



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% water brine (1 dl of salt per 1 l of water) for approximately 10 minutes.
- For **oven baked** Fjord Trout, do not exceed 100°C inside the oven chamber.
- When **pan frying and grilling**, leave the skin on for the best result. For pan frying, cook the fillets skin side down on medium high heat for 4-5 minutes, then turn the fillets and continue for 3-4 minutes. When grilling, leave the fillets on the grill to get a nice colour, then transfer to the oven or a cooler spot on the grill in order to cook slowly for the rest of the time.
- When **poaching** Fjord Trout, brine the fillets with 50% salt and sugar for 10-20 min, this to obtain a better texture, colour and flavour. Wash away the brining with cold water. Bring the poaching liquid to a very gentle simmer, take the pan off the heat and poach the fillets for approximately 8-10 minutes.

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 control by an independent third party

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



NORWEGIAN SEAFOOD COUNCIL

Strandveien 106
PO Box 6176
9291 Tromsø
Tel. +47 77 60 33 33

For more information
salmonfromnorway.com

Fjord Trout

Surprise your customers and captivate them with the Jewel of the Norwegian Fjords

Photos: © Studio Dreyer - Hensley, Tom Haga, Johan Wildhagen, Takashi Okuzumi



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Fjord Trout is known as the “The Jewel of the Norwegian Fjords” and has become a favourite amongst gastronomes all over the world. There are many reasons to choose Fjord Trout, here are some:

- Fjord Trout is raised in the pure and cold Norwegian Fjords where seawater and fresh water from the glaciers meet, and therefore gains a rich taste and a pure aftertaste.
- Fjord Trout is a healthy protein that provides important nutrients; Omega-3, Vitamin D, Vitamin B12, Vitamin A, iodine and antioxidants.
- Fjord Trout assures food safety; during the entire process, from breeding to arriving fresh to your kitchen, it meets the highest standards and quality controls.

What is Fjord Trout?



- Fjord Trout is a fish species living in the Norwegian Fjords.
- The Fjord Trout is known for its deep red-orange colour and together with the white marbling this gives the fillets a luxurious feel.
- Fjord Trout has a pure taste, and it lacks the mineral aftertaste that some other fish species may have. The taste continuity is good and the flavour is remarkably rich.
- It is perfect for raw, marinated and lightly cooked dishes, for instance when you make tapas, sushi and sashimi or tartar.
- Fjord Trout is a niche product with its low production level, about 60.000 tons, compared to Norwegian Salmon with a production level of 1,2 million tons.



Everything you need to know about the Fjord Trout

PRODUCTION

Does Fjord Trout farming differ from Norwegian Salmon farming?

It is quite similar. They are both farmed in cold and clear Norwegian water. But while the Norwegian Salmon usually is farmed further out from the coast, Fjord Trout is farmed in the Fjords. Fjord Trout grows well in the Norwegian Fjords, where the rivers - formed by water from glaciers and melted snow- ensure that the sea water is less salty. Fjord Trout lives in net pens in sea water for 12-18 months.

What is the difference between Fjord Trout and European river and dam trout?

The river and dam trout is farmed in fresh water and will therefore have a different taste than the Fjord Trout that is raised in saltwater of the Fjords. The main difference between Fjord Trout and river and dam trout produced in countries such as Germany and France, is the size and taste. Around 30% of the river and dam trout is sold in the size 3-800 grams and around 40% from around 800 grams to about 1,2 kilos. In Norway the fish is mainly between 2-4 kilos.

How long has Norway been farming Fjord Trout?

Farming of Fjord Trout in Norway has been done since the 1960s.

FOOD SAFETY

Is farmed Norwegian fish safe to eat?

Yes. The Norwegian authorities have strict systems that guarantee the safety of the fish exported.

Who monitors the content of undesirable substances in Fjord Trout?

