

# Fjord Trout

The Jewel of the Norwegian Fjords



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# Get inspired to prepare the best recipes with Fjord Trout



## Introduction

- Fjord Trout is raised in the pure and cold Norwegian Fjords where seawater meets fresh meltwater from the glaciers and snow, and therefore gains a rich taste and a pure aftertaste.
- With its beautiful red color and finely marbled flesh, Fjord Trout truly deserves the notion «Jewel of the Norwegian Fjords».
- It is perfect for raw, marinated and lightly cooked dishes, for instance when you make tapas, sushi and sashimi or tartar.
- Since Fjord Trout satisfies the strict aesthetic requirements demanded by chefs, it has become a favorite among both Japanese and European gastronomes.

## How to prepare Fjord Trout?

- Fjord Trout is more fragile towards higher temperatures than Norwegian Salmon is.
- If you cook the Fjord Trout at low temperature you will gain optimal flavour, texture and colour.
- When cooking Fjord Trout, the core temperature should be between 40-48°C.
- Fjord Trout can handle both intense and sublime flavours.
- For perfect result when cooking; brine the Fjord Trout in 10% waterbrine (1dl salt to 1 liter water) for approximately 10 minutes.



# Fjord Trout Tartar

## Ingredients 4 people

- 100g Fjord Trout fillet
- 0.5 pcs shallot
- 2 tbsp (tablespoon) fresh dill
- 0.5 pcs lemon
- 1 tbsp Dijon mustard
- 1 tbsp sesame seeds
- 1 pcs fresh cucumber
- Salt and pepper

## Procedure

- Cut Fjord Trout in very little dices, finely chop shallot and dill, add lemon juice
- Mix together Fjord Trout dices, shallot, dill, lemon juice, Dijon mustard and sesame seeds
- Taste with salt and pepper
- Wash and peel cucumber and cut in 1 cm thick slices
- Place the cucumber slices on a plate, and top each slice with Fjord Trout tartar



# Fjord Trout with risoni

## Ingredients 4 people

- 100g Fjord Trout fillet
- 0.5 pcs shallot and carrot
- 100g orzo (risoni)
- 1 tbsp butter
- 2 tbsp white wine vinegar
- 2dl chicken stock
- 0.5dl single cream
- Salt and pepper
- Lemon juice
- Fresh herbs

## Procedure

- Cut Fjord Trout into dices
- Finely chop shallot and cut carrot in little dices and fry with risoni in butter until the shallot is soft
- Add vinegar and reduce
- Add chicken stock, a little at the time, and let the risoni cook between each time you add more stock
- Taste with salt, pepper and lemon juice
- Add cream and cook until a wanted porridge consistence
- Add the Fjord Trout cubes and let them cook for 1 minute in the risoni before serving
- Serve Fjord Trout in risoni with fresh herbs sprinkled over



# Fjord Trout with sashimi ponzu

## Ingredients 4 people

- 250g Fjord Trout fillet
- 100g cantaloupe melon
- 2 tbsp olive oil
- 1 tsp (teaspoon) sugar
- Salt and pepper

### Ponzu sauce

- 1 tbsp fresh ginger
- 0.5 pcs red chilli pepper
- 2 tbsp fresh chervil
- 2 clove garlic
- 1dl soy sauce
- 0,5dl lime juice

## Procedure

- Slice the Fjord Trout in thin slices and cut the melon into nice cubes
- Mix olive oil, sugar, salt and pepper, and mix with the melon cubes
- Sprinkle the melon over the plated Fjord Trout

### Ponzu sauce

- Finely chop ginger, chili, chervil and garlic
- Mix together the ingredients for the sauce and leave in the fridge until serving
- Sieve and serve the sauce in a nice bowl
- You can make melon balls using a Parisienne scooter



# Fjord Trout ceviche with mango and capers salsa

## Ingredients 4 people

- 250g Fjord Trout fillet
- ### Marinade
- 0.5 tsp fennel seeds
  - 0.5dl lemon and lime juice
  - Salt and pepper

### Salsa

- 0.5 pcs mango
- 0.5 pcs red onion
- 3 tbsp capers
- 1 tbsp chives and fresh curled parsley
- 1.5 tbsp rapeseed oil
- Salt and pepper
- Sugar
- Lemon and lime juice

## Procedure

- Slice the Fjord Trout in thin slices

### Marinade

- Crush the fennel seeds, mix with lime juice and lemon juice and season with salt and pepper
- Brush the Fjord Trout with the marinade 10-15 minutes before serving

### Salsa

- Dice mango and red onion, and finely chop chives and parsley
- Mix together mango and onion with herbs, capers and oil
- Season with salt, pepper, sugar, lemon juice and lime juice



# Strong Quality Standard for your benefit



The Quality Standard for Fjord Trout is based on a set of rigorous criteria to ensure a consistently high level of quality. To meet the Quality Standard, the Fjord Trout must:

- Be raised in Norwegian sea water and weigh over 2 kg
- Have an even red flesh color, a lustrous skin and a natural shape
- Be packed as soon as slaughtered, stored and transported with an unbroken cold chain (at 0-4°C) until delivery
- Be handled only by personnel trained in accordance with Quality Standard specifications
- Every registered production facility must:
  - Fulfill with the Quality Standards (standard n° NS 9412:2010)
  - Provide detailed and complete traceability and quality documentation
  - Be registered by the Norwegian Food Safety Authority
  - Be controlled by an independent third party

This to guarantee that you will enjoy the very best Fjord Trout.



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