmon
- Wild Atlantic Salmon is nearly non-existent commercially. It is farmed predominantly from aquaculture in Norway, Chile, Canada, the UK, Faroe Islands, Russia and Tasmania in Australia



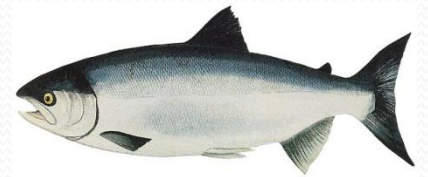
Types of Salmon: Pacific

- There are seven commercial Pacific Salmon
 - Chinook
 - Largest of the Pacific Salmon
 - Known as King Salmon in the U.S.
 - Farmed in New Zealand which produces ½ of the Chinook world wide
 - Chum
 - Least commercially valuable of all salmon
 - Coho –
 - Ocean caught Coho are industry preferred due to there higher fat content
 - May be know as Silver Salmon

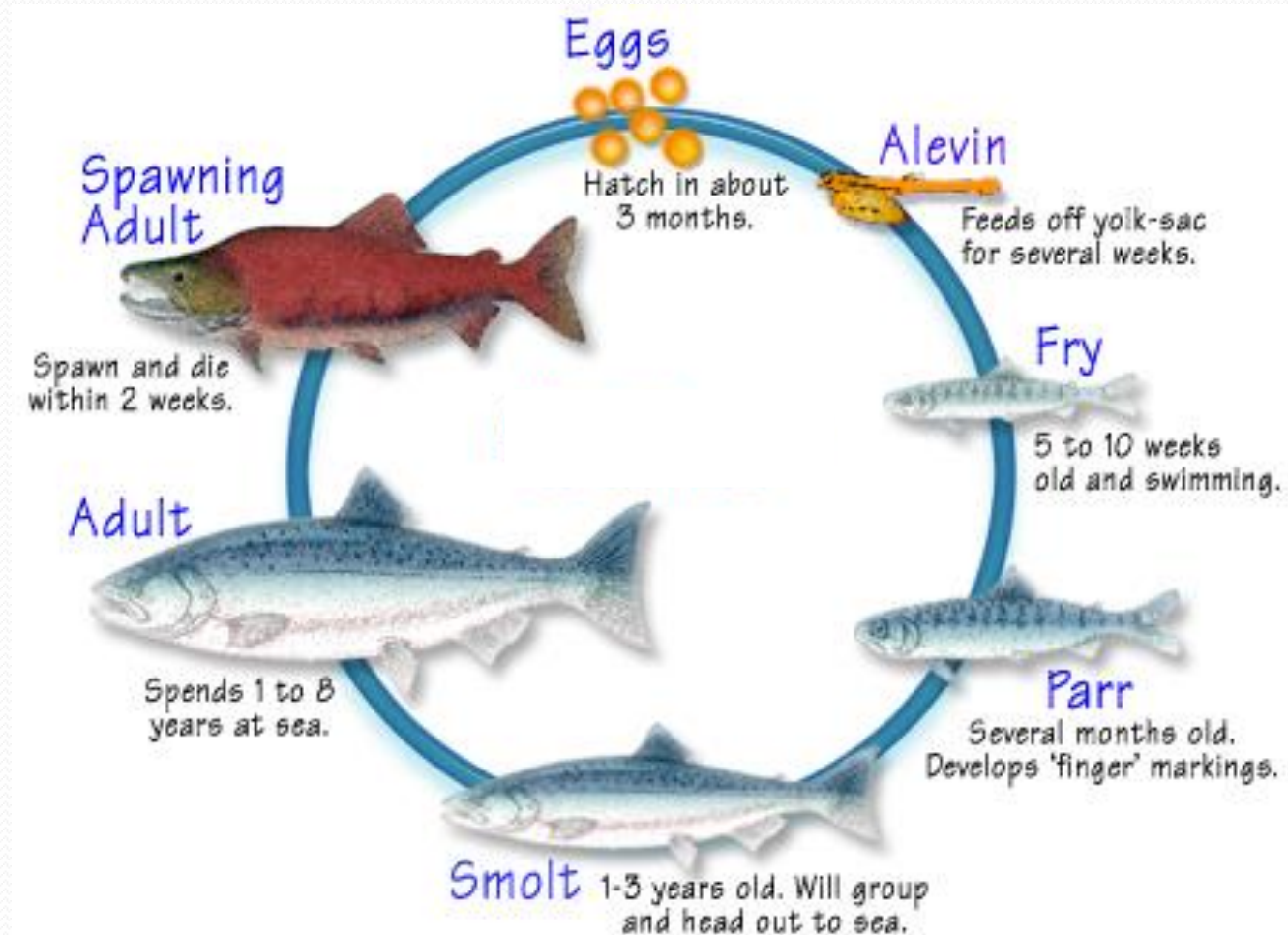


Types of Salmon: Pacific

- There are seven commercial Pacific Salmon (*cont.*)
 - Pink
 - Smallest and most abundant of the Pacific Salmon
 - Most is wild caught and canned, salted, or smoked
 - Pink salmon roe is also produced commercially for caviar
 - Sockeye –
 - Also known as Red Salmon
 - Currently listed under the U.S. Endangered Species list, but still commercially available
 - Steelhead
 - Also known as Rainbow Trout
 - 11 of the 15 populations are listed as endangered
 - Chile is the leader in farmed raised Steelhead
 - Masu
 - Only found in the western Pacific and is used widely in Japan



