

INDIAN BROOK 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. Indian Brook Trout Farm is located in Jackson County, Michigan. This 90-acre commercial fish farm raises Rainbow Trout from egg to market size in 14 months.

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:

The farm produces 1 million pounds of fish year-round under the supervision of 7 full-time biologists. Artesian wells supply the farm with pure 50 degree water for the ponds. Indian Brook Trout are raised free of antibiotics, pesticides and hormones.

SOLD AS:

Whole dressed, Fillets

NUTRITIONAL INFORMATION

3.5 oz raw portion

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

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

Chicago Office: (630) 860-7100
 (888) 803-2345
 Minneapolis Office: (612) 724-5911
 (866) 363-6063
www.fortunefishco.net