FORTUNE
•FISH & GOURMET•
THE SEAFOOD & GOURMET SPECIALISTS

VERLASSO
ATLANTIC SALMON
SALMO SALAR

DESCRIPTION:

Atlantic Salmon is a silver-skinned fish with distinct dark blue-green, cross-like spots over the body and head, and above the lateral line. The underside of the fish is nearly all white. Verlasso Salmon is a premium Salmon raised using innovated farming techniques to ensure the health of the Salmon, the health of our oceans, and the long-term availability of fish.

EATING QUALITIES:

Verlasso salmon has a buttery mouth feel, firm texture and mild flavor that complements any method of cooking or preparation. It is lower in fat than conventional farmed Salmon and offers a brighter taste with no residual fishy flavor on the palate or aroma in the kitchen. Clean, fresh and firm, Verlasso salmon makes every dish a masterpiece.

FARMING METHODS:

Each fish is carefully raised from egg to market size, humanely harvested, and processed all by Verlasso. The Salmon is raised in low density ocean pens in Patagonia, where there is very little industrial development and pristine waters. By replacing the fish oil and fish meal in the traditional Salmon diet with a diet rich in concentrated algae, the "fish in, fish out" ratio has been reduced to 1:1, therefore using fewer wild-caught feeder fish. No hormones or preventative antibiotics are used in raising Verlasso Salmon.

SOLD AS:

Whole, Fillets, Portions

NUTRITIONAL INFORMATION
Per 3.5 ounce portion

Calories	160
Total Fat	8.2 g
Protein	21.6 g
Sodium	88 mg
Cholesterol	17.5 mg
Omega-3	2.5 g

COOKING METHODS
Bake
Broil
Fry
Grill
Poach
Sauté
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.

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