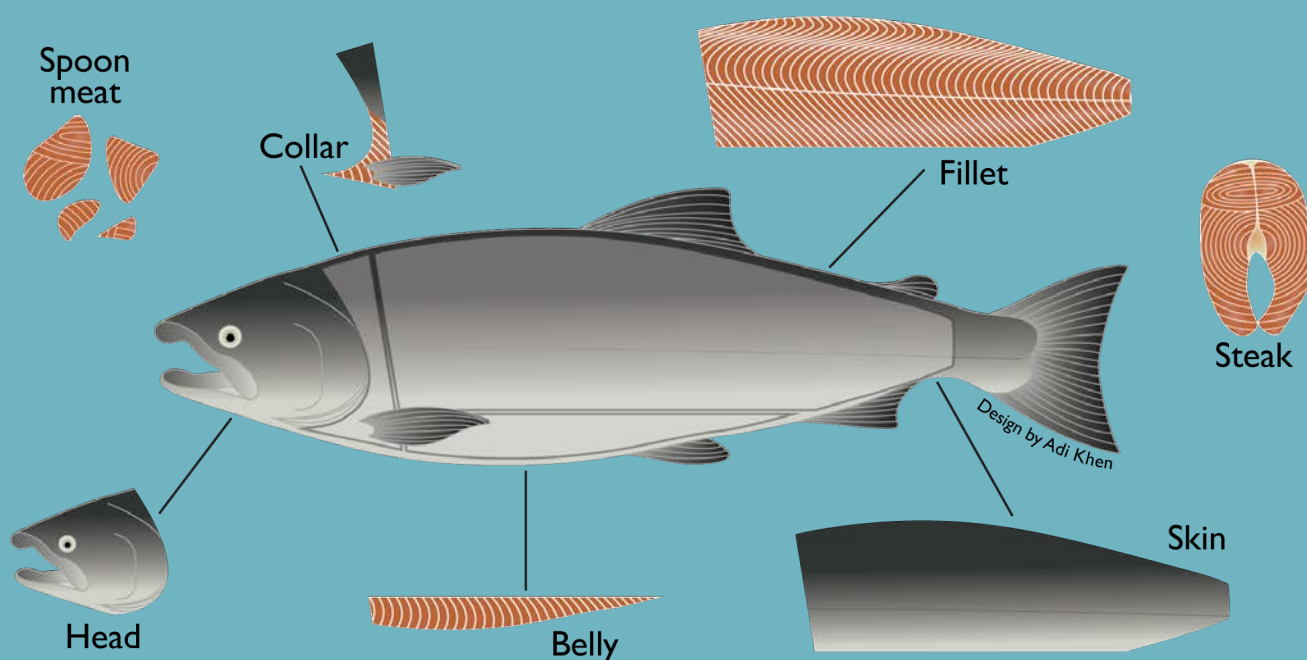


Coho Salmon Guide

Oncorhynchus kisutch



Coho Salmon

Oncorhynchus kisutch

Coho salmon are found in the North Pacific Ocean and in coastal rivers and streams from central California to Alaska. Coho salmon are also known as silver salmon, named after their silvery sides and light bellies. Like all Pacific salmon, coho salmon are anadromous, meaning they migrate between fresh and saltwater ecosystems. When they enter their natal freshwater streams to spawn, coho salmon change coloration to reddish-maroon, and males develop a hooked snout with large teeth. All coho salmon die after spawning, depositing marine nutrients upstream that support aquatic and terrestrial organisms, plant growth, and the next generation of salmon.

U.S. fisheries only target healthy stocks of coho salmon. Alaska is home to more than 20 stocks of coho salmon, all of which are near or above target levels and support healthy fisheries. On the West Coast, the status of coho salmon populations varies. The Central California Coast coho salmon is listed as Endangered under the U.S. Endangered Species Act (ESA), and three other population units in California and Oregon are listed as threatened. These stocks are actively protected, with scientists and managers working to restore their populations.

Coho salmon are threatened by changes to their habitats. Cold, clean, flowing freshwater streams are needed for adult salmon to reproduce, and for young salmon to hatch and grow. These streams are becoming increasingly rare as agriculture, urbanization, hydropower, logging, water pollution, and climate change each alter the availability of suitable habitat for salmon.

