

# SEAFOOD DEFINITIONS AND MARKET TERMS

**Aquacultured** - Finfish or shellfish raised in fresh or saltwater pens or ponds or on growing surfaces such as ropes or posts. "Farmed" seafood is grown in highly controlled conditions where water and feed quality can be closely monitored to ensure peak production and quality.

**Fillet** - A portion of flesh taken from either side of a fish, cut parallel to the central bones. The main bones, fins and belly flaps are usually removed from the finished fillets.

**Fresh** - Product that has never been frozen, cooked, cured or otherwise preserved.

**Groundfish** - so-called because they generally feed and dwell near the bottom, the "ground" of the sea. The principal groundfish species are: cod, small flatfishes (such as plaice and flounder), redfish, haddock, pollock, turbot, halibut and hake.

**Gutted** - Fully eviscerated fish.

**H&G** - Headed and gutted fish.

**Headed** - Fish from which the head has removed.

**IQF** - Individually quick frozen.

**Molting** - The process by which a crustacean (lobster), sheds its shell to accommodate growth.

**Omega-3's** - Fatty acids found in seafood and other sources. Research has found that these fatty acids have a beneficial effect on the cardiovascular system and many other aspects of human health.

**Pelagic** - Fish that range through the water column are known as "pelagic" to differentiate them from "groundfish" which feed and dwell near the bottom. Feeding mainly in surface or middle depth waters, pelagic fish travel mainly in large schools. Examples of pelagic fish are: Herring, Atlantic salmon, Mackerel, Swordfish, Bluefin Tuna, American eels, Smelt, Gaspereau and Capelin.

**Portion** - Usually a square or rectangle, cut from a block of frozen fish. May be plain or breaded, raw or precooked.

**Round** - Whole, ungutted fish.

**Scrod** - Size designation for cod, haddock, pollock and cusk. Means "small" usually under a specific poundage. Scrod is not a species of fish; sometimes spelled schrod.

**Steak** - A cross-sectional slice of a fish, usually ½ to 2 inches thick and containing a section of the backbone.

**Whole fish** - The complete fish just as it comes from the water, also called landed or round weight.

## **Mussels**

Mussels are a sweet, low-calorie treat. The meat varies in colour from creamy white to bright coral. Nova Scotia mussels are grown along our ocean coastline on mussel aquaculture farms. They grown on ropes suspended above the ocean floor to ensure a mussel free of grit.

## **Atlantic Oysters**

Oysters are called many different names depending on where they are grown. The Atlantic oyster is grown in our Atlantic region. The water where oysters are grown influences it's flavour. Nova Scotia's clean, clear water insures plump oysters that are delicious and healthy. Oysters are known for their healthy high zinc content.

## **Lobster**

Nova Scotia is known worldwide for it's wonderful, fresh, delicious lobster. The cold waters of our coastline guarantee a hard shelled lobster. Our export of lobster topped \$389 million in 2001. There are 13 lobster fishing areas along Nova Scotia's coastline, each with it's own season. Somewhere in Nova Scotia there is always a season open to provide that wonderful, fresh, mouth-watering flavour, prized worldwide.

## **Sea Scallops**

Sea Scallops or 'Digby Scallops' are landed in a number of ports in Nova Scotia. The sweet juices and succulent flavour are enjoyed by people worldwide.

## **Haddock**

Haddock is one of the most popular fish in Nova Scotia. Haddock is one of the most versatile of all fish because it's light flavoured, lean white meat is perfect in a chowder, grilled, deep fried, baked or steamed.

## **Swordfish**

Swordfish has a firm, meat like texture with a distinctive flavour. It is delicious served marinated and grilled. Swordfish are caught on longlines, it is a targeted highly controlled fishery.

## **Halibut**

Atlantic halibut is the largest of the flatfish and the most highly prized flatfish in the Atlantic. Halibut live on our ocean bottom blending with the sea floor. It's sweet tasting, lean, white meat makes it very appealing anyway you serve it!

## **Atlantic Salmon**

Known as the "King of fish" salmon has firm, pink meat with a distinct flavour unique among fish. To maintain the native salmon population the commercial fishery was closed in the 1980's. All Atlantic Salmon sold in the Maritimes is farmed raised and available year round. Salmon is an excellent source of Omega 3 fatty acids, "the good fat," which may help prevent strokes and heart attacks.

## **Flounder**

Often called sole, flounder is a flatfish. Flounder are fished from many ports around Nova Scotia. Thin, delicate fillets are produced from this firm white fish which can be served baked, broiled, poached, or stuffed.

## **Shark**

Porbeagle, mako and blue shark are fished off the coast of Nova Scotia. The mako is the largest of the three and most prized. Shark flesh has a meat-like texture and distinctive flavour. As well, sharks do not have bones only cartilage therefore, shark steaks are guaranteed boneless!

## **Clams**

Fresh clams are harvested from clam beds surrounding Nova Scotia. Clams are raked from public beds or harvested from aquaculture sites. Our clams have a sweet, salty flavour great in chowders, casseroles, steamed or deep fried.