

FISH & SEAFOOD

Sustainability

Fish should be sourced from a sustainable source. This means that they are farmed and caught in ways that are beneficial to the environment, fish stocks and wildlife.

Look out for the Marine Stewardship Council logo



Types of Fish

Fish are classified in the following categories.

White

Cod, Haddock, Dover Sole



Oily

Salmon, Fresh Tuna, Herring



Shellfish

Prawns, Lobster, Crab



Freshwater

Trout, Salmon

Cooking Fresh fish

Marinades are often used to help flavour fish. This is a short process due to the open texture of the fish and means the flavours can soak in over a short period of time

Coating fish with flour, breadcrumbs or batter is popular. This is often done when the fish is being fried or baked

Grilling is a popular way of cooking fish as it is really quick

BBQ is good for cooking oily fish such as mackerel, trout or salmon

Poaching or Steaming is a healthy way of cooking fish such as cod or salmon

Baking is often done in a parcel called 'en papillote' with herbs and vegetables.

Purchasing Fresh Fish

When buying fresh fish and shellfish you should look out for the following quality points to ensure the fish is at its freshest and most nutritious.

- Shellfish like mussels should be closed when fresh and should open up once cooked.
- The fish should smell salty, like the sea. They shouldn't smell 'fishy'
- Any markings should be clearly visible
- Eyes should be full and shiny, not shrunken and dull
- Gills should be a pinky red
- The fish should be firm to touch and not limp
- They should be slightly slimy to the touch



Storing Fresh Fish

If the fish is frozen then store at in a freezer -18°C , when defrosting it needs to be defrosted in a fridge.

If fish is fresh, it should be stored at the bottom of a fridge at 5°C .

Preparing fresh fish

To prepare fresh fish you should use a sharp knife and a blue chopping board



Nutritional Content of Fish



- | | |
|-----------------------|-------------|
| • Protein | |
| • Unsaturated fat | • Calcium |
| • Omega 3 fatty acids | • Iodine |
| • Vitamin A | • Fluorine |
| • Vitamin D | • Magnesium |
| • B vitamins | • Zinc |
| | • Sodium |

Preserving Fish

Canning such as tuna, sardines and salmon

Smoking such as kippers or haddock

Pickling such as herrings (rollmops)

