



# Fish & Seafood

## Customer Manual



*\* Please use these guidelines as a reference intended to aid you. As always use your own personal judgement.*

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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.

## 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.





## **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*



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

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