

Rainbow Trout

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.



Product Details

Pack Size	Various
Cooking Methods	Bake, Broil, Grill, Poach, Sauté, Smoke
Texture	Delicate/Medium
Flavor	Mild
Availability	January - December
Scientific Name	Oncorhynchus mykiss
Location	Argentina, Canada, Chile, Europe, Japan, South Africa, South America, United States