Coho salmon is a good source of lean protein, niacin, selenium, vitamin B12, and omega-3 fatty acids. When shopping for coho salmon, look for U.S. wild-caught coho, sold fresh seasonally and frozen year-round.

References: NOAA Fishwatch, Coho Salmon Profile; NOAA Fisheries, Species Directory: Coho Salmon (Protected).



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COHO SALMON CANDY

Chef Davin Waite, Wrench & Rodent Seabasstropub
Recipe from "Sushi Master" by Nick Sakagami

Ingredients: 8 oz coho salmon belly or trim meat, 1 cup packed light brown sugar, 2 tbsp sea salt, 2 tbsp whiskey or brandy

1. For salmon trim, keep skin but remove bones. Choose pieces of salmon large enough to not fall through the grill.
2. In a large bowl, combine sugar & salt. Add salmon & whiskey, mix until salmon is coated with brine. Cover, refrigerate for 24 hours.
3. Preheat a smoker to 170F. Apple & mesquite chips are our favorite.
4. Remove salmon from marinade, pat dry. Place salmon on the smoker, smoke for 3 hrs. If you don't have a smoker, place salmon on a wire rack over a rimmed baking sheet. Bake at 170F for 3 hrs.
5. Cool, then eat. Store in airtight container in fridge, up to 4 days.

COHO SALMON ONIGIRI / SALMON RICE BALLS

Nick Sakagami

Author of "Sushi Master" and Osakana Meister No. 109

Ingredients: ¼ cup coho salmon flakes or spoon meat, 1.5 tbsp sea salt, 2 tbsp butter, 2-3 cups cooked sushi rice, 2 sheets nori (cut in half)

1. In a large bowl, combine salmon flakes, salt, butter & cooked rice.
2. Wet your hands with water (to avoid having the rice stick to your hands) and form half the mixture into a ball, or onigiri.
3. Use the cut nori sheet like a tortilla to hold the onigiri. Repeat to make another onigiri. Serve immediately so the nori stays crisp.

MISO MARINATED COHO SALMON

Real Good Fish

Ingredients: 2 coho salmon fillets (~1" thick), ¼ cup miso paste, ¼ cup rice vinegar, ¼ cup sake, 2 tbsp light brown sugar, 2 tbsp sugar, 1 tbsp soy sauce, 1 tsp ginger (freshly grated), ½ cup panko breadcrumbs

1. In a shallow dish, combine miso, rice vinegar, sake, sugar & brown sugar, soy sauce & ginger to create marinade. Place salmon fillets in dish and marinate for at least 30 min, up to 2 hrs.
2. Preheat oven to 400F. Remove salmon from marinade, shake excess marinade off fillets and set aside. Place fillets on foil-lined pan, bake for 10-12 min.
3. Toast panko in a non-stick pan until golden brown, 2 min. Sprinkle over salmon in oven 2 min before fish is done.
4. In a small saucepan, warm leftover marinade into a sauce and drizzle on/around your salmon. Serve with mashed potatoes and greens, or over rice, and pair with a glass of Sauvignon Blanc.

GINGER SCALLION COHO COLLARS

Chef Mike Reidy, The Fishery

Ingredients: 6 coho salmon collars, ¼ cup granulated sugar, ¼ cup salt, 6 lime wedges, 2 tbsp toasted sesame seeds, 2 nori sheets julienne (opt)
Ginger Scallion Sauce: 134g scallions (white parts only), 10g garlic, 45g ginger, 12g lemon zest, 19g serrano chili, 10g salt, 211g canola oil

