



> the **dish on fish:** salmon
product catalog

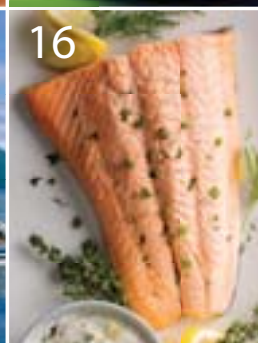


**get only the best with
Portico salmon.**

Firm texture, fresh flavor,
superior salmon. No
matter which product
you choose, we've got
the top quality.

**the highest standards
in the industry.**

All Portico farmed
salmon products are
completely traceable,
from the table back to
the hatchery. Our wild
salmon products come
only from responsible,
sustainable sources.



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welcome.

Seafood is a consistently growing category and salmon in particular has always been a delicious favorite among restaurant patrons. One large benefit of salmon is that it can be served a number of ways – grilled, poached, raw, baked and more, making it an extremely versatile menu option. Serving salmon on your menu also meets a recently growing consumer demand for healthier menu options. At Sysco, we understand the importance of providing only the highest quality seafood and are continuously committed to only investing in quality-assured, safe and sustainable seafood. Use this catalog to learn about the salmon varieties our Portico brand offers and how adding our salmon to your menu can be a valuable profit-builder.





Choose Portico Salmon!

From fresh, wild-caught Alaska king fillets to individual quick-frozen skin-on Norwegian portions, Portico has your salmon solution. As the largest purveyor of seafood in North America, Sysco has always been the leader in assuring economic integrity within our Portico lines of seafood products and this is consistent with our salmon varieties.

The Portico Brand Structure

Three brands, one pledge: Every product will be packed under the same superior quality specifications... no compromises!

Both our Portico Simply and Portico Bounty brands offer Alaska salmon and Atlantic salmon choices such as Norwegian and Chilean salmon in a wide variety of skinless and skin-on portions. We also carry value-added salmon, such as our smoked salmon under the Portico Prime brand. Our three Portico brands can be differentiated by the following:



Portico Bounty
Portico Bounty products meet established industry standards for competitive “first” and “economy” value-added labels.

The underlying quality of the raw material is similar to Portico Prime, with allowances for chemicals used in

production and broader specification tolerances for breeding percentage, defects and portion control.

Portico Simply

The brand name says it all – raw seafood products in their natural state of goodness. Our offerings within this brand are the best natural ingredients for use in all recipes. Products are chemical free and once frozen and can come portioned, skinned, boned, peeled or shucked. These raw products provide maximum versatility while delivering uncompromised quality and value. Simply superior!



Portico Prime

The industry’s best available value-added products are caught and processed in recognized prime regions and packed to exceedingly high specifications. Superior harvesting, production, and/or packaging characterize this line of products. Portico Prime products are known for lower breeding and marinating percentages, better ingredients, limited use of chemicals and unique recipes.



Quality Assurance: The Portico Difference

When quality and integrity are expected but not enforced, experience and leadership are your best bets to hedge the risks. That's when the Portico difference matters. Through the unsurpassed standards of Sysco Quality Assurance, you're guaranteed reliability and consistency. Here are a few of our safety and integrity measures that make Sysco and Portico the best choice in seafood.

Consistent Quality

Portico ensures consistent measurement of net weight, uniform sizing for all salmon, and proper use of grades and additives, including the true use of product names according to the FDA and U.S. Department of Commerce. Portico also follows written specifications for all products to ensure consistency.

Beyond Government Regulations

Sysco Portico provides oversight that is not currently enforced, going above and beyond industry norms for quality. Our regulations follow the Point Source Inspection Program (PSIP) conducted by domestic field specialists with physical plant audits performed by Sysco personnel at every source point. Sysco product quality testing goes above and beyond Hazard Analysis and Critical Control Points (HACCP).

With these additional self-imposed measures, as well as meeting government regulations, Portico provides the highest quality control in the seafood industry. Our high standards allow for consistency and quality which translates into value, and more importantly, trust for our valued customers.





Seafood's Star: Wild Alaska Salmon

Wild Alaska salmon gained its seafood superiority from its wide range of textures and flavors, making it a premium choice for any menu. Its wholesome unparalleled flavor is preferred by many customers. In fact, studies have shown that consumers are more likely to order a dish when the menu uses terms such as "wild" and "Alaska."

