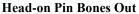


CLEAR SPRINGS RAINBOW TROUT

ONCORHYNCHUS MYKISS







Head-off Pin Bones Out



Clear Cut Butterfly

DESCRIPTION:

Rainbow Trout is a member of the Salmon family. Rainbow Trout are easily distinguished by their rainbow-like colors on their sides. All Rainbow Trout sold domestically is farmed. It is the oldest aquaculture industry in North America dating back to the 1880's. They reach market size of 8-10 ounces in 8 to 12 months. Clear Springs Foods, a vertically integrated food company, focuses on sustainability and protecting the pristine, spring water resource that produces their healthy Rainbow Trout. Clear Springs Foods, Inc. is the world's first Rainbow Trout farms to earn Best Aquaculture Practices (BAP) certification. Founded in 1966 in Idaho, Clear Springs Foods is the world's largest freshwater Rainbow Trout producer that uses raceways.

EATING QUALITIES:

The flesh of the Rainbow Trout is white, pink or orange in the raw state and when cooked the color lightens. Rainbow Trout are delicate, with a delicious and mild nutty flavor. The flesh cooks up flaky and tender.

FARMING METHODS:

Trout are farmed in concrete raceways or ponds.

AVAILABLE:

Head-off Pin Bones Out, Boned, Clear Cut Fillet

NUTRITIONAL INFORMATION

3.5 oz raw portion

Calories	138
Fat Calories	49
Total Fat	5.4 g
Saturated Fat	1.6 g
Cholesterol	59 mg
Sodium	35 mg
Protein	20.9 g
Omega-3	986 mg

COOKING METHODS

Sauté Bake Broil Grill Poach Smoke

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.

FORTUNE FISH & GOURMET

Chicago Office: Minneapolis Office: (630) 860-7100 (612) 724-5911 (888) 803-2345 (866) 363-6063

www.fortunefishco.net