1. Start by seasoning collars with a cure, mixing salt & sugar. Be sure to season every inch of the collar, heavier on the thicker areas. Put collars on cookie sheet in the fridge for 12 min, then rinse quickly.
2. After rinsing, place collars on cookie sheet with a layer of paper towel. Replace in the fridge to dry out while you prepare the sauce.
3. For Ginger Scallion Sauce: you'll need two 4 qt sauce pots, micro plane, peeler and very sharp chef's knife. Slice scallion whites into consistent, paper thin slices. Peel ginger, then micro plane both ginger and garlic. Deseed serrano pepper, remove white portions, then mince. Peel lemon, cut white pith from peels and mince remaining peel (crucial to remove pith, or sauce will be bitter).
4. Place scallions, ginger, garlic, serrano, lemon zest & salt into first sauce pot. In second pot, heat oil to 220F, then pour directly over pot with ingredients. Cover with foil, cool to room temp, then taste.
5. Preheat oven to 400F. Grease cookie sheet with butter, evenly space collars on sheet. Sprinkle a bit more salt on all sides. Bake for 12 min. Remove from oven, rest for 5 min.
6. Spread Ginger Scallion Sauce very liberally over the top or skin side of collars. Sprinkle with sesame seeds and nori strips, serve with white rice and a lime wedge.

COHO SKIN CHIPS & DIP

Chef Davin Waite, Wrench & Rodent Seabasstropub

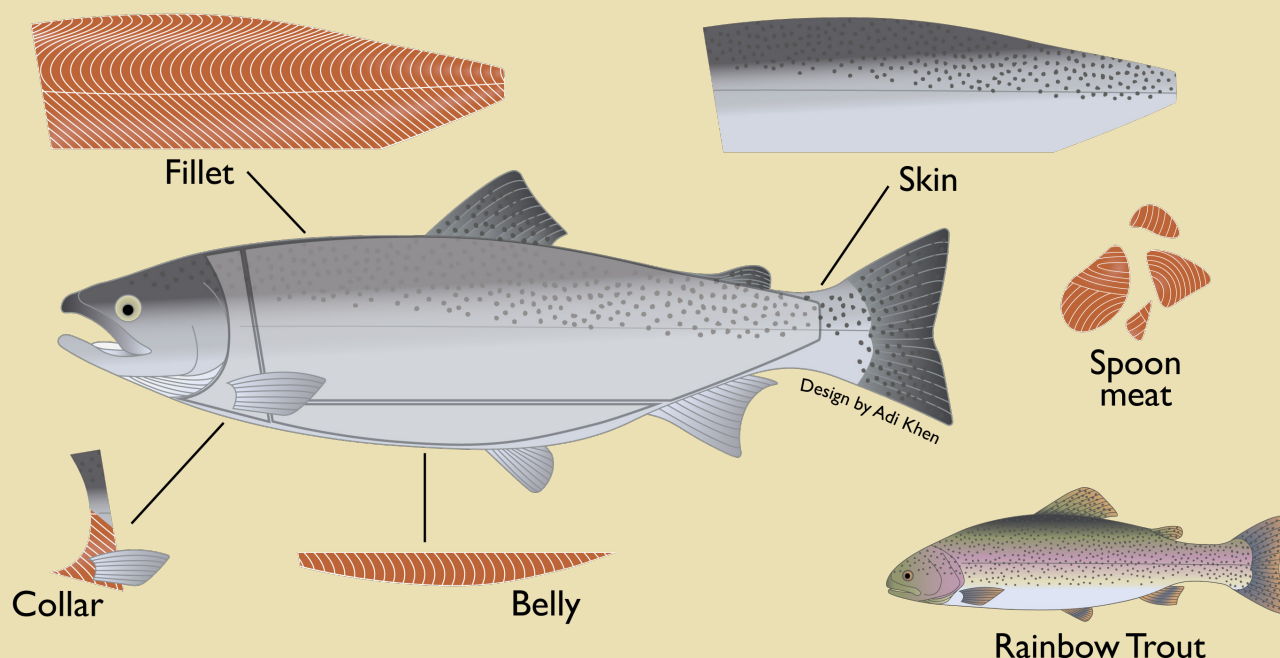
Ingredients: skin from 1 whole coho salmon, 2 medium avocados, 1 tsp salt, 1 tsp pepper, ¼ cup lemon or lime juice, ½ cup diced tomatoes, ½ cup diced red onion, ¼ cup chopped cilantro

Note: This recipe works with skin from most fish. Give it a try with skin from any salmon or trout, or with yellowtail, snapper, or grouper species.

