

TROUT, RAINBOW

ABOUT

Trout represents the oldest aquaculture industry in North America, dating back to the first trout hatchery in the 1880s. Today, Idaho accounts for 70 percent of the rainbow trout raised in the United States. All rainbow trout sold domestically are farmed, either in concrete raceways or earthen ponds. In 1989, the Latin name *Oncorhynchus mykiss* replaced its predecessor, *Salmo gairdneri*. So, when looking up information in older technical and cooking publications, *S. gairdneri* is the name to look for. However, the rainbow trout is still a member of the salmon family. It is silver with black spots on the sides, back and fins. The term rainbow can be misleading, since the skin is not rainbow hued but pinkish lavender. Steelhead trout is a seagoing strain of rainbows. Rainbows usually refer to freshwater fish. Farm-raised rainbows reach market size of 8 to 10 ounces in eight to 12 months.

PRODUCT PROFILE

Rainbow trout meat is mild, with a delicate, nut-like flavor. The flesh is tender, flaky and soft. The flesh of rainbow trout is white, pink or orange. When the meat is cooked, it has a delicate flake and the color pales. Trout feed can contain pigments to produce desired flesh colors. The fillets need to be firm, resilient and have a fresh appearance. The skin of the rainbow trout should be dark, shiny and have a slippery feel. Avoid frozen fish that looks dried out or has gray flesh.

COOKING TIPS

Rainbow trout are just the right size for individual servings. Don't overpower the delicate taste of rainbow trout with strong sauces. A little butter, lemon and parsley is usually all you need to bring out the delicate flavors of this fish. Try trout with mint and garlic stuffing for a pleasant change.



NUTRITION FACTS

Calories	138
Fat Calories	49 g.
Total Fat	5.4 g.
Saturated Fat	1.6 g.
Cholesterol	59 mg.
Sodium	35 mg.
Protein	20.9 g.
Omega 3	0.9 g.

PRIMARY PRODUCT FORMS

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

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

Value-added: Breaded, Stuffed, Smoked

GLOBAL SUPPLY

Argentina, Canada, Chile, Europe, Japan, South Africa, South America, United States

COOKING METHODS

✓ Bake ☐ Boil ✓ Broil ☐ Fry ✓ Grill
☐ Pate ✓ Poach ✓ Saute ✓ Smoke ☐ Steam