

MEET THE FLEET

Seafood Tips for Selection, Storage, Preparation, and Raw Consumption



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Seafood Selection & Storage

Keep it dry and cold!

Wrap whole fish in plastic wrap, place in a bowl of ice with a few cubes on top of the wrapped fish and store in refrigerator.

Pat fillets dry, place in plastic bag, and store over ice in the refrigerator. Check the bag daily and pat dry again to remove any liquid.

Live lobsters and crabs spoil rapidly after death and should be alive at the time of cooking. Keep them alive in the fridge by storing with a moist towel in the crisper drawer or in a large bowel. Do not immerse in water.

Thawing frozen seafood

Thaw overnight in the refrigerator.

Quick method: seal it in a plastic bag and immerse it in cold water, or microwave it on the “defrost” setting and stop the defrost cycle while the fish is still icy but pliable.

If you smell sour, rancid, or fishy odors in raw or cooked seafood, do not eat it.

If you smell either a fleeting or persistent ammonia odor in cooked seafood, do not eat it.

Selecting Fresh Seafood

All seafood should smell salty and clean. Only buy seafood that is refrigerated or on a thick bed of fresh ice.

Fish fillets flesh: firm, moist, and glistening with no discoloration. Fresh tuna should be red.

Shrimp, scallop, and lobster flesh: clear with a pearl-like color and little or no odor.

Whole fish: firm flesh, red gills and clear eyes.

Whole crabs and lobsters: purchased live, showing some leg movement.

Previously Frozen: may not have all the characteristics of fresh fish (e.g., bright eyes, firm flesh, red gills, flesh, or bloodlines), however, they should still smell fresh and mild.

Shellfish: Discard ones with cracked or broken shells. If their shells do not close when tapped, do not consume (even if cooked).

How long will my seafood last in the refrigerator?

Live Shellfish

Oysters: 1 week

Quahogs: 1 week

Mussels: 2-3 days

Steamers & Razor Clams: 1- 2 days

Scallop meats: 2-3 days

Raw Fish

Whole fish (gutted): 1-2 days

Fillets: 1-2 days

Cooked Fish: up to 4 days

Freshly Shucked Oysters or Clams:

Refrigerated, sealed containers: 5-7 days

Frozen: up to 3 months

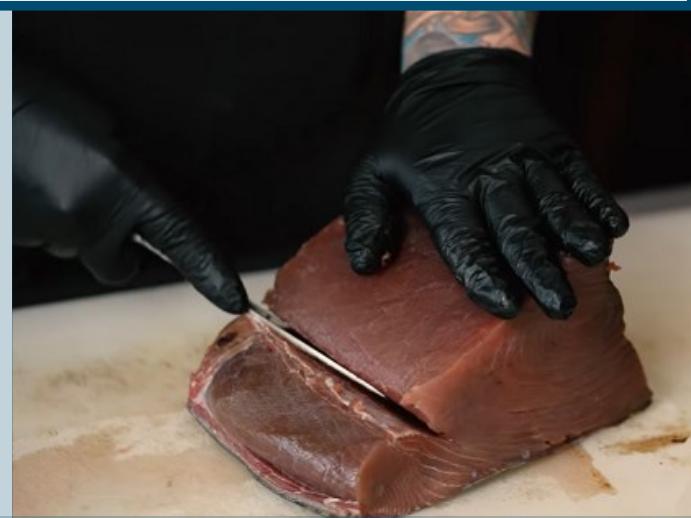
Frozen Fish: will be safe indefinitely, but the flavor and texture will lessen after lengthy storage

Preparing Seafood

When filleting, use your sharpest knife with a flexible blade that is at least 8" long

Let the fish guide your knife: follow the spine or connective tissue in the flesh

Wet your knife with cold water before each cut and wipe clean after each cut.



If you're not confident with your skills, ask your fishmonger to fillet or prepare your order

You can use the rounded edge of a spoon to scrape scales from whole fish

Striking the backside of a spoon against the white side of a cooked and chilled Jonah crab claw will easily crack open the shell, allowing you to pull the shell off the meat



To pick up a lobster, grab it by its body — not by the claws or the tail. When you lift the lobster, it will probably curl its tail and try to strike you with its claws. Keep your fingers away from the underside.

Find online videos to walk you through the steps and increase your confidence

How to Fillet Every Fish

How to Open Every Shellfish

Watch our seafood tips & tricks on our YouTube Channel @FishermensAlliance

- ♦ Preparing whole fish (de-scale, de-gut, head off)
- ♦ Debone and skin a monkfish tail
- ♦ Making ceviche
- ♦ Breaking down tuna

Raw Seafood Consumption



Raw Oysters and Clams:

- ◆ They are alive and should close their shells when tapped or moved. Do not consume them raw if they don't close or have broken shells or smell bad.
- ◆ Keep them cold! Below 40°F or on ice during transport (bring a cooler) and while storing them
- ◆ Rinse off dirt from the shells, but don't let them drown—freshwater can kill them
- ◆ Covering with a moist towel keeps them fresh in the fridge—do not store in a sealed container
- ◆ Pregnant women or individuals with compromised immune systems should avoid raw shellfish.



When preparing seafood to consume raw, extra steps are important for food safety

- ◆ Keep seafood cold—return to fridge if not using right away
- ◆ Wear gloves for sanitary preparation
- ◆ Prevent cross contamination: store and handle raw seafood separate from other foods
- ◆ If your recipe calls for acids like vinegar and citrus, or wasabi, don't skip it! They help kill bacteria, making raw seafood safer
- ◆ Buy the freshest fish you can find and consume within a few days.
- ◆ Purchase from fishermen or markets that carry fresh, high-quality seafood and follow proper food safety practices. Your fish should smell briny not fishy.

Marinating in acid for long periods is used to “cook” raw seafood and make ceviche. You control how well cooked it is by how long it is marinated.

Ceviche Marinating Guidelines:

- ◆ 10 to 15 minutes: medium-rare (exterior will start to firm up, while the center will remain tender and moist)
- ◆ 15 to 25 minutes: medium
- ◆ 25 minutes: medium-well.

The best way to decide how you like your ceviche “cooked” is to throw five pieces of fish in some marinade and taste every five minutes.