



LESSON 4

SEAFOOD TIPS: SELECTING, BUYING, HANDLING, STORING, AND COOKING

ACTIVITY:

HOW TO EVALUATE A SEAFOOD COUNTER

To guarantee an excellent seafood meal:

Ask your trusted friends and relatives to recommend the best seafood counter in your area. Your nose knows! If you smell it before you see it, walk away from the counter. Stand back from the seafood counter and look for:

- Properly cooled (iced) displays (32° F)
- No cross-contamination—no cooked seafood touching raw seafood
- Properly displayed product signs and price markers—not stuck into fish (a practice that introduces spoilage)
- Watch other shoppers—are they buying the seafood?