



## Arichat Seafood Market

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Tel: 902-226-2633

Store Hours: Mon—Sat: 8 to 5; Sun: Closed

[www.premiumseafoods.ns.ca](http://www.premiumseafoods.ns.ca)

# SEAFOOD FAQs

## How long can I keep fresh seafood at home? How long should I keep thawed seafood?

**A.** Fresh and thawed seafood is best when it is used the same day that it is purchased or thawed. However, it can be held for an additional day in the coldest part of the refrigerator, if necessary. Check the label for a use by date and follow that date, if available.

## How much seafood should I buy?

**A.**

- Whole or round fish: 3/4 to 1 lb. per person
- Dressed or clean fish: 1/2 to 3/4 lb. per person
- Fillets and steaks: 1/4 to 1/2 lb. per person
- snow crab, in the shell - 6 to 8 ounces per person, or one snow crab cluster.

## Can I freeze seafood at home?

**A.** If you would like the convenience of having seafood on hand in your freezer it is always best to buy commercially frozen seafood. Most home freezers are unable to maintain the consistent temperatures necessary to hold seafood for extended periods of time. For those occasions when you catch your own seafood, or have more fresh seafood than you can consume within a few days, you can freeze it according to the following guidelines:

- Always start with fresh seafood. Seafood that has been frozen once and thawed should not be frozen again.
- Rinse the fish with water and pat it dry.
- Wrap tightly in plastic wrap and then overwrap with foil or freezer paper, or place in a plastic freezer bag. Seafood to be frozen can also be packed in a home vacuum packing machine.
- Home frozen fish has about half the storage time of a commercially frozen product, see storage times for frozen product and reduce the times listed by half.

## How should I handle leftover seafood? How long can I store it?

**A.** Leftover seafood is a great addition to salads, sandwiches and other dishes. If you have leftover seafood, be sure to refrigerate or freeze it within two hours after cooking. All leftovers should be stored in shallow covered containers. Whether refrigerated or frozen, the storage time for leftover seafood is the same as if it were uncooked.