With five different varieties, Sockeye, Coho, Keta (or Chum), King and Pink, wild Alaska salmon allows you to easily cater your dish to the most suitable species, meeting the needs of any consumer. It also comes in multiple portion sizes.

As the name indicates, all of our Alaska salmon is wild-caught. Alaska salmon swim freely in the cold, clean waters of the North Pacific, allowing them to grow and mature at a natural rate. Sysco has a consistent quality product, offering guaranteed net weight, uniform sizing, grades and proper use of additives.



Why Alaska Salmon?

Consumer reports indicate that more customers are eating seafood at chain restaurants than they did two years ago. These consumers have an interest in seeing a greater variety of seafood offerings, and specifically favor wild-caught salmon, making wild Alaska salmon the perfect answer to meet these demands.* Below are more reasons to choose Portico Alaska salmon.

Superior Flavor

Alaska salmon is prized around the world for its superior flavor and texture. The flavor and color characteristics come from the seafood species feeding on their natural diet of marine organisms, and the texture comes from annual migrations into the cold North Pacific waters.

Versatility

It's easy to prepare Alaska salmon using your favorite cooking method. Whether you like to grill, poach, bake, or sauté, you can have a delicious meal on the table in minutes.

* Datassential 2013

Swimming Past Competition

Wild Alaska salmon helps your menu stand out against the competition. Research shows consumers are more likely to order a dish when the word "Alaska" and the "Alaska Seafood" logo are menued.

Environmentally Responsible

Careful management based on science and a precautionary approach assures an abundant stock of salmon, so it is an environmentally responsible choice for your menu.



Alaskan Families and Communities

The harvesting and processing of salmon plays an important role in Alaska. The seafood industry is the state's largest private sector employer. Each small salmon fishing vessel, for example, is a floating family business that contributes to the local and state economies. Sysco supports the local salmon fishermen, providing you high quality seafood from trusted Portico suppliers.



Wild Alaska Salmon Species

It is estimated that over four million meals of salmon are served daily. With such a high demand for salmon, creating menu differentiation can help your business thrive in the seafood category. Sysco offers all five species of wild Alaska salmon, giving chefs an opportunity to get creative with their menu while still featuring a product that is familiar and favored by consumers.

The popular flavor of Alaska salmon depends upon fat content and the environment in which the fish matures. Alaska's icy pure water and abundance of natural food give the salmon from this region an unparalleled flavor. Salmon is generally prized for its taste and nutrition value, but each Alaska salmon species brings distinct flavor and benefits to the table.



Sockeye Salmon
[*Oncorhynchus nerka*]

> Sockeye

Famous for its bold red color and high oil content, this salmon is a premium choice for your menu that won't break the budget. The distinct, deep red flesh retains its color throughout cooking and brings dramatic impact to any presentation. The rich flavor of Sockeye makes it perfect for grilling, broiling, sautéing, baking, poaching, steaming and smoking, so this is the variety you'll often find served in upscale restaurants.

Profile: Bold Flavor, Fine Dining



Coho Salmon
[*Oncorhynchus kisutch*]

> Coho

Coho salmon is also known as silver salmon. It is a favorite in western states, and offers operators all across the country an opportunity to showcase something different on their menus. Notable for its thick flake and orange color, Coho can be cooked using any method, making it a versatile choice for chefs. It is one of the most common species of Alaska salmon served in the foodservice industry.

Profile: Popular, Versatile

> Keta

Keta salmon is also known as Chum salmon, and has a firm texture with a tempting orange-pink color. Popular for its delicate flavor, this fish makes the most economical choice for Alaska salmon finfish portions. It allows cost-conscious operators to add the appeal of Alaska salmon at a very reasonable price. Keta fish have a moderate fat ratio and are a prime choice for smoked salmon dishes. Keta is in high demand in foodservice; it's served in almost every segment!

Profile: Budget-Friendly, Widespread Appeal



King Salmon

[*Oncorhynchus tshawytscha*]

> *King*

King salmon, also known as Chinook salmon, is the largest of the salmon species. Prized for its red flesh, rich flavor, and high oil content, this fish has a firm texture and succulent flesh. The high oil content makes King a prime candidate for grilling, broiling, sautéing, baking, poaching, steaming and smoking. It is definitely the king of Alaska salmon, seen most often in high-end restaurants.

