

LOCH DUART

FARM-RAISED ATLANTIC SALMON



12 – 14 lb Whole Fish



DESCRIPTION:

Loch Duart is an organic, farm-raised salmon from Scotland. The farm began in 1975 and operates 9 sites out of Eddrachillies Bay, Scotland. They produce 3,600 tons per year through a fully integrated system designed to maximize the health of the stocks. This system employs a polyculture program which involves the cultivation of sea urchins and seaweed along side the salmon – for nutrient balancing and commercial reasons. The major feature of Loch Duart Salmon is the similarity it has to wild salmon. The fish are slim and torpedo shaped with fully developed fins (rare among most farmed salmon) and powerful tails, due to the low density stocking. The water quality in Loch Duart sea lochs is the purest possible, and has been ever since tests began.

EATING QUALITIES:

One of the ultimate tests of salmon is how it tastes raw – and Loch Duart is one of the leading “Sushi” salmons in the world. It is rich with healthy fats and firm with a strong mouth feel.

FEED:

All feed is constantly and carefully monitored, the fish meal and oils come from local sustainable fisheries and the vegetable protein comes from non-genetically modified sources. The feeding regimen mimics the irregular feeding of fish in the natural environment. This allows periods of rest and reduces feed waste.

WHAT MAKES IT DIFFERENT:

Significant lower stocking densities than current industry standards and specifications, which gives the fish the space to grow naturally. The pens are also fallowed for one out of every four years for natural cleansing and regeneration. No growth promoters or antibiotics are used. No anti-foulants are used. The fish swim to a new enclosure every six weeks, allowing the nets to wind dry to remove marine growth. All stock is traceable to eggs and forebears. Loch Duart is the first producer of Freedom Food Salmon and RSPCA monitored.

NUTRITIONAL INFORMATION

Per 3 ounce portion:

Calories	156
Total Fat	9 g
Cholesterol	50 mg
Sodium	50 mg
Protein	17 g
Omega-3	1.7 g

Source NutritionData

COOKING METHODS

Raw - Sushi
Sauté - Fillets
Steam – Fillets or Whole Fish
Broil – Fillets
Bake – Fillets
Pan Fry – Fillets
Poach – Fillets or Whole Fish
Smoke – Fillets or Whole Fish
Grill - Fillets

HANDLING

Whole fish should be packed in flaked ice. Whole fish and Fillets should be stored in a drain pan in the coldest part of the walk-in. Fillets should also be covered in ice although with a barrier, so the ice never touches the flesh.