



FISH & SEAFOOD

Customer Manual

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A FRESH CATCH SINCE 1987[®]

STORAGE OF FRESH & FROZEN SEAFOOD

- Fresh Seafood should be stored between the temperatures of 0 to 4°C
 - Ice should be kept directly on top of all fresh fish, seafood and shellfish with the exception of coloured seafood such as Salmon, Tuna, Swordfish & etc. For coloured seafood, ice should be kept in a plastic bag on top of the fish to avoid discolouration.
- Frozen Seafood should be stored between the temperatures of -15 to -21°C
 - Frozen product should be kept packaged at all times while in the freezer to avoid freezer burn.

THAWING OUT FROZEN SEAFOOD

- Frozen Seafood should be thawed out in the cooler overnight or 2-4 hours at room temperature before the product is required.
 - Product should be thawed out under refrigerated conditions.
 - If required, *cold* water can be used to speed up the thawing process.

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CUTTING SEAFOOD

- When cutting seafood for fillets, steak, or portions one has to be delicate with the product to avoid any breakage.

- This is especially true for softer fish like whitefish or arctic char.

- *Portion Control* - The more accurate the cut, the less food waste, the less expensive the portion!

FRESH FISH & SEAFOOD SHELF LIFE

- Normal shelf life is 5 to 9 days when the product is received, some products last longer but must be kept fully covered in ice.

- You should never buy more than 3-4 days supply and use a First-In First-Out inventory policy.
 - Steaks and fillets must be in a closed bag with ice on top.
 - Rinsing the fresh fish helps maintain it better.
 - For fresh fish inventory, if ice melting occurs – drain the water and re-ice the product.

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COOKED & RAW PRODUCTS

- Cooked & raw seafood products should never be stored together in order to avoid cross contamination.

GENERAL COOKING GUIDELINES FOR FISH & SEAFOOD

There are many ways to cook fish but for best tasting results do not overcook the fish.

- If baking the product, allow 10-20 minutes at 450 degrees F for the 1st inch of thickness. Per additional inch add about 10 minutes.
- If barbecuing the product, cook about 4 inches from the coals for 5 to 6 minutes on each side or until flesh flakes easily when tested with a fork.
- If poaching the product, boil for 10 minutes per inch of thickness.
- If pan frying, fry fish until golden brown on one side, turn and brown the other side. The complete cooking time should be approximately 10 minutes per inch of thickness.

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SEASONAL TRENDS OF SEAFOOD

- Wild West Coast Salmon
 - King / Red Spring May to August
 - Sockeye June to August
 - Coho June to October
 - Live Lobster – available all year long, but least expensive in May & June
 - Halibut Wild - March to November
 - Pickerel & Whitefish – short in warmer months July & August.
- * Remember any wild fish supply can be greatly affected by weather, transportation or bad catches.

PARASITES IN FISH

- The occurrence of parasites in the wild fish is a natural phenomenon.
- It cannot be prevented and is not indicative of mishandling, spoilage or quality.
- Yes, the fish is safe to eat!
The parasites are killed when frozen or cooked.
*** *Canadian Food Inspection Agency*

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SUSTAINABLE SEAFOOD



- **SeaChoice**

- Green (Best Choice), Yellow (Alternative Some Concerns) & Red (Not Recommended) Rankings to identify Sustainable Seafood
- Canada's official partner of the US Seafood Watch program



- **Ocean Wise**

- Vancouver Aquarium's sustainable seafood program
- Either Yes or No if it is Ocean Wise Recommended



- **MSC**

- Only Wild Fish & Seafood
- Either Yes or No if it is Marine Stewardship Council approved



- **ASC**

- Only Farmed Fish & Seafood
- Either Yes or No if it is Aquaculture Stewardship Council approved



- **SEA PACT**

- North America's Sustainable Seafood Alliance
- Actually fund Fishery Improvement Projects & Aquaculture Improvement Projects
- Seacore is a founding member



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SIZING CHART FOR MOST COMMON SEAFOOD

Shrimp

Count per LB

- 16/20 ct represents 16 to 20 shrimp in a single pound

Squid

Count per KG

- U/10 represents Under 10 pieces of squid per kilogram
- Some Squid may also be sized in inches or centimetres such as 6-8" or 15-20cm.

Crab King

Count per 10 LB increments

- 14/17ct represents 14 to 17 legs and claws in a 10 LB size

Crab Snow

Size of cluster

- 10oz is the actual size of the cluster (claw and knuckles) of the crab

Fillets

Actual size of fillet

- 6-8oz represents 6-8 oz per fillet or 2-3 LB fillets represents 2 to 3 LB each fillet

Scallops

Count per LB

- 10/20ct represents 10-20 scallops in a single pound

Whole Fish

Actual size of fish

- 8/10 represents 8 to 10 LB for the whole fish

Lobsters

Actual size of whole lobster or tail

- 1.5 Lb is the actual size of the whole, live lobster
- 6oz is the actual size of the Lobster Tail

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Remember you can contact our office with any questions or concerns you may have.

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