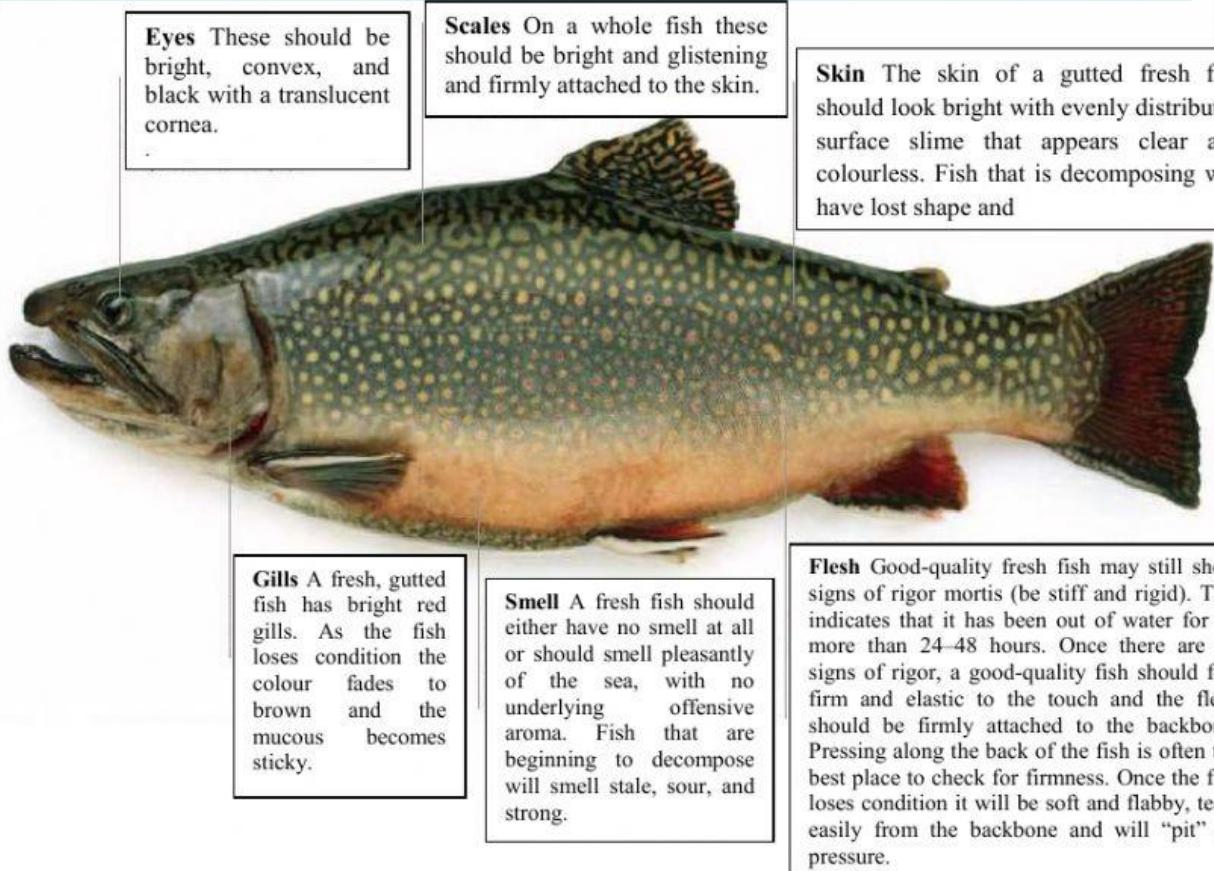


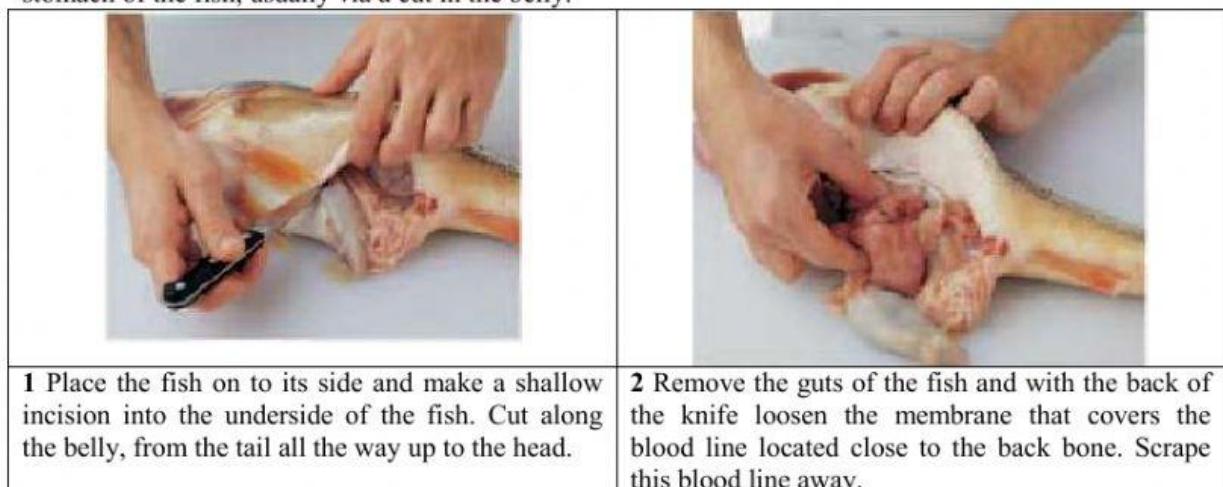
Fish

There are several key points to consider when choosing fish to buy. Sight, smell, and touch are needed to assess the quality of fish, and you need to know what to look for in order to determine which are the best-quality specimens. For optimum flavour, fish should be bought and cooked as fresh as possible, preferably when in season – you will find many fish species are interchangeable in recipes. Certain species are suffering from overfishing, so the sustainability of the fish should also be given consideration. If you are buying fish in advance of serving it, it is important to store it properly to keep it at its best.



PREPARE

GUT A WHOLE ROUND FISH This essential job requires you to remove all the viscera from the stomach of the fish, usually via a cut in the belly.



1 Place the fish on to its side and make a shallow incision into the underside of the fish. Cut along the belly, from the tail all the way up to the head.

2 Remove the guts of the fish and with the back of the knife loosen the membrane that covers the blood line located close to the back bone. Scrape this blood line away.



3 Rinse the inside of the fish carefully under cold running water and wipe away any grey membrane left in the belly cavity. Pat the fish dry with kitchen paper, inside and out.

FILLET A FLAT FISH A flat fish can be cut up into either two fillets or, if it is a particularly large fish, like this turbot, four fillets. The fish needs scaling, the head and gills removed, and trimming before filleting.



