



Seacore Seafood Inc.

The Source For All Your Seafood Needs

Fish & Seafood Customer Manual



www.seacoreseafood.com



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

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