Profile: Rich Flavor, Upscale



Pink Salmon

[*Oncorhynchus gorbuscha*]

> *Pink*

A light, rosy pink-colored flesh characterizes Pink salmon. Tender in texture and full of delicate flavor, this species is an economical choice for a variety of recipes and it is the type of salmon you would find canned. As the smallest, most abundant species of Alaska salmon, Pink salmon usually only reaches a weight of two to three pounds. Pinks are great for baking because of their milder flavor and also make a great vehicle for sauces.

Profile: Mild Flavor, Economical



Norwegian Salmon

Portico Simply Norwegian Salmon is raised with respect in the cold, clear waters of Norway. It's frozen fresh immediately upon harvest to preserve its pure flavor. And, because it's farm-raised, this highly versatile and sought-after fish is available year-round.



Nutrition Facts

Serving Size 4 oz

Amount Per Serving

Calories 177 Calories from Fat 103

% Daily Value*

Total Fat 11g	18%
Saturated Fat 3g	13%
Trans Fat	
Cholesterol 47mg	16%
Sodium 50mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	

Protein 17g

Vitamin A	1%	Vitamin C	6%
Calcium	1%	Iron	2%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.



Name: Atlantic Salmon (*Salmo Salar*)

Origin: Norway (Farm-Raised)

Flavor: Mild, rich and fresh

Texture: Firm, with large flakes

Color: Pink

Uses: Highly versatile and appropriate for any meal throughout the day

> Farm-Raised Features

skinless & boneless

Deep-skinned leaving the remaining fatline with a maximum width of one inch.

pre-portioned

Attractively sliced and ready to prepare.

premium

Mild yet rich flavor that can upscale any dish.

supply

Farm-raised in Norway to ensure a consistent supply.

healthy

Rich in vitamins, minerals and heart-healthy omega-3 fatty acids.





The Process

Our Atlantic salmon are “made” following a step-by-step process that starts with fertilizing the eggs in freshwater incubation tanks. We then transfer the fish to seawater tanks to grow and adapt through a process called “smolt.” Finally, we harvest and process the salmon in our specialized facilities.



Atlantic Salmon

Our Atlantic salmon has a mild flavor, large, firm flake, pink color and is farm-raised for consistent high quality. It is remarkably versatile, suited to numerous traditional and creative preparations and works well with a full spectrum of spices, flavors and sauces.

The farming of salmon follows the same cycle of reproduction, growth and maturation as takes place in the wild. Atlantic salmon farming began in the late 1960s when the species became increasingly scarce, and now almost all the Atlantic salmon consumed is farmed. Our Atlantic salmon, farm-raised in Norway and Chile, are known for their large, long and sleek bodies with blue backs and silver sides and bellies. They have black spots on their backs and gills, which are a distinguishing characteristic.

> Farm-Raised

As farm-raised fish, Atlantic salmon derive their minerals, vitamins and fatty acids from the components of their diet. For that reason, Sysco follows feed specifications to ensure that all these valuable nutrients are always present in our farmed fish. Our Atlantic salmon is processed following a global quality management program that aligns food safety, food quality, fish welfare, environmental responsibility, social responsibility and quality assurance.



> Chilean Salmon

Our Portico Chilean salmon are all natural and farm-raised. They start in carefully monitored, temperature controlled fresh water holding pools. Then, they are transferred into ocean pens in the Antarctic waters of the Humboldt current. They are processed within hours of harvesting and portioned within a ½ ounce tolerance. Our Portico Simply salmon portions are individually vacuum-packed and it adapts well to a wide range of cooking techniques, such as grilling, broiling, sautéing, etc. The sizing also makes them ideal as an entrée.

How to Choose: Farm-Raised or Wild?

The debate between farm-raised or wild-caught seafood continues to rage on, and finding the right information to make the decision can be confusing or even misleading. Here are a few of the differences to help you make the right choice for your menu:

- > Farm-raised salmon has a higher fat content, lending to a rich, milder taste than that of meatier wild-caught salmon.
- > Wild-caught salmon from Alaska eat only what nature provides and with five heart-healthy species to choose from, there are salmon to meet every menu and every budget.
- > Wild or farmed, Portico employs responsible, sustainable methods to provide consistent quality and customer value.

