

FAROE ISLAND
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 and its flesh color ranges from pink to deep orange. The Faroe Islands is a small, remote island group located in the middle of the North Atlantic. Despite its small size, the aquaculture industry stands out as a boutique producer specializing in the finest Atlantic Salmon. The industry is committed to maintaining the highest levels of fish welfare and sustainability. Faroe Islands Salmon has the highest fat content of any farmed Atlantic Salmon. Faroe Islands Salmon fillets are processed pre-rigor to ensure freshness. Faroe Islands Salmon is a unique, sustainable seafood option that delivers unmatched freshness and flavor.

EATING QUALITIES:

Many consider Faroe Islands Salmon the most flavorful salmon in the world and it has high Omega-3's, making it a heart healthy seafood choice. The flesh is firm, moist, and oily and has a large moist flake. Its flavor is delicate. It is considered the sushi chef's favorite salmon because it has a higher fat content.

FARMING METHODS:

The Salmon are raised in open net pens in the gulf stream waters of a pristine natural feeding ground for Wild Salmon. These farms never use antibiotics or hormones and use only all- natural feeds. This salmon is raised sustainably in the wild and harvested in a low stress manner.

SOLD AS:

Whole, Fillets, Portions, Steaks

NUTRITIONAL INFORMATION
 Per 3.5 ounce portion

Calories	216
Total Fat	15 g
Protein	20 g
Sodium	44 mg
Cholesterol	55 mg
Omega-3	1.7 g

- COOKING METHODS**
- Bake
 - Broil
 - Fry
 - Grill
 - Poach
 - Sauté

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.