1. Scale your fish, then fillet. Remove skin from each fillet with a sharp knife. Place skin meat-side down on a foil-lined tray, making sure to turn the edges of the foil up. Lightly season with salt and pepper.
2. Toast or broil for 20 to 30 min until crispy. When done, very carefully drain off the oil. Cool to room temperature.
3. While skin cools, cut avocados in half and remove pits. Scoop out meat into a medium mixing bowl. Add the salt, pepper, lemon or lime juice, tomatoes, red onion, and cilantro.
4. Mix with a fork to your desired consistency - for chunky, mix it less, or for smooth, you can beat with a whisk. Spoon guacamole in a dollop into the center of either 1 large or 2 smaller plates.
5. When skin is cool, cut into tortilla-chip size pieces. Alternate diagonal cuts to make triangles. Arrange chips around guac, enjoy!

Rainbow Trout & Steelhead Guide

Oncorhynchus mykiss



Rainbow trout and steelhead are one species with two distinct behaviors. All are born in rivers or streams, but some individuals (rainbow trout) stay in rivers their entire lives, while others (steelhead) migrate to the ocean and back. The species is native to the west coast of North America from Alaska to Baja California, and is found in watersheds that drain to the Pacific Ocean.

This species' two behavioral strategies are a tradeoff between risk and reward. Steelhead take the risk of ocean migration in order to grow large eating the abundant food in the ocean. Rainbow trout remain in freshwater their entire lives, facing fewer risks but also finding less food, and are typically smaller in size. Steelhead can make multiple spawning migrations, and rainbow trout can spawn for several years without leaving their watershed.

Both steelhead and rainbow trout need cold, clean, flowing freshwater rivers and streams throughout their lives. Steelhead, like Pacific salmon, are also vulnerable to threats along their migration routes including habitat degradation, large predators, and warming temperatures. These habitats are becoming increasingly rare as agriculture, urbanization, hydropower, logging, water pollution, and climate change each alter the environment.

Along the U.S. west coast, the Southern California Coast distinct population segment (DPS) of steelhead is listed as Endangered under the Endangered Species Act (ESA). Ten other DPSs are ESA-listed as Threatened, including the South-Central California Coast DPS and the Central California Coast DPS, which range from the California-Mexico border north to (not including) the Klamath River. These populations are protected, with scientists, managers, and local communities working actively to restore their populations.

U.S. fisheries target only healthy fish stocks. In California, recreational anglers can catch rainbow trout in rivers, streams, and lakes, as well as hatchery-born steelhead in rivers and streams from Big Sur to the Oregon border.

In the U.S., rainbow trout and steelhead are responsibly farmed. Both the wild-caught and farm-raised varieties are good sources of lean protein, vitamin B12, and omega-3 fatty acids. Look for varieties of this species at your local market, and try them to learn how their different lifestyles affect the appearance and taste of the fish.



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STEELHEAD COLLAR COLD NOODLE SALAD

Chef Davin Waite, Wrench & Rodent Seabasstropub

We use collars here, but this recipe works well with any off-cuts or parts, including fins, wings, or bone sections. Small skin-on fillets also work.

Ingredients: 2 steelhead collars, tomatoes (1 cup cherry or 1 heirloom), ½ cup green onion, dry buckwheat noodles, olive oil, garlic, salt, pepper

For Blood Orange Koji Hyashi Sauce: 1 cup blood orange juice, 1 cup seasoned sushi vinegar, 1 cup clear shio koji, ½ tsp garam masala, 1 tsp pickle spice, ½ tsp black peppercorns, ¼ tsp whole juniper berries

1. For Blood Orange Koji Hyashi Sauce: Combine ingredients in a small saucepan. Bring to a boil, then strain and cool to room temperature. This recipe will make more sauce than you need for 2 salad portions. Save leftover sauce in an airtight container in the refrigerator for several months, it gets better with time.
2. Cut cherry tomatoes in half, or heirloom tomato into cubes. In a small bowl, season tomato with chopped garlic, salt and pepper. Cut green onion thinly at an angle. Set aside.
3. In a medium saucepan, bring 6 cups water and 1 tsp salt to a boil. Cook dry buckwheat noodles about 4 min, strain, and cool (or follow directions on package). Lightly drizzle with olive oil and toss noodles to help them not stick together.
4. Season steelhead collars with salt, pepper, olive oil and chopped garlic. Grill or pay fry at a medium high temperature for 6 min per side; or broil for 8-10 min.
5. Place your collars on two plates. Top with chilled noodles and tomatoes, generously add sauce and garnish with the green onion.