Life Cycle of Salmon



Nutritional Facts

- 6oz portion is 394 Calories.
 - The Mayo Clinic recommend a 3 oz portion twice a week
- High in Omega 3 Fatty Acids
- High in B-Complex Vitamins
 - Niacin
 - B₁₂
- Good source of mono-saturated fats while remaining a low calorie protein choice
- Pacific Wild Salmon is considered to be more healthy than farm raised Atlantic Salmon
- All salmon can contain mercury levels
 - Chilean Salmon showed the lowest levels of contamination

Nutrition Facts			
Serving Size 1/2 fillet 198g (198 g)			
Amount Per Serving			
Calories 354		Calories from Fat 186	
% Daily Value*			
Total Fat	21g	32%	
Saturated Fat	6g	31%	
Trans Fat			
Cholesterol	99mg	33%	
Sodium	93mg	4%	
Total Carbohydrate	0g	0%	
Dietary Fiber	0g	0%	
Sugars	0g		
Protein	39g		
Vitamin A	18%	Vitamin C	13%
Calcium	5%	Iron	3%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4
© www.NutritionData.com			

Wild vs. Farmed Raised

- **Farm Raised Pros**

- The major “pro” of farmed salmon is that they allow for a high yield of fish without the risk of overharvesting and depleting wild populations.

- **Farm Raised Cons**

- Concentrated animal-feeding operations (CAFOs)
 - Thousands of fish are crammed into pens, which leads to the growth of diseases and parasites that require antibiotics and pesticides.
- With offshore farms, nitrogen and phosphorous from feed and waste lead to algae blooms that can contaminate surrounding water.
- Food fed to farmed fish is partially composed of wild-caught fish that may be contaminated with chemicals such as PCBs and cancer-causing dioxin.



Wild vs. Farmed Raised

- **Wild Caught Pros**

- Less disease & parasites
 - No antibiotics or pesticides
- Environmentally sound
- Claimed to have better taste
- Claimed to have a better nutritional value

- **Wild Caught Cons**

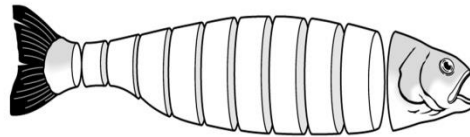
- Overharvesting is a serious threat to many species.
 - Fisherman have increased their catch 400 percent in the last 50 years



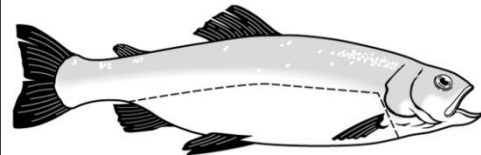
Cuts of Salmon



Whole or Round



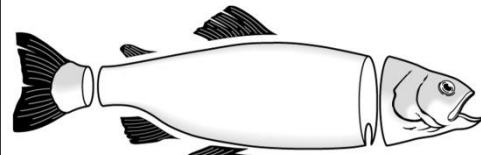
Steaks



Drawn



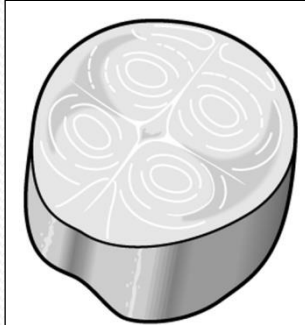
Butterflied Fillets



Dressed or Pan-Dressed



Fillets



Wheel or Center-Cut

Price of Salmon



	<u>Avg. #</u>	<u>Price</u>
• Atlantic Salmon: <i>Whole</i>	10-12#	\$5.30/#
• Atlantic Salmon : <i>Filet Skin-On</i>	5#	\$8.29/#
• Coho: <i>Whole</i>	5#	\$13.79/#
• Chinook (King): <i>Whole</i>	7-11#	\$7.76/#
• Chinook (King): <i>Portioned /Fresh</i>	53/60z	\$29.77/#
• Sockeye: <i>Portioned / Fresh</i>	53/60z	\$22.60/#

Fabrication of Salmon

Needed Equipment

1. 12" Slicer
2. 8" Semi-Flex Boning Knife
3. Honing Steel
4. Spring Loaded Needle Nose Pliers
5. Two Lg. Cutting boards
6. Self Draining Ice Bin
7. Waste Receptacles
8. Sani-Bucket
9. Gloves
10. Towels
11. Portioning Scale



Fabrication of Salmon



1. Using a chef's knife, cut down to the backbone just behind the gills. Do not remove the head.

Fabrication of Salmon



2. Turn the knife toward the tail; using smooth strokes, cut from head to tail, parallel to the backbone. The knife should bump against the backbone so that no flesh is wasted; you will feel the knife cutting through the small pin bones. Cut the fillet completely free from the bones. Repeat on the other side.

Fabrication of Salmon



3. Trim the rib bones from the fillet with a flexible boning knife.

Fabrication of Salmon



4. Finish the fillet by pinning the remaining bones with needle nose pliers.



**TCA
Demonstration
Seminar**

Breaking Down the
Salmon

Mark R. Schneider
CEC CCE ACE
TCA 2nd Vice President

AWARDED

Successful Completion
Of
Breaking Down the Salmon

Participant

August 4th, 2012

Date

|
2 CEH's
Lecture