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Effect of increasing weight on chemical composition, color change and fillet yield in rainbow trout (*Oncorhynchus mykiss*)

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Abstract

The rainbow trout is very important for most consumers in terms of nutritional quality and economic viewpoint. In order to be aware of quality and chemical changes of fillet, fatty acid profile and fillet yield, cultured rainbow trout (75 total fish) in weights of 300, 500 and 700 gr were examined and compared after initial preparation. According to the results, treatments did not differ significantly in terms of moisture and protein content ($P < 0/05$) whereas the amount of fat and ash, as well as the analysis of color (*a and *b) and light (*L) indices had a significant difference. ($P < 0/05$) in some of the treatments. Also fillet yield were significantly different in all treatments and increased with increasing fish weight. Therefore, with trout weight gain from 300 gr into higher weights and particular up to 500 gr, the meat of this fish is in better condition in terms of nutritional value and fillet yield.

Keyword: Rainbow trout, Chemical composition, Color change, Fillet yield