FISH SKIN CHIPS & DIP

Chef Davin Waite, Wrench & Rodent Seabasstropub

This recipe works with skin from most fish. Give it a try with skin from any salmon or trout, or with yellowtail, snapper, or grouper species.

Ingredients: skin from 1 whole fish, 2 medium avocados, 1 tsp salt, 1 tsp pepper, ¼ cup lemon or lime juice, ½ cup diced tomatoes, ½ cup diced red onion, ¼ cup chopped cilantro

1. Scale your fish, then fillet. Remove skin from each fillet with a sharp knife. Place skin meat-side down on a foil-lined tray, making sure to turn the edges of the foil up. Lightly season with salt and pepper.
2. Toast or broil for 20 to 30 min until crispy. When done, very carefully drain off the oil. Cool to room temperature.
3. While skin cools, cut avocados in half and remove pits. Scoop out meat into a medium mixing bowl. Add the salt, pepper, lemon or lime juice, tomatoes, red onion, and cilantro.
4. Mix with a fork to your desired consistency - for chunky, mix it less, or for smooth, you can beat with a whisk. Spoon guacamole in a dollop into the center of either 1 large or 2 smaller plates.
5. When skin is cool, cut into tortilla-chip size pieces. Alternate diagonal cuts to make triangles. Arrange chips around guac, enjoy!

ASIAN-INSPIRED WHOLE RAINBOW TROUT EN PAPILLOTE

Chef Christina Ng, Chinitas Pies

A thin skin and fine protein structure lend to a quick cook time and tender texture. Rainbow trout has a mild flavor that takes to aromatics and all kinds of seasoning combinations really well.

Their size lends to a great, easy to prepare meal, with no waste to be had!

Ingredients: 1 whole rainbow trout, 1 lemon (halved & sliced), 2 sprigs Thai basil / basil, 1 stalk lemongrass, 1" ginger (peeled & sliced), 1 tsp soy sauce, 4 tbsp neutral oil (sunflower, grapeseed, canola), 1.5 tsp salt, a pinch of white pepper, 1 stalk scallions (sliced)

1. Preheat oven to 375F. On a pan or baking dish, lay down a sheet of parchment paper, enough to cover pan. Drizzle 2 tbsp oil on paper.
2. Season exterior of trout with ¾ tsp salt. Lay trout onto oiled paper. Stuff belly cavity with remaining salt, lemon halves, basil, smashed lemongrass stalk & ginger. Drizzle remaining oil, soy sauce on fish.
3. Fold top & bottom edges of parchment paper to meet in the center of fish. Fold over two or three times, fold sides inward to seal bag.
4. Bake for 25-30 minutes. When done, fish should easily separate from its bones. Garnish with white pepper and scallions, serve alongside stir-fried vegetables and steamed rice.

SIMPLEST GRILLED STEELHEAD

Adapted from Sam Sifton, New York Times Cooking

This approach works for any skin-on fillet. Try it with rainbow trout, and other species of salmon, or your favorite white fish.

Ingredients: 4 steelhead fillets skin on, salt & pepper, olive oil

1. Heat a clean gas grill to medium-high. Fish may stick if grill isn't clean to start.
2. Season fillets to taste with salt & pepper on both sides. Lightly oil grill grate, and place fillet skin up over the heat source. Cook for 2-3 minutes until lightly browned.
3. Carefully flip to skin down. Cook 3-4 min longer for medium rare.
4. Serve with a side of rice, salad or vegetables, and a lemon wedge.

REFERENCES

1. California Department of Fish & Wildlife, Steelhead Report & Registration Card.
2. California Department of Fish & Wildlife, Coastal Rainbow Trout / Steelhead.
3. NOAA Fisheries, Species Directory: Steelhead Trout.