The Norwegian Food Safety Authority and the National Institute of Nutrition and Seafood Research (NIFES) take samples and analyses them. Since 2003, the monitoring program has been carried out by NIFES in accordance with European Union legislation (Directive 96/23/EC), which requires national authorities to monitor the presence of undesirable substances in raw materials and food derived from animals.

Can we trust the studies carried out by the Norwegian authorities?

Yes. The Norwegian Food Safety Authority is responsible for establishing systems and regulations that ensure that seafood from Norway is safe. Even though it is not a member of the European Union (EU), Norway is required to adopt the EU legislation when it comes to ensuring safe seafood. Farmed Norwegian fish are exported to more than 100 countries. This would never have been achieved without the quality being very high and the fish safe to eat.

Does farmed Fjord Trout contain any dangerous residues of therapeutic agents?

No. No illegal therapeutic agents or residues of legally used therapeutic agents exceeding legal limits. The authorities latest tests carried out in 2012 confirm this picture.

What determines the content of environmental pollutants in fish?

The feed on which the fish are fed. Fish farming is controlled food production. The producer knows exactly what the fish are eating and fish feed producers are subject to stringent Quality Controls.

Does Norway allow GMO (Genetically Modified Organisms) production of Fjord Trout?

No. Norway and a number of other countries in the ISFA (International Salmon Farmers' Association) have rejected production of GMO salmon and trout. Neither has Norway approved genetically modified plants or fish for cultivation/aquaculture, and the Norwegian authorities intend to pursue a restrictive line on this issue.



ANIMAL WELFARE AND SOCIAL RESPONSIBILITY

Does fish endure cramped conditions in fish farms?

No, farmed fish in Norway have plenty of space. Norwegian fish farms comprise maximum 2.5% fish and 97.5 % water, as required by Norwegian law. It is important to the health and well-being of the fish that they have plenty of space.

Is farmed Fjord Trout often in ill health?

No, the health of Fjord Trout is very good due to the development of vaccines and stringent production demands. Every single Fjord Trout is vaccinated to prevent illness.

Why are farmed fish not fed right before slaughtering?

It is entirely normal to stop feeding the fish prior to slaughtering. This is done for hygienic reasons, as the intestines of the fish must be completely empty and because it makes the fish more robust when being handled. The fish tackles stress better and thus gives better quality on slaughtering when it has not been feed prior to slaughtering. This is done in compliance with the applicable legislation and is carried out within the framework of animal ethics. Fish in the wild are also known to live for longer periods without food.

Is farmed Fjord Trout full of therapeutic agents?

No, antibiotics are practically no longer used in Fjord Trout farming, because the fish remain generally healthy throughout their lifecycle.

Are the therapeutic agents used in treating Fjord Trout for sea lice dangerous to the environment and crustaceans?

Norway's fish farming industry uses methods agents to treat lice, including wrasse and therapeutic agents that are approved by the Norwegian Medicines Agency only after careful study. Strict control of the use of such agents minimizes their use and hence their impact on the environment. The use of therapeutic agents is severely restricted during the summer months (June, July, August), which is the main season when crustaceans in the vicinity of fish farms and shed their shells.

What does fish feed consist of?

Fjord Trout eats dried feed in the form of pellets. Each pellet contains the nutrients that trout needs: fat, proteins, carbohydrates, vitamins and minerals. Proteins and fat come from fish meal and fish oil and from plant protein and plant oils. The carbohydrates in fish feed come from wheat and corn. Fish feed also contains vitamins and minerals and antioxidants.

Is Fjord Trout farming the reason why fish resources in the wild are becoming depleted?

No. The depletion of fish stocks in the wild is not caused by fish farming but by over fishing resulting from poor fisheries management. The use of species of wild fish in the production of fishmeal and fish oil is practiced all over the world. Five million tonnes of fish meal are produced annually and Norwegian fish farming accounts for less than 10%. The rest is used for other farmed animal production in agriculture and in feed for other species of fish. Of the volume of fish oil produced in the world, some 22% go to farmed Norwegian Salmon and Fjord Trout.