



Char, Artic

distinguishing characteristics

Arctic char resembles the salmon, though its body is longer, and its colors are brighter. Shades of green, blue and silver, with large pink spots appear on its sides. Cooked meat is reddish-orange to pink.

specs

The whole fresh Arctic char is headed and gutted, and is sized 1-2, 2-4, 4-6, and 6-8 lb. Fresh Arctic char fillets are skin on with pin bones in or out. They are sized 8-16, or 16-24 oz. and are packed to order.

interesting fact

Arctic char is a principal fare of protein for Inuits inhabiting the area around the North Pole.

alternatives

Salmon or trout can be substituted for Arctic char.

other information

Because it is a very slow-growing fish, taking 4-5 years to reach marketable size, the char commands higher prices. There are two types of char, one that lives in fresh water lakes and one that lives in the ocean. The sea-run char is usually larger with darker flesh, and as such is considered to be of superior quality. The mild taste of Arctic char is appealing to consumers who find salmon or trout too strong. Arctic char is a great source for heart-healthy Omega-3 fatty acids. Some reports show that this fish contains more Omega-3s than salmon.

source

Iceland is the primary producer of Arctic char. It is also farmed in Canada, Greenland, and Norway. Wild Arctic char is caught off the coasts of Canada, Asia, Europe, Iceland, Greenland, and Alaska.

harvest method

Wild Arctic char are generally caught by gillnets, weirs (swirl shaped traps), and traps. Arctic char are also farm raised in fresh and saltwater. This species is available year-round.

flavor

The taste of Arctic char is delicate, similar to salmon or trout, but milder.

texture

The texture of this fish is firm with a fine flake.

quality control

The flesh should be resilient, the skin should be bright, and the eyes should be clear.

preparation

Arctic char can be used in any recipe calling for a firm-fleshed fish and is excellent baked, broiled, grilled, pan-fried, sautéed or steamed.

market segments

This fish is appropriate for the casual dining, fine dining, hotel, and resort/club.

nutritional facts

3.5 oz (100g) raw edible portion
calories 163; Calories from Fat 71; Total Fat 7.9g/12%; Saturated Fat 1.7g;
Cholesterol 27mg/9%; Sodium 65mg/2%; Total Carbohydrates 0g/0%;
Protein 21.4g; Potassium 468g.



2614 Aviation Parkway • Grand Prairie, Texas 75052
972.606.0800 • www.frugeseafood.com