

# Seafood Handling

This chart examines the proper handling of seafood products, some examples of cost considerations and the planned use of product at the appropriate times.

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## Fish

<p><b>Fresh Finfish</b></p>	<p>Look for fillets with a shiny, bright appearance; not dull, torn, or dehydrated. Fresh ocean like scent (fishy or a dirty sock smell indicates old or improperly handled). The fat layer on the skin side of the fillet should be a shiny light pink to tan, not a dark dull color.</p> <p>If fillets have a strong fishy odor you should dispose of them. Fresh fish will last for up to 14 days if refrigerated properly. Remember that for every degree over 32, you lose a half day of shelf life.</p>
<p><b>Salmon</b></p>	<p>Whole fish should have shiny, bright clear eyes; gills should be bright red with clear mucus. Scales should be metallic and tight to the skin; when lightly pressing your finger into the flesh, it should bounce back. The belly cavity should be clear of most blood however, if a small amount of blood still remains it should be red, not brown. You should rinse any remaining blood from the cavity. Flesh should be thick with no brown, dehydrated edges. If the head has been removed be sure that the collar is not brown and dehydrated. When receiving filleted fish make sure that the flesh is not torn or broken. Avoid holding fish by the tail; make sure that you use two hands to lift fish. Also, fillets should never be packed flesh to skin.</p>
<p><b>Halibut</b></p>	<p>When checking quality, look for a translucent, white flesh color with no browning or dehydration along the edges or collar. Halibut will sometimes contain small worm-like parasites in the collar of the fish. Although they are ugly, they are harmless to humans and will disappear when cooked. Belly cavities of Halibut should be checked in the same manner as whole salmon.</p>
<p><b>Exotics (Tuna, Mahi Mahi, Swordfish, etc.)</b></p>	<p>All exotics should be purchased in whole loin form. This gives the opportunity to check the blood line for brightness and the whole loin for any signs of puss pockets or parasites. If these are discovered the loin should immediately be rejected. The blood line of exotics should not be dark brown or have any odor. Tuna, although only socially acceptable as bright red can actually vary in color from bright red to a pale pink. Color of Tuna is not the most important thing, rather the firmness of the flesh. This does not hold true when the loin is a dark brown, this indicates old fish. Sinew in Tuna is also very common; this sinew is similar to the marbling in a good steak. Swordfish should be a nice translucent white to light pink, same with Mahi Mahi. Always be sure to check the blood line for signs of age.</p>

