

【Autumn Salmon】

Don't miss out on delicious fresh salmon!

Now in season

Mar. Apr. May. Jun. Jul. **Aug.** **Sept.** Oct. Nov. Dec. Jan. Feb.



Autumn is when salmon born in Japan return to their home rivers. It is the season when fresh salmon (autumn salmon) that are not farmed or imported are on the market. Although salmon are classified as whitefish, they are red in color because they grow by eating crustacean plankton such as krill, which resemble shrimp.

Nutritional Content

- Proteins, unsaturated fatty acids (EPA, DHA), vitamin B12, vitamin D, **astaxanthin**, collagen, etc.

The pigment **astaxanthin** has strong antioxidant properties. It is believed to suppress the effects of reactive oxygen, which promotes aging.



You can get a serving of vegetables by adding onions, carrots, or mushrooms to the aluminum foil! Adding a little butter makes it even tastier!



How to Choose and Store

- The skin should be shiny.
- It should be vibrant in color and firm when touched.
- The marbling, or white lines, in the meat should be pure white.
- Sprinkle a small amount of salt and sake, let it sit for about 10 minutes, then thoroughly wipe it dry with paper towels before freezing.



Recommended Dishes

- Center-cut salmon steaks from near the head can be used for simple dishes such as salt-grilled salmon.
- The tailpieces are good for dishes like crispy fried salmon, or salmon meuniere (floured and pan-fried).



Crispy Fried Salmon



Foil-wrapped Baked Salmon

Reference websites: "olive-hitomawashi," General Link Inc. / "Hohoemi Gohan," Nichirei Foods Inc. / "askan Shokuzai Jiten," asken Inc.
Reference material: dancyu December 2019 issue "shake and salmon," PRESIDENT Inc.

[Note] When they are in season was roughly determined using statistical data from the Tokyo Metropolitan Central Wholesale Market as a guide.

Sony Health Insurance Society Information

See Sony Kenpo's Health Service website
(English version)!

The website is available in English. Please be sure to read it.



Click "English"
at the bottom of the homepage.
<http://www.sonykenpo.or.jp/>