1 Lay the fish flat with the tail facing you. Insert the tip of a filleting knife at the top of the back bone – the top of the bone should be visible – and make a cut along the centre of the fish.



2 Angle the knife slightly so that the tip moves over the bones of the fish, then insert it under the fillet. Carefully move the knife down to the edge of the fillet to release it at the fins.



3 Turn over the fish and lay it flat again, repeating the same process on the other side of the fish to create four fillets. Once you have removed the fillets, you can skin them, if you wish.

Cod

They are “white” fish, with the main concentration of oil being found in the liver, so the flesh is low in fat. The flesh colour varies, but cod is renowned for having well-flavoured flesh that, when cooked, offers succulent and sweet flakes.



1. CUTS Whole (gutted, with head on or off); fillet; steak. Atlantic cod: head; cheek; tongue; roe; liver; air bladder/”sounds”. Some cod are also salted, dried, and smoked.

2. **EAT** Cooked: Deep-fry or pan-fry in batter or breadcrumbs; bake; poach in stock or milk; use chopped flesh for soup or chowder; grill fillets or whole fish. Preserved: Cold smoked; salted; dried.
3. **ALTERNATIVES** Cod is endangered in some parts of the world. The following fish can be used interchangeably: haddock, pollack, saithe (coley), whiting, and pouting.
4. **FLAVOUR PAIRINGS** Dill, parsley, bay leaf, lemon, olive oil, tomatoes, olives, capers, garlic, breadcrumbs, butter.
5. **CLASSIC RECIPES** Deep-fried fish and chips; brandade; taramasalata; cod in parsley sauce.

Choose 1 fish in the picture and complete the table:



1. CUTS	
2. EAT	
3. ALTERNATIVES	
4. FLAVOUR PAIRINGS	
5. CLASSIC RECIPES	

Describe pictures:



[Link for help](#)