

EATING YUKON FISH

Did you know fish is one of the healthiest foods on the planet?

Did you know that fish contains Omega-3 fatty acid. Our bodies need this essential fat, but cannot produce it on it's own.



Health benefits

Fish are an excellent source of protein, omega-3 fatty acids, vitamins, and minerals important for good health. Eating fish on a regular basis can also lower the risk of heart disease, stroke, and diabetes.



Rich in omega-3 fatty acids



Numerous studies and reports have linked eating a diet rich in omega-3 fatty acids to many health benefits like lower blood pressure, a reduced risk of heart attack, and even increased longevity.

Fish vary in the amount of omega-3 fatty acids they contain. Some fish from our clean, cold Yukon waters have levels that are equal to or greater than other store-bought fish.

Species		Omega-3 fatty acids (g/100g serving)
Yukon fish	lake whitefish	0.72
	northern pike	0.21
	lake trout	0.18
Other fish	pollock	0.38
	haddock	0.18
	Atlantic cod	0.19
	halibut	0.51
	coho salmon (non Yukon)	1.23
	chinook salmon (non Yukon)	2.32

(http://www.env.gov.yk.ca/hunting-fishing-trapping/eatingfish.php#health_benefits)

FISH Recipes



Smoked Char or Salmon

(Recipe by Jennifer Hess)

There are hundreds of recipes for smoked fish candy, but this one is basic and good. Smoke as you normally would over a fire or use commercial smokers like a Bradley 4-rack model with a separate oven control or a simpler model such as True North will also work; the temperature gets up to about 165 F (75 C).

Whichever model you use, start checking the candy after an hour to see if it's the texture you like. Set oven at 120 F (50 C) and smoke the fish for an hour for a softer, more fatty texture; I set mine at 175 F (80 C) and smoke it for two hours for the chewier texture that I prefer. [Note: The food-safe recommendation is to keep the temperature at 140 F (60 C). Use your judgment.]

2 lbs. (905 gr) filet Arctic char or sockeye salmon, skin on

2 qts. (about 2 L) fresh, cold water

6½ oz. (200 mL) coarse sea salt

1 lb. (454 gr) golden yellow sugar

1. Make a brine by whisking the salt vigorously into the water until it dissolves.
2. Remove the pin bones from the fish—these are the interior bones that run along the meaty part of the fish from the head to the stomach—if you run your finger backwards from tail to head you'll feel them poking up. Needle-nosed pliers or industrial tweezers work well for this job.
3. Cut the fish into 1-inch (2-cm) cubes. Immerse the cubes in brine for 15 minutes. Drain, pat dry and transfer to a bowl.
4. Pour sugar over top and work the mixture gently with your hands, turning the fish so each piece is thoroughly coated. Cover and refrigerate for 8 hours. Every couple of hours, turn the fish, bringing up the grainy sludge from the bottom of the bowl and incorporating it into the mix.

5. When you're ready to smoke, get the smoker going for 15 to 20 minutes so that the fish will go into a preheated, smoky environment.
6. Oil two fine-meshed screens (you can find these at hardware stores in the outdoor section) with a neutral oil like canola or grape seed. This step is crucial—the candy is so sticky that it adheres to the screen like glue.
7. Place screens on a couple of baking sheets to catch the drips enroute to the smoker, and arrange the pieces of salmon with space between each one.
8. Place candy in smoker, and start checking for doneness after one hour.
9. When candy is done to your liking, remove from screens while it's still hot. Cool to room temperature and store in a covered container in the fridge for up to 10 days, or freeze for up to six months. Eat with the fingers, as is.

Makes about 1 ½ lbs. (670 gr) smoked char or salmon candy.



Canned Jackfish (Pike)

Use any sized jar, but these ingredients are for quarts/litres.

1/2 cup tomato soup (or ketchup) (look for low sodium and low sugar)

1/4 cup vinegar

1 teaspoon salt (added to each individual jar before soup/vinegar mix)

Method:

1. Fillet the fish, making them boneless.
2. Cut into 1 inch chunks and pack into quart jar until about 1/2 inch down from rim. (Put in salt first, then fish, then liquid.)
3. Process for 100 minutes at above 10 lbs pressure.

NOTE: for safety sake, if it drops below 10 lbs, restart the 100 minutes.

Jackfish (Pike) Stuffed in Pita Pocket Halves

Ingredients:

1 pint of canned Jackfish (Pike)

3 tablespoons finely chopped onion.

3 tablespoons mayo or sandwich spread

Seasoned salt to taste

Seasoned pepper to taste

1 pkg of small pita pockets.

Directions:

1. Drain the liquid from the fish and break it up, mixing the onion, sandwich spread, salt and pepper.
2. Open the pita pockets and fill with fish mixture.

You'll be surprised how many people will think it is salmon. Try it; you'll like it.

