

FORTUNE • FISH & GOURMET •

THE SEAFOOD & GOURMET SPECIALISTS

ORGANIC CANADIAN STEELHEAD ONCORHYNCHUS MYKISS



DESCRIPTION:

Organic Canadian Steelhead are being produced by the first certified organic steelhead farm in North America, in the cold, clean waters of Lake Huron. Steelhead is an anadromous (ocean run) form of Rainbow Trout. Steelhead tend to develop a slimmer profile, become more silvery in color and typically grow much larger than the rainbow trout that remain in freshwater.

EATING QUALITIES:

Steelhead is a very versatile fish. It is low in fat and high in protein and Omega-3 fatty acids. The appearance, taste and texture of steelhead is very similar to salmon.

FARMING METHODS:

Organic Canadian Steelhead are certified to the Organic Aquaculture Standards of Canada. This certification is reviewed annually through a third party audit conducted by Global Trust. The fish are raised in as natural conditions as possible, short of swimming free in the wild. Organic Canadian Steelhead are raised without antibiotics, hormones or chemicals. The fish are raised in pens in the waters off the world's largest freshwater island, Manitoulin Island in Northern Ontario. The farm has a strong focus on sustainable production and minimizing their impact on local fish population and the environment.

SOLD AS:

Fillets

NUTRITIONAL INFORMATION

Per 3.5 ounce portion

Calories	120
Total Fat	5 g
Saturated Fat	1 g
Protein	17 g
Sodium	30 mg
Cholesterol	48 mg
Omega-3	1.3 g

COOKING METHODS

Sauté
Bake
Broil
Grill
Poach

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.

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