

鱒魚 Trout

【主要產地】：尖石鄉、五峰鄉

Major Production Area : Jianshih Township, Wufong Township

【主要產期】：1 ~ 12月

Major Production Period :January to December



產銷單位、訂購專線

鄉鎮別	產銷單位	訂購專線
尖石鄉	新竹區漁會高冷水產養殖產銷班	03 - 5856239
五峰鄉	五峰鄉產銷班	03 - 5842216

Production & Marketing Organizations and Phone Line Purchases

Where Location	Production & Marketing Organizations	Phone Line Purchasing
Jianshih Township	Highland Marine Farming Production and Marketing Squad, Fishing Association of Hsinchu Area	03-5856239
Wufong Township	Production and Marketing Squad, Wufong Township	03-5842246

📄 產品特色

鱒魚因為其肉質細、味鮮美，素有「魚者之尊」的稱號，且無腥味無小骨刺，不需刮鱗片。山地鄉由於山區長年水溫低，水質潔淨無污染，非常適合冷水性鱒魚養殖，故漁產品質優於它區，鹹鱒魚均由新鮮活體鮮魚製成，味香、口感佳。

📄 選購指南

新鮮的魚、鱗片整齊完整，眼睛明亮而呈水晶狀、魚鰓鮮紅成暗紅色，無腥臭味、魚體結實富彈性。

📄 食用方式

調理方法最優是生魚片、清蒸、其次是紅燒、乾煎、煮湯，最後才是烘烤。

📄 營養成份

鱒魚的蛋白質含量高、且有人體所需胺基酸，也含較高的脂肪與維生素、但膽固醇近乎零，為一適合滋養身體或小孩補充蛋白質的珍品。

📄 Product Features

Thanks to its tender flesh and delicious taste, trout has been called “the King of Fish.” It has no tiny bones, unlike carp, and no unpleasant odor either. An even better thing is that its scales need not be removed.

As Jianshin and Wufong township are located in a mountain area where the water is pollution free and the temperature is relatively low all year round, These the best habitat for raising the cold-water trout. As a result, the fishing industry has higher priority over other industries here. Salted trout tastes superb because it is so fresh and clean.

📄 Pointers for Purchase

Fresh with unblemished complete scales. Its eyes should be shiny and appear crystalline. the gills should be bright red and the body is solid but flexible, with no unpleasant odor.

📄 Preparation Methods with all

Sliced raw fish is best for a gourmet or connoisseur. but it can also be, braised, deep-fried, cooked in soup or baked.

📄 Nutritional Value

Trout contains protein and amin acids. It has a high fat and protein content but nearly-no cholestrol. It has a high nutritional value or can be used as a protein supplement in children who are often found lacking.