

# FORTUNE • FISH & GOURMET •

THE SEAFOOD & GOURMET SPECIALISTS



## DESCRIPTION:

Fjord Trout is an exclusive fish and the name for fresh farm raised Trout from Norway. Lerøy is the largest producer of Fjord trout and is the only company that can supply Fjord trout 52 weeks of the year. Fjord trout is genetically a smaller fish than Salmon and has shorter fibers in the meat compared to Salmon. Fjord Trout is a salt water species of Trout, and a whole fish weighs over 4 pounds.

## EATING QUALITIES:

Fjord Trout meat becomes a little more tender and velvetier than Salmon. Fjord trout also has leaner meat and a strong red color. The flesh is firm yet tender with beautiful marbling and a mellow taste. Its delicate and pure flavors can be enjoyed both raw and cooked.

## FARMING METHODS:

Fjord Trout is raised in the cold, clear waters of Norway, home to countless deep fjords. The fjords are fed by crystal water from the 10,000-year-old Folgefonna glacier and the salty sea which provide good currents and optimal water quality for these bright red fleshed fish.

## SOLD AS:

Whole, Fillets, Portions

## FJORD TROUT

*ONCORHYNCHUS MYKISS*



## NUTRITIONAL INFORMATION

Per 3 ounce portion

Calories	165
Total Fat	10 g
Saturated Fat	2 g
Protein	19 g
Sodium	120 mg
Omega-3	200 mg

## COOKING METHODS

Bake  
Fry  
Sauté  
Broil  
Sushi  
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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