

Trout (*Oncorhynchus Mykiss*)



COMMON NAME

Rainbow Trout

SEASONAL AVAILABILITY

Year-Round

PRIMARY PRODUCT FORMS

Fresh: Whole, Dressed, Boned (head on/headless), Fillets

Frozen: Dressed, Boned (head on/headless), Fillets

Value-Added: Breaded, Stuffed, Smoked

PRODUCT PROFILE

Flavor:  MILD MODERATE FULL

Texture:  DELICATE MEDIUM FIRM

COOKING TIPS

Talk about convenient: most rainbow trout are just the right size for individual servings. Trout can be cooked with minimal preparation, and is often served with the head on. Its taste is very delicate, and should not be overpowered with strong sauces or heavy seasoning. A little butter, lemon and parsley will bring out the delicate flavor of this fish.

COOKING METHODS

- | | | |
|---|---|---|
| <input checked="" type="checkbox"/> BAKE | <input checked="" type="checkbox"/> GRILL | <input checked="" type="checkbox"/> SMOKE |
| <input checked="" type="checkbox"/> BROIL | <input checked="" type="checkbox"/> POACH | <input checked="" type="checkbox"/> STEAM |
| <input type="checkbox"/> FRY | <input checked="" type="checkbox"/> SAUTÉ | <input type="checkbox"/> BOIL |

DID YOU KNOW...

The rainbow trout is a member of the salmon family. Idaho accounts for 70 percent of the rainbow trout raised in the United States. While trout fishing is a favorite activity of anglers, all rainbow trout sold domestically are farmed, either in concrete raceways or earthen ponds. Farm-raised fish reach their market size (8 to 10 ounces) in 8 to 12 months.

GLOBAL SUPPLY



NUTRITIONAL FACTS

Serving size: 100 g/3.5 oz (raw)
AMOUNT PER SERVING

Calories	138
Fat Calories	49
Total Fat	5.4 g
Saturated Fat	1.6 g
Cholesterol	59 mg
Sodium	35 mg
Protein	20 g
Omega-3	0.9 g

If it swims we have it.

SEATTLE FISH CO^{EST. 1998}

2800 Guinotte Avenue, Kansas City, MO 64120
816.920.7070 • SeattleFishKC.com