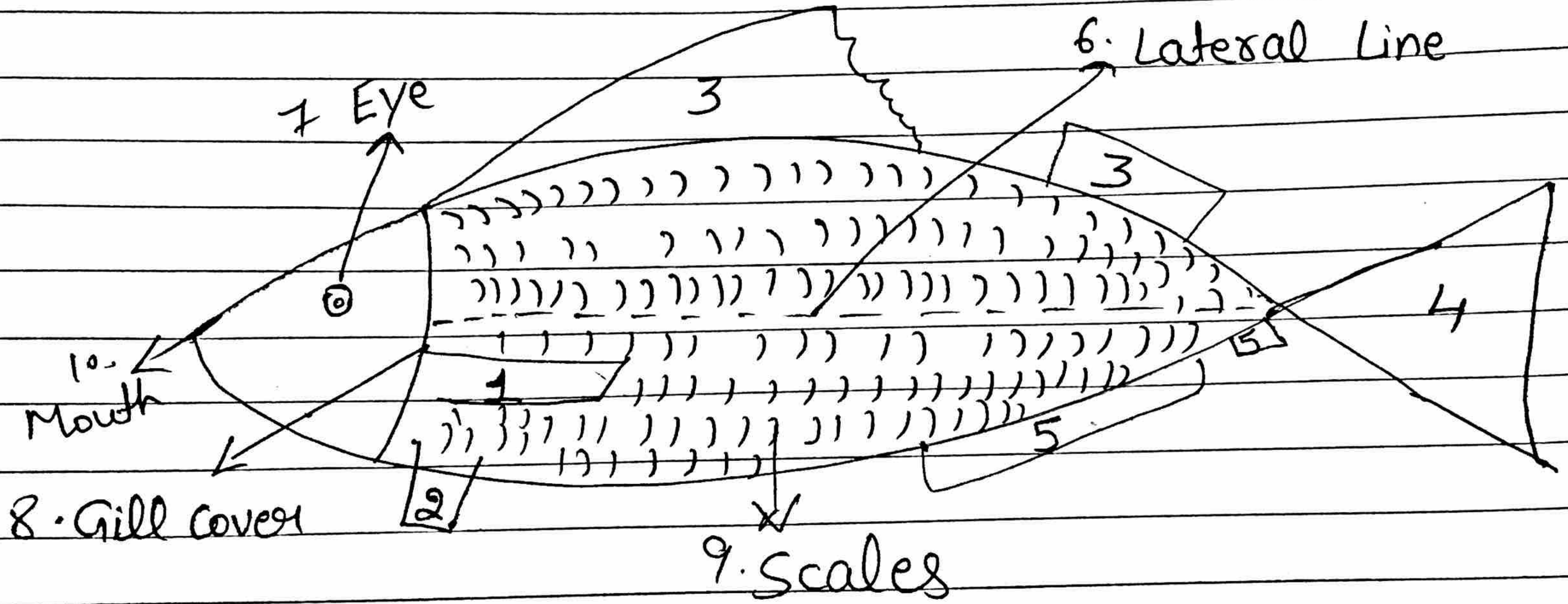


18/08/2019
Food Production

Introduction of fish:

Structure of fish



1. Pectoral fin
2. Pelvic fin
3. Dorsal fin
4. Tail
5. Anal fin
6. Lateral line
7. Eye
8. Gill cover
9. Scales
10. Mouth

Quality of Fish

1. The eyes should be bright and moist. It should be full and not sunken.
2. The gills should be bright pinkish red in color and should give a fresh smell.
3. The flesh should be firm and springy or elastic.
4. The scales should be plenty full, firm and should not come out easily while handling.
5. Fish should have a fresh salty smell.

Differentiate b/w Flat & Round Fish

Flat Fish

Round Fish

1. This fish is flat in shape
 2. Both its eyes are on one side
 3. It swims flat to the surface of water with the belly aligned parallel to the water bed.
 4. Belly side of the fish is white in color
 5. It yields four fillets
 6. Eg: Turbot, Flounder, skate, Halibut, sole, Brill
 7. They are found in deep in bottom
1. This fish is round in shape
 2. Eyes are on either side of the fish.
 3. It swims in horizontal fashion.
 4. Both the sides of the fish are of same color.
 5. It yields two fillets.
 6. Eg: Salmon, Trout, Cod, Tuna, Haddock, Mackerel
 7. They are generally found on the top.

