

LOCH ETIVE TROUT
ONCORHYNCHUS MYKISS



DESCRIPTION:

Loch Etive Trout is a high quality Scottish fish with excellent and distinctive eating qualities. It is grown under controlled farming methods off the West coast of Scotland in the pristine Loch Etive that is 30km long and up to 145m deep. The loch has been eroded by the flow of ice from successive glaciations over the last two million years.

EATING QUALITIES:

Loch Etive Trout has a delicious, mild, and nutty flavor. The cooked meat is tender and flaky. Loch Etive Trout can be cooked as you would salmon. The fish contain essential vitamins and minerals, low in saturated fat, and high in Omega-3s.

FARMING METHODS:

Loch Etive Trout are raised in a sea loch, Loch Etive. The loch contains a unique mix of brackish water and fast flowing currents with high oxygen, providing the perfect conditions to grow superior ocean Trout. The farms operate with the lowest stocking densities and highest welfare standards in the United Kingdom. The fish are fed a diet free of antibiotics, hormones and GMO ingredients

SOLD AS:

Whole, Fillets, Portions

NUTRITIONAL INFORMATION
 Per 3.5 ounce portion

Calories	118
Total Fat	3.4 g
Protein	21 g
Sodium	27 mg
Cholesterol	57 mg
Omega-3	1.1 g

- COOKING METHODS**
- Bake
 - Broil
 - Grill
 - Sauté
 - Seared
 - 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.