

# Key facts

- Species: *Oncorhynchus mykiss*
- Sea farmed
- Fjord Trout is available according to your preferences:
  - Whole • Portion fillet • Side fillet
  - Fresh • Deep-frozen • Cured
- Identified by its even red flesh colour
- Low production level - approximately 60.000 ton pr. year
- Healthy protein - providing essential nutrients: Omega-3, Vitamin D, Vitamin B12, Vitamin A, iodine and antioxidants



Photos: © Nuno Correia, Studio Dreyer - Hensley, Johan Willhagen, Tom Haga

## Fjord Trout

The Jewel of the Norwegian Fjords

### Preparing Fjord Trout

Fjord Trout is more fragile towards higher temperatures than Norwegian Salmon. So to obtain optimal flavour, texture and colour, prepare the Fjord Trout on a low temperature. It is perfect for raw, marinated and lightly cooked dishes, such as tapas, sushi, sashimi, ceviche or tartar. Fjord Trout can handle both intense and sublime flavours, and has proven to be suitable in different cuisines all over the world.



**NORWEGIAN SEAFOOD COUNCIL**

PO Box 6176  
9291 Tromsø  
Tel. +47 77 60 33 33



For more information  
[seafoodfromnorway.com](http://seafoodfromnorway.com)

[seafoodfromnorway.com](http://seafoodfromnorway.com)





# Characteristics of the Fjord Trout

**Norwegian Trout (*Oncorhynchus mykiss*) is a sea farmed trout branded as Fjord Trout. It is raised in the pure and cold Norwegian fjords where seawater meets fresh meltwater from the glaciers and snow. Fjord Trout is a premium niche product known for its inimitable “fjord quality”. Norwegian trout is often confused with other red fish species, but distinguishes itself from them in many ways.**

## Size

Fjord Trout is similar to salmon in size, but is generally a bit smaller. Norwegian trout is mainly available on the market in sizes between 2 and 5 kilos. It differs from the European river and dam trouts, where approximately 30 per cent is sold in sizes between 300 and 800 grams, and about 40 per cent in sizes from 800 grams to 1,2 kilos.



## Colour

Fjord Trout is known for its deep red-orange colour that together with the white marbling give the fillet a luxurious feel. The colour of the flesh mainly lies between 29 and 32 on the SalmoFan™ colour scale, which implies that it has a stronger redness than most salmonids.

The pigment in red fish is produced by astaxanthin, a carotenoid that both exists naturally in the fish as well as supplied through the feed. Trout have physiologically better ability to exploit this pigment than other red fish species, something that explains its strong red colour.

The skin of the Fjord Trout is similar to salmon, with a lustrous and silvery colour.



## Meat structure

The meat of the Fjord Trout has a healthy sheen and is firm, yet tender and mellow; something that results in an exceptional mouth feel. Trout is less vulnerable to fillet gaping because it has a denser and firmer meat structure than other red fish. Compared to salmon, Fjord Trout has a rounder shape and therefore the fillets are higher.



The fat distribution and fat content varies amongst different types of red fish. Trout mainly stores fat in the abdomen which makes it easy to cut away, while salmon stores fat between the muscle fibres. The amount of fat can also vary. Fjord Trout is, for example, significantly leaner than the European dam trout<sup>1,2</sup>. In addition the Fjord Trout have fewer bones than European river and dam trout, and the bones are easier to remove.

1.- Analysis conducted by NIFES – National institute of nutrition and seafood research.  
2.- Analyse performed by the Danish consulting company AQUARECO.



## Taste

Fjord Trout has a remarkably rich flavour with a pure aftertaste. Unlike fresh water trout, Fjord Trout does not contain geosmin, an organic compound that gives the fish a distinctive earthy flavour. The taste is often experienced as more complex and delicate than other types of red fish, and resembles shellfish and crab.

## Quality

Norway has become one of the world’s leading aquaculture nations. This is due to a combination of strict health and environmental regulations, close monitoring and continuous work to develop the industry. Combining hard-earned experience, advanced technology and the natural conditions provided by the Norwegian nature, the Norwegian aquaculture industry is able to produce high quality Fjord Trout worthy of its premium position in the market.



The success story of Norwegian fish farming started with the Norwegian Fjord Trout. The experience the pioneers gained from framing Fjord Trout has led to the aquaculture industry as we know it today.



# Quality Standard

**The Quality Standard for Fjord Trout is registered and approved in accordance with ISO norms, Standards Norway (standard n° NS 9412:2010) and is based on a set of rigorous criteria to ensure a consistent high quality level.**

**To meet the Quality Standard, the Fjord Trout must fulfil the following criteria:**

## Product specifications

- Species: *Oncorhynchus mykiss*
- Fresh
- Sea farmed in Norwegian waters
- Lustrous skin, natural shape
- Even red flesh colour, from 29 and upwards on SalmoFan™ colour scale
- Weigh over 2 kilos (weight at slaughter, gutted with head)

## Freshness and safety

The Fjord Trout must be:

- slaughtered in compliance with applicable regulations. The fish must be bled immediately after being stunned, and satisfactorily bled before further processing. Gutting must be conducted carefully to avoid damaging the muscle around the abdominal cavity. There must be no remains of entrails in the fish and it must be thoroughly washed after slaughtering
- sorted by size. Where no special agreement exists between seller and buyer, Fjord Trout shall be labelled and sold in the following sizes (gutted with head):  
2 kg - 3 kg • 3 kg - 4 kg • 4 kg - 5 kg • 5 kg - 6 kg • over 6 kg
- packed in adequate quantities of ice as soon as slaughtered (pre-rigor), in packaging approved by the Norwegian Food Safety Authority
- stored and transported with unbroken cold chain (0-4°C) until delivery

## Proficient and dedicated people

Handled only by personnel trained in accordance with the Quality Standard specifications.

## Official quality labelling and control

Every registered production facility must:

- fulfil the Quality Standards (standard n° NS 9412:2010)
- label according to the labelling requirements as well as “date of slaughter” and “use by dates”
- provide detailed and complete traceability and quality documentation
- be registered by the Norwegian Food Safety Authority
- be controlled by an independent third party such as DNV (Det Norske Veritas). <http://www.dnvgl.com/>