The bottom line is that both choices have their benefits, so the choice is yours!



Protecting Our Future



Fishing for a Sustainable Future

Fishing for today's catch, means protecting tomorrow's supply. Sysco understands the importance of "sustainable seafood" – a process of bringing fresh, high-quality seafood to our markets, restaurants and dinner tables.

Alaska Fisheries

Effective, precise management assures Alaska fisheries are productive, sustainable, and healthy, as mandated by the State of Alaska. Alaska is the only state that has written conservation laws into its Constitution, and Sysco makes sure to follow these laws as well as learn more about preservation and sustainability methods. Sysco currently partners with the Alaska Seafood Marketing Institute (ASMI) to stay informed and dedicated to the seafood industry's well-being.

Marine Protected Areas are also vital to keeping Alaska's seafood industry alive. Fishery managers have established many Marine Protected Areas (MPAs) in the federal and state waters off Alaska to protect ecological structure and function, establish control sites for scientific research studies, conserve ethnic habitat, protect vulnerable stocks and protect cultural resources. Over 40 MPAs are established in state and federal waters. As a group, they

are an important component of the management program for sustainable fisheries and conservation of marine biodiversity off Alaska.

Salmon Sustainability

With salmon, the season coincides with the return of salmon to their spawning streams, but before fishing is opened, state biologists make sure ample numbers have already passed upstream to lay eggs. A variety of methods are used to ensure ample escapement, such as stationing state fishery biologists in towers above the water to count the salmon.

When biologists are certain that enough salmon have escaped, word goes out by radio to boats. And so, in season harvest decisions are made on local rivers by personnel who know the fishery best. Limits are precisely calculated to keep the world stocked with a continuous, ever-replenishing supply of seafood, the way nature intended, from the wilds of Alaska.



Point Source Inspection Program [PSIP]

One practice that really differentiates the Sysco Quality Assurance process from competitors is the implementation of our Point Source Inspection Program (PSIP). This process creates an additional "check" along with our standard QA procedures

by randomly sampling product AFTER it is labeled and ready to be shipped, prior to leaving the factory. Since our suppliers never know if they will be chosen for this inspection, they need to make sure every shipment follows our guidelines.

The cost of removing labels and cartons for failing an inspection guarantees that all of our shipments will meet or exceed Sysco specifications.



Salmon Menu **Inspiration**

All fish are not created equal, and salmon is a shining example of seafood superiority. It's versatile, flavorful and delicious, but best of all... it's healthy! The omega-3's in salmon protect against heart disease and promote healthy skin and joints, making this dish a consistent top performer. In fact, consumer surveys have shown that salmon is the third most-consumed seafood. So, add salmon to your menu and in turn add value to your bottom line.

Poached Salmon with Creamy Herb Sauce

Serves: 20

- 2½ cups mayonnaise
- 1⅓ cups chopped assorted fresh herbs such as chives, dill, tarragon and/or thyme leaves plus additional for garnish
- 1¼ cups light sour cream
- ⅔ cup fresh lemon juice
- 1 tablespoon plus 2 teaspoons lemon zest
- ¼ cup plus 1 tablespoon water
- ¼ cup plus 2 teaspoons kosher salt
- 1¼ teaspoons ground black pepper
- 5 **Portico salmon fillets** (about 1¼ pounds each)
- 30 sprigs fresh dill
- 5 small lemons, thinly sliced plus additional slices for garnish
- 2½ quarts water
- 5 cups dry white wine

1. Prepare Creamy Herb Sauce: In medium bowl, stir mayonnaise, herbs, sour cream, lemon juice and zest, water, 1½ teaspoons salt and pepper. Cover and refrigerate up to 3 days.

2. For each 1¼ pounds salmon: In large skillet, add 6 dill sprigs, 1 sliced lemon, 2 cups water, 1 cup wine and 2½ teaspoons salt; cover and heat to boiling over high heat. Add salmon, skin side down, to skillet. Cover and cook 7 to 9 minutes or until salmon turns almost opaque throughout and reaches an internal temperature of 145°. Remove salmon from skillet and pat dry with paper towels; remove skin, if desired. Serve salmon

with sauce garnished with lemon slices and herbs.

Chef Tips

Salmon can be poached, covered and refrigerated up to 1 day in advance, then served chilled.