FISH

Classification

1. Fin

Round

Flat

2. Shell

White oily

White

Crustaceans

Molluscs

Cephalopods

Eg: Lobsters,

Eg: Snails,

Prawns

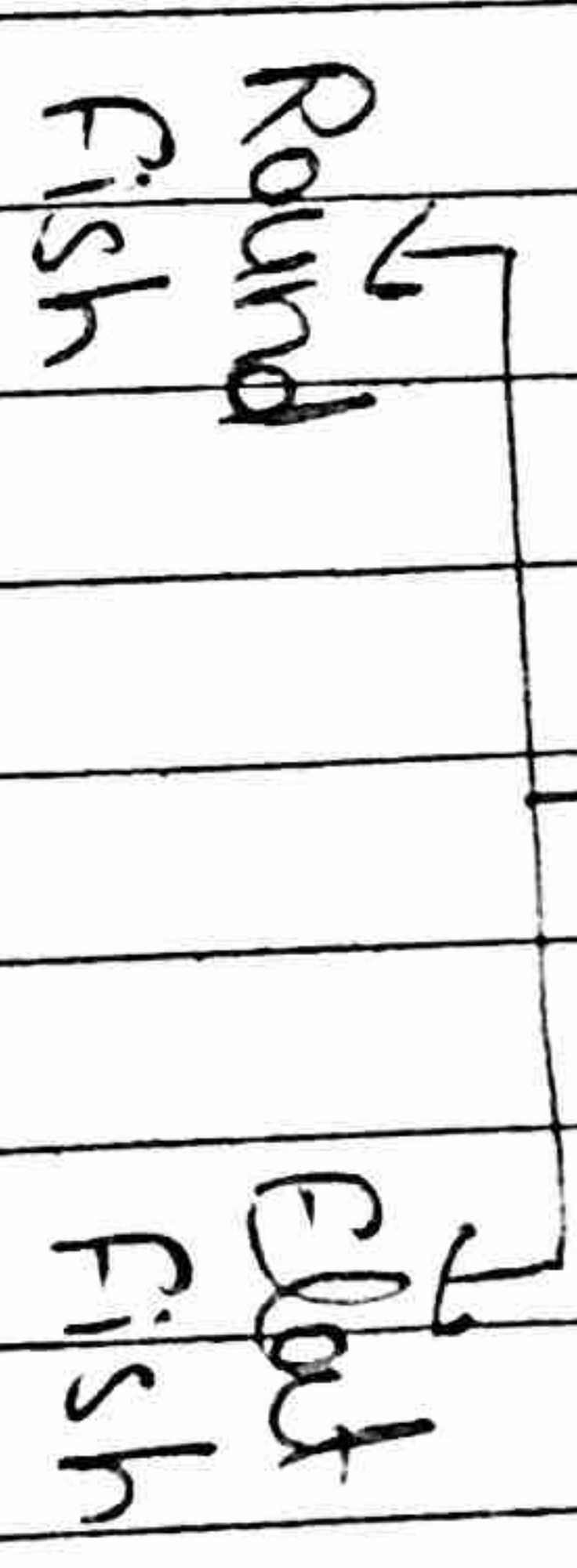
Coabs, oysters

Eg: Octopus

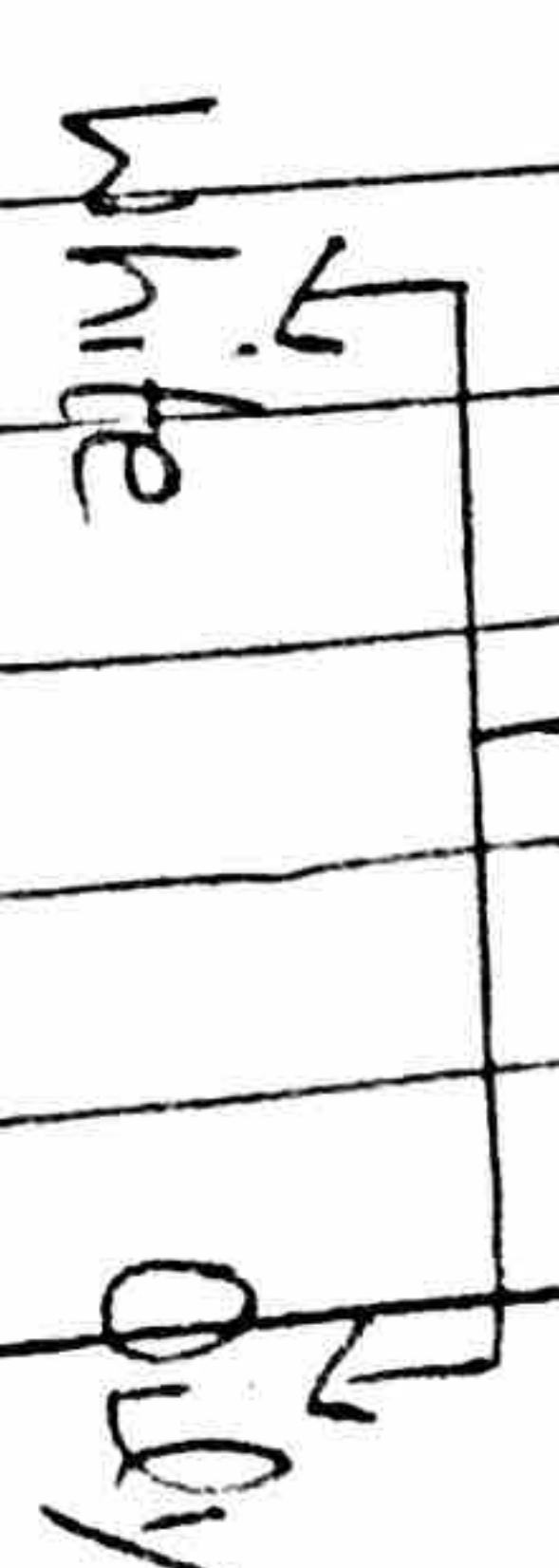
Squids

FISH

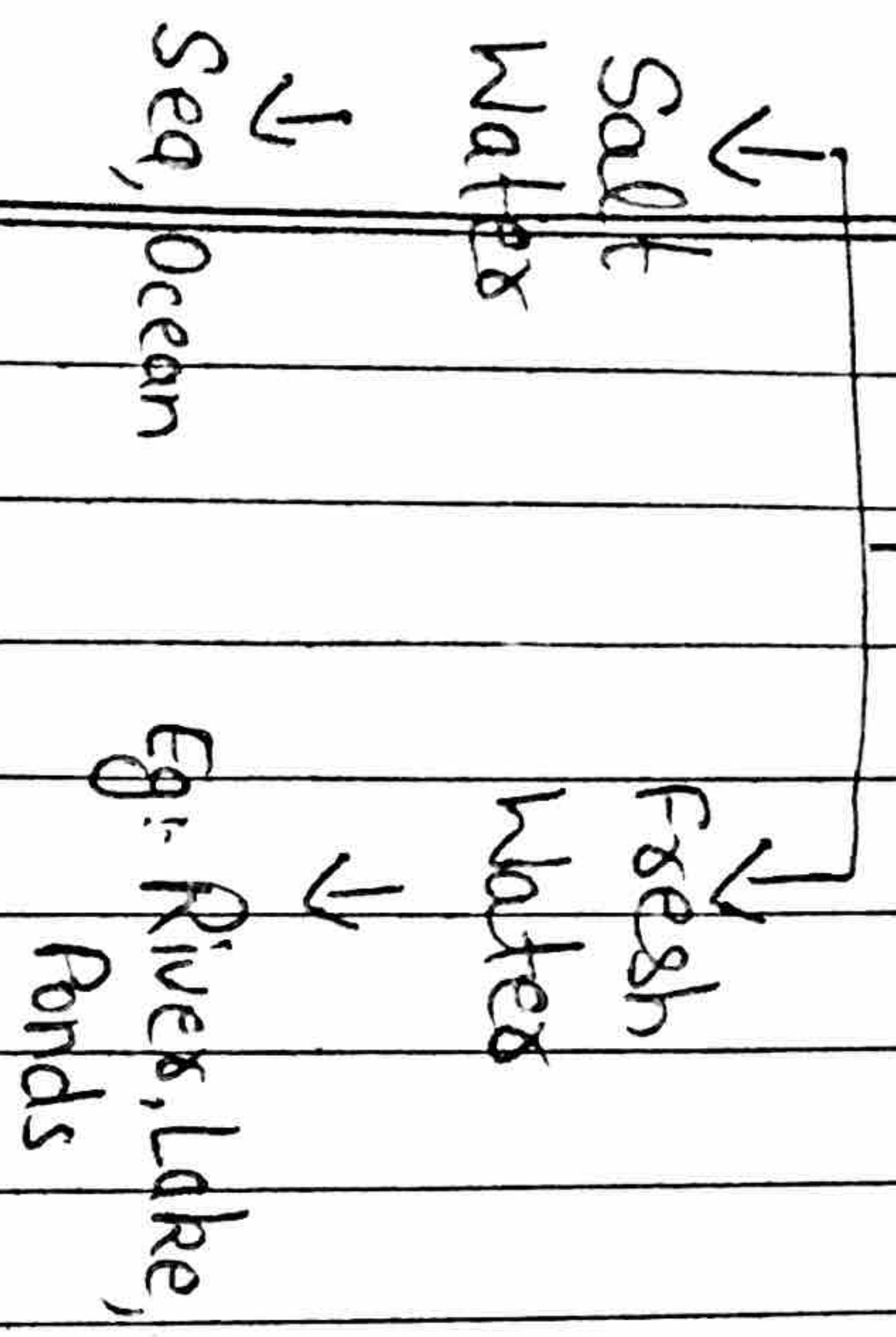
Physical Shape



flesh Type



Habitat



19-3-18 Monday.

Food production Practical.

~~Practical~~

Introduction of fish fish and shell fish are

commonly sea food though they could be processed from lake, pond and rivers and they can also be farmed artificially to fill the demand of the customer. Fish is the delicate meat, one must apply delicate cooking methods. Fish is considered as a vegetarian food in Bengal. In France it is

regarded as fruit de mer which means special place in French classical menu, named Poisson, fish is of perishable nature. It loses its nutrition if not stored properly.

Fish is rich in protein and oils such as omega-3 which is good for heart patient and brain. 75% of fish is water, 18% is albuminoidal, fat content is varies from fish to fish