



## Arichat Seafood Market

616 Veteran's Memorial Dr. Arichat Nova Scotia  
market@premiumseafoods.ns.ca  
Tel: 902-226-2633  
Store Hours: Mon—Sat: 8 to 5; Sun: Closed  
[www.premiumseafoods.ns.ca](http://www.premiumseafoods.ns.ca)

# BUYING FISH

When buying fish try to ensure that it is as fresh as possible. Purchasing fish in season often proves economical and the fish will likely be fresher. The best way to determine freshness and whether certain fish are in season is to become acquainted with your fish dealer and rely on their advice.

## Fresh

In buying fresh fish choose only those packed on ice. On examining the fish, be certain the eyes are bright and clear on the surface as well as full and bulging. Gills should be reddish pink and free of slime and unnatural odour. Scales ought to be brightly coloured and cling tightly to the skin. Ensure the flesh is close to the bones, firm and elastic, and that it springs back when touched. The fish should have no strong objectionable scent, and inside the body no bones should stick through the flesh.

## Fillets

The flesh of fillets should appear fresh cut with no browning or drying out and be firm to the touch. A strong odour is undesirable. Fillets should be wrapped in moisture proof material with no air space.

## Frozen

In buying frozen fish be sure it has never been refrozen. Check the freezer compartment to ensure the temperature was maintained below 0°F; the best temperature would be -15°F. The fish should be solidly frozen and remain that way until ready to use. See that it is wrapped in moisture and vapour proof material allowing no air space. Most frozen fillets come wrapped in wax paper and packed in cardboard containers. Whole fish should be well encased in an ice glaze. Beware of white or dark spots, parched appearance, paper like corners or edges, discolouration or fading of pink flesh, or a layer of frost or snow inside the transparent wrapper.

## Buying Shellfish

**Oysters and clams:** They should come packed on ice. The shells should be hard and tightly closed, a gaping shell means the fish is dead and cannot be eaten. Shells should be free of dents and broken parts. When shelled, the meat should be firm and plump.



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**Lobster and Crab:** Live lobster and crab should be lively and vigorous with moving legs. After cooking they should be bright red and have no strong odour. In choosing live look for hard heavy shells, tails that curl up under the lobster when picked up. Live lobsters are either green, brown or deep blue in colour. The tail should snap back after cooking.

**Scallops:** Scallops are either marketed fresh, frozen, battered or breaded. Look for a slightly sweetish odour.

**Shrimp:** Fresh shrimp should have a mild odour. The meat should be firm and the shells dry and fitting closely to the body; if the shells are loose the shrimp cannot be fresh. The shell colour varies from a grey-green to tan to light pink. When cooked the shells turn red, the meat pink with red spots. When buying remember that 2-2½ pounds of shrimp in the shell yields only 1 pound of cooked shelled shrimp. A stale shrimp has an offensive odour. Some have an iodine taste, but this is natural and due to their diet and locality. Shrimp contain more iodine than any other crustacean.

### Fat-Lean Content

Cod .....	Lean
Eel .....	Fat
Flounder .....	Lean
Haddock .....	Lean
Halibut .....	Lean
Herring .....	Fat
Mackerel .....	Fat
Pollock (Boston Bluefish) .....	Lean
Redfish (Ocean Perch) .....	Lean
Salmon .....	Fat
Sardines .....	Fat
Shad .....	Fat
Smelt .....	Lean
Sole .....	Lean
Squid .....	Fat
Swordfish .....	Fat
Trout .....	Lean
Tuna .....	Fat
Turbot .....	Fat



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### Storage

Store whole fish on a tray in a refrigerator covered with cling film at between 0°C and 2°C. The gut cavity should be clean, and the fish should be dry, not sitting in a pool of water. If possible, place the fish on a rack in a tray. Fillets and portions should be stored the same way.

Molluscs and live crustaceans should be covered with a damp cloth, newspaper or seaweed, and a lid kept on the box to avoid dehydration - this helps to keep the chill off. The ideal temperature is 6°C - 8°C, and never put directly in front of fans blowing chilled air. Always pick up live crustaceans by the body, not the claws or tail, and treat them carefully - dropping, throwing or skidding the boxes across the floor will stress the fish and weaken them. Oysters should be stored cup side down to retain their moisture.

Your local market will be able to advise you on how long your fresh fish will keep, as it can vary by species.

Store smoked fish separately from raw fish in the refrigerator and don't forget that hot smoked fish is a 'high risk' product and should be stored accordingly.

Frozen fish should be defrosted overnight in a refrigerator or cooked from frozen, but never in-between.

### How Much to Buy

Purchasing the amount of fish that will provide adequate servings when cooked depends on the recipe, the size of serving you want and the amount of bone and waste in the fish. Use the following table to estimate your needs per person.

Whole .....	¾ - 1 lb.
Dressed or pan-dressed .....	½ - ¾ lb.
Fillets or steaks .....	¼ - ½ lb.
Lobster, Shrimp or Crab (in shell) .....	1 - 1 ½ lb.
Snow Crab Clusters .....	6 - 8 oz or 1 cluster
Cleaned Shrimp, Shucked Oysters, Clams, and Mussels .....	1/3 lb.

Source: NS Department of Fisheries and Aquaculture