

**RUSHING WATERS 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. Rushing Waters Fisheries, Wisconsin's largest Rainbow Trout farm, lies nestled on 80 acres of pristine forest and valleys at the edge of the Southern Kettle Moraine State Forest in Palmyra, Wisconsin. The Trout are harvested to order and cut on-site according to strict FDA guidelines.

**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:**

Fish begin life on the farm as fertilized eggs. The eggs are tended to in a hatchery at Rushing Waters for two weeks before the hatching takes place. Trout at Rushing Waters will reach market size (1 pound) in eighteen months. During their life, the fish are sorted and graded according to size. Harvesting the fish by hand year-round ensures a consistent high-quality fish that has the desired flavor and texture. The Trout are fed a premium custom diet rich in natural proteins without using any animal byproducts, and the fish have access to wild food they find in the water. Rushing Waters Trout are all-natural, chemical-free and antibiotic-free.

**SOLD AS:**

Head-on Pin Bone In, Head-on Pin Bone Out, Head-off Pin Bone Out, Center Cut

**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**

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