

RUBY RED TROUT
ONCORHYNCHUS MYKISS



DESCRIPTION:

Ruby Red Trout is a Rainbow Trout that has been feeding on Shrimp or other feed that has high concentrations of canthaxanthin or astaxanthin, which naturally turns the flesh red. Astaxanthin can also be added to the feed of the Trout to make Ruby Red Trout. 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. Trout are well suited for farming, mainly because they are fast growing with good environment tolerances.

EATING QUALITIES:

The flesh of the Ruby Red Trout is pink to deep red 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:

Ruby Red Trout are grown in submersible cages or net pens in open waters of the Northern part of the Great Lakes, Ontario. These Rainbow Trout are fed an exclusive diet of specific nutrient filled pellets which control their diet and help their growth. These fish take generally 2-3 years under normal conditions to reach market size. The main benefit of the Northern Ontario Farm-Raised Trout is the natural nutrients from Georgian Bay, aids in the growth of fish. Once the live fish are netted, they are bled, filleted, and packed at 36 degrees, all within one hour, summer or winter.

AVAILABLE:

Fillets

NUTRITIONAL
INFORMATION

1 fillet portion

Calories	109
Fat Calories	38
Total Fat	4.2 g
Saturated Fat	1.2 g
Cholesterol	119 mg
Sodium	169 mg
Protein	16.5 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.

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