Salmon Sliders

Yield: 24 servings

- 1 pound green onions, thinly sliced
- 3 cups mayonnaise
- 1 cup plus 2 tablespoons chopped fresh dill
- 2 tablespoons plus 1½ teaspoons salt
- 2 tablespoons lemon zest
- 7½ pounds **Portico boneless salmon fillets** or **steaks**, skin removed and finely chopped
- 4½ cups panko breadcrumbs
- Nonstick cooking spray
- 48 slices fully cooked bacon (about 14 ounces)



- 24 leaves green leaf lettuce, each cut in half
- 48 white or wheat dinner rolls or small buns, split
- 6 avocados, thinly sliced

1. In medium bowl, stir half the green onions, mayonnaise, 6 tablespoons dill, 1½ teaspoons salt and 1 tablespoon lemon zest; cover and refrigerate.

2. In large bowl, gently mix salmon, 3 cups breadcrumbs, and remaining green onions, dill, salt and zest with fork to combine. Shape salmon mixture into 48 three-inch round burgers. Burgers may be shaped, wrapped individually with plastic wrap and refrigerated up to 1 day in advance.

3. Sprinkle both sides of 2 burgers with some of remaining breadcrumbs, pressing lightly so they adhere. Spray both sides of burgers with nonstick cooking spray. Grill burgers over medium heat until internal temperature reaches 145°, turning once. Place 2 slices bacon on grill and cook 1 to 2 minutes to heat through.

4. Cut each slice of bacon in half. Fold 2 pieces of lettuce in half and place on bottom halves of 2 buns. Place burgers over lettuce, then top with 2 pieces bacon and sliced avocado. Spread about 1 tablespoon mayonnaise mixture on top halves of buns then place over avocado to serve.



Chock-full of protein, vitamin D and omega-3 fatty acids, serving Portico Salmon is a great way to add nutritional value to any menu. Grilled and presented on top of a bed of dressed spinach, this easy-to-prepare dish has it all – nutrition, ease and flavor.

Menu Flexibility

Grilled Salmon & Spinach Salad

Serves: 20

- 20 **Portico boneless salmon fillets**
(about 7½ pounds)
- 6 cups raspberry vinaigrette
- 5 pounds baby spinach
- 3 large red onions, sliced
- 1½ pounds cherry tomatoes, halved
- 2 English cucumbers, quartered lengthwise and sliced
- 7½ ounces crumbled feta cheese
- Chopped fresh chives for garnish (optional)

1. Place salmon in 4-inch, half hotel pan; pour 3½ cups vinaigrette over salmon. Cover and refrigerate 30 minutes; discard vinaigrette.

2. Grill salmon until internal temperature reaches 145°. Separate skin from salmon while removing salmon from grill. Transfer salmon to hotel pan; cover and refrigerate until chilled.

3. To serve, place spinach, onion, tomatoes, cucumber, cheese and salmon fillets on plates. Serve with vinaigrette. Garnish with chives, if desired.



> Alaska Salmon Portions

Alaska salmon offers diners a one-of-a-kind unique flavor experience, providing naturally high quality nutrition from the fresh waters of Alaska. Consumers indicate that seeing the Alaska Seafood logo on a menu affects the likelihood of ordering a dish with Alaska fish/seafood. Sysco provides convenient pack sizes as well as including skinless and skin-on salmon in steak and fillet cuts.

> Atlantic Salmon Portions

Our Atlantic Salmon is available in a variety of cuts to meet your menu needs. In order to meet our consistent quality, price and value, Sysco provides Atlantic Salmon in these cuts:

- > **whole fish**
- > **trim D and E, as well as smaller portions**
- > **portion cut on an angle, or bias cut**
- > **portions with skin-on**

Superior Salmon

- > High quality.
- > Superb consistency.
- > Fresh, natural flavor.
- > Safe and sustainable.



Sysco is the global leader in selling, marketing and distributing food products to restaurants, healthcare and educational facilities, lodging establishments and other customers who prepare meals away from home. Our family of products and services also includes equipment and supplies for the food service and hospitality industries.

When the goodness of nature meets the quality of Sysco, the wonders never cease. We're committed to being your most valued and trusted business partner, and providing excellent service is standard practice – not an extra. From Alaska to Atlantic, wild-caught or farm-raised, Sysco has all the salmon you'll need to continue the tradition of quality.

