



Salmon kama is the collarbone section of the fish, located near the head. This cut is often overlooked in Western cooking but is a prized delicacy in Japanese cuisine. Thanks to its rich fat content and tender meat, it's considered one of the most flavorful parts of the salmon. Traditionally, salmon kama is grilled or broiled with minimal seasoning, allowing its natural richness to shine.

Though associated with Japanese cuisine, salmon kama is gaining popularity worldwide, with restaurants and home cooks incorporating it into diverse dishes. From sushi bars to [high-end seafood](#) restaurants, this cut is making waves in culinary circles thanks to its unique taste and texture.

**Fun Fact:** Many seafood lovers refer to salmon kama as the “fish lover’s secret,” as it’s often more affordable yet just as delicious as other premium cuts like salmon fillets.

## How to Make Salmon Kama: A Step-by-Step Recipe

Want to recreate this delicacy at home? Follow this simple recipe to prepare restaurant-quality salmon kama in your own kitchen.

### Ingredients:

- 4 salmon kama (collars)
- 2 teaspoons kosher salt
- 1 tablespoon soy sauce
- 1 lemon, sliced into wedges

### Instructions:

1. **Prep the Kama:** Rinse the salmon kama under cold water, then pat dry with a paper towel.
2. **Season Generously:** Sprinkle kosher salt evenly over the fish and let it sit for 15-20 minutes. This draws out excess moisture and enhances the flavor.
3. **Preheat the Grill:** Heat your grill to medium-high. If you don't have a grill, use a broiler or stovetop grill pan.
4. **Cook the Fish:** Place the salmon kama skin-side down on the grill. Cook for 6-8 minutes, then flip and cook the other side for an additional 4-6 minutes until crispy and golden.
5. **Serve and Garnish:** Remove from the grill, drizzle with soy sauce, and serve with a wedge of lemon for a zesty kick.



No grill? No problem. Salmon kama can also be pan-seared or baked for equally delicious results!

## The Cultural Significance of Salmon Kama in Japanese Cuisine

Salmon kama reflects the Japanese principle of “mottainai,” or avoiding waste. By utilizing all parts of the fish, including the collar, this dish embodies respect for food and sustainability.

Traditionally served in izakayas (Japanese pubs), salmon kama is seen as comfort food, best enjoyed with a side of steamed rice, miso soup, and pickled vegetables. It’s also an example of omotenashi, the Japanese spirit of hospitality, as it’s thoughtfully crafted to bring joy to those who savor it.

## Understanding Salmon Kama Calories: Is It a Healthy Choice?

Yes! Thanks to its high omega-3 fatty acid content, salmon kama is not only delicious but also nutritious. A typical serving of grilled salmon kama contains about 200-250 calories, depending on preparation, making it a healthy and protein-rich choice.

Key health benefits include:

- **High Protein:** Supports muscle building and repair.
- **Omega-3 Fatty Acids:** Reduces inflammation and promotes heart health.
- **Rich in Vitamins:** Packed with vitamin D and B12 essential for energy and immunity.

Pair salmon kama with fresh vegetables or a light salad to keep the dish balanced and nutritious.

## Salmon Kama Price: A Guide to Costs and Value

One of the best things about salmon kama is its affordability. While the price can vary depending on where you buy it, salmon kama typically costs less than premium cuts like fillets or steaks.



Expect to pay:

- **Supermarkets:** \$3-\$5 per piece.
- **Local Fish Markets:** \$2-\$4 per piece (prices may vary by region).
- **High-End Restaurants:** \$15-\$25 per dish, prepared using gourmet techniques.

Pro tip: Visit your local fishmonger for the freshest and most cost-effective cuts.

## Salmon Kama Near Me: Where to Find This Delicacy Locally

Looking for salmon kama in your area? Here's a list of places to start your search:

- **Japanese Restaurants:** Many sushi bars and izakayas feature grilled salmon kama on their menus.
- **Fish Markets:** Ask your local seafood vendors if they carry salmon collars.
- **Asian Grocery Stores:** Look for frozen or fresh salmon kama in the seafood section.
- **Online Retailers:** Companies like Fulton Fish Market and Catalina Offshore offer home delivery.

## How to Cook Salmon Collar in an Air Fryer: A Modern Twist

For a quick and modern take on salmon kama, try cooking it in an air fryer. It's fast, easy, and yields incredible results.

### Air Fryer Method:

1. Preheat your air fryer to 400°F.
2. Season the salmon collars with salt and pepper.
3. Lightly oil the basket, then place the kama in a single layer.
4. Air fry for 10-12 minutes, flipping halfway through for even crispiness.

The result? Perfectly golden, juicy salmon kama with minimal cleanup!



## Tips for Selecting the Best Salmon Kama for Cooking

- **Freshness First:** Look for vibrant color and a fresh, oceanic aroma.
- **Fat Content:** The higher the fat content, the richer the flavor.
- **Skin-On:** Skin-on collars hold their shape better, making them ideal for grilling or broiling.
- **Ethically Sourced:** Choose sustainably caught salmon to support responsible fishing practices.

## Why Salmon Kama is Loved by Seafood Enthusiasts Worldwide

It's easy to see why salmon kama has captured the hearts of seafood lovers. From its incredible flavor and texture to its cultural roots and affordability, this dish adds excitement to any meal. Its versatility, whether grilled traditionally or cooked in an air fryer, makes it a must-try for foodies everywhere.

## Conclusion

Salmon kama is more than just a cut of fish—it's a culinary experience that bridges tradition, sustainability, and flavor. Its unique taste and tender texture make it a prized dish among [seafood](#) enthusiasts, while its affordability and ease of preparation allow more people to enjoy its delights. Whether you're savoring it as part of a cultural tradition or simply exploring new recipes, salmon kama is a delicious reminder of the beauty and richness that thoughtful cooking can bring to the table.

## Frequently Asked Questions

### What does salmon kama taste like?

Salmon kama is rich, juicy, and slightly fatty, making it one of the tastiest cuts of the fish.

### Is salmon kama easy to cook?

Yes! Whether grilled, broiled, or air-fried, salmon kama is beginner-friendly and quick to prepare.



### **Can I freeze salmon kama?**

Absolutely. Store it in an airtight container or freezer-safe bag for up to three months.

### **Is salmon kama sustainable?**

Yes, choosing ethically sourced salmon kama supports sustainable fishing practices and reduces food waste.