

**CLEAR SPRINGS RAINBOW TROUT**  
*ONCORHYNCHUS MYKISS*



**Head-on Pin Bones Out**



**Head-off Pin Bones Out**



**Clear Cut Butterfly**

**DESCRIPTION:**

Rainbow Trout is a member of the Salmon family. Rainbow Trout are easily distinguished by their rainbow-like colors on their sides. All Rainbow Trout sold domestically is farmed. It is the oldest aquaculture industry in North America dating back to the 1880's. They reach market size of 8-10 ounces in 8 to 12 months. Clear Springs Foods, a vertically integrated food company, focuses on sustainability and protecting the pristine, spring water resource that produces their healthy Rainbow Trout. Clear Springs Foods, Inc. is the world's first Rainbow Trout farms to earn Best Aquaculture Practices (BAP) certification. Founded in 1966 in Idaho, Clear Springs Foods is the world's largest freshwater Rainbow Trout producer that uses raceways.

**EATING QUALITIES:**

The flesh of the Rainbow Trout is white, pink or orange in the raw state and when cooked the color lightens. Rainbow Trout are delicate, with a delicious and mild nutty flavor. The flesh cooks up flaky and tender.

**FARMING METHODS:**

Trout are farmed in concrete raceways or ponds.

**AVAILABLE:**

Head-off Pin Bones Out, Boned, Clear Cut Fillet

**NUTRITIONAL**  
**INFORMATION**

3.5 oz raw portion

<b>Calories</b>	<b>138</b>
<b>Fat Calories</b>	<b>49</b>
<b>Total Fat</b>	<b>5.4 g</b>
<b>Saturated Fat</b>	<b>1.6 g</b>
<b>Cholesterol</b>	<b>59 mg</b>
<b>Sodium</b>	<b>35 mg</b>
<b>Protein</b>	<b>20.9 g</b>
<b>Omega-3</b>	<b>986 mg</b>

**COOKING METHODS**

Sauté  
 Bake  
 Broil  
 Grill  
 Poach  
 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.

**FORTUNE FISH & GOURMET**

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