

ARCTIC CHAR



Arctic char is both a freshwater and saltwater fish native to Arctic, sub-Arctic and alpine lakes and coastal waters. No other freshwater fish is found as far north. Arctic char is closely related to both salmon and trout and has many characteristics of both. Individual char fish can weigh 20 lb or more with record sized fish having been taken by angling in Northern Canada.

Although Arctic char is fished both commercially and by recreational fishermen, most Arctic char sold in the U.S. is farmed.

The Monterey Bay Aquarium "Seafood Watch" program has recently added farmed Arctic char as an environmentally sustainable Best Choice for consumers, stating: "Arctic char use only a moderate amount of marine resources for feed. In addition, Arctic char are farmed in land-based, closed systems that minimize the risk of escape into the wild."

Scientific Name

Salvelinus alpinus

Market Name

char

Common Names

arctic char, alpine trout, alpine char, sea trout

Substitutions

salmon, trout

Cooking & Handling

Nutrition Facts	
Serving Size 100 grams	
Amount Per Serving	
Calories 182	Calories from Fat 71
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 27mg	9%
Sodium 80mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 22g	

Refrigerate arctic char in a perforated pan over another pan to catch the drips. Top with crushed ice for up to 2 days after purchase.

Char's skin becomes thick and leathery after cooking, so it's best to remove it before serving.

Char is a rich source of omega-3 fatty acids, which promote good cardiovascular health. It is low in Sodium and a good source of Protein.

Flavors that work well with arctic char are basil, butter, chervil, chives, cream, curry, curry leaf, ginger, lemon, mushroom, parsley, rosemary, sesame, shallot, tarragon, white wine, wild lime.

Cooking Methods

Bake, Broil, Grill, Poach, Sauté, Smoke

Icelandic

French omble chevalier

German saibling

Italian salmerino alpino

Japanese iwana

Spanish salvelino

Raw Characteristics

- light colored spots on a dark brownish or olive cast; sides are lighter, fading to a pale belly
- overall color may be brown, yellow, gold, orange, or red
- bright red to pale pink meat
- market weight 2-5 lbs

Cooked Characteristics

- sweet, mild, rich flavor
- bright red to pale pink meat
- fine, moist flakes
- moderately firm texture
- high fat content, keeps fish moist

Global Supply:



Canada



Iceland



Norway



Greenland

Seasonal Availability

Fresh and frozen available year-round. Wild char is best when harvested in early fall.

DID YOU KNOW?

Arctic char is sold as whole dressed fish or steak, and smoked or canned. It is known as iwana when prepared for sushi.

This member of the salmon family is an environmentally friendly alternative to farmed salmon.

Char are mostly raised in tanks and raceways onshore, unlike salmon which are generally raised in open net pens in coastal waters.

Wild arctic char can only live 500 miles south of the North Pole.