

# Fish Basics

**Directions:** Fill in the blanks as you read the section in the textbook or listen to lectures and view demonstrations.

## Structure of Fish:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Categories of Fish

1. Flat Fish: \_\_\_\_\_
2. Round Fish: \_\_\_\_\_
3. Boneless Fish: \_\_\_\_\_

## Market Forms of Fresh Fish

- |          |          |
|----------|----------|
| 1. _____ | 5. _____ |
| 2. _____ | 6. _____ |
| 3. _____ | 7. _____ |
| 4. _____ | 8. _____ |

## Quality Tests for Fresh Fish

1. Look: \_\_\_\_\_  
\_\_\_\_\_
2. Look: \_\_\_\_\_
3. Look: \_\_\_\_\_
4. Look: \_\_\_\_\_
5. Feel: \_\_\_\_\_  
\_\_\_\_\_
6. Feel: \_\_\_\_\_
7. Smell: \_\_\_\_\_

# Shellfish Basics

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## Inspection of Fish and Shellfish

1. Type 1 Inspection: \_\_\_\_\_  
\_\_\_\_\_

2. Type 2 Inspection: \_\_\_\_\_

3. Type 3 Inspection: \_\_\_\_\_

## Grading of Fish and Shellfish

1. \_\_\_\_\_

2. Grade A: \_\_\_\_\_

3. Grade B: \_\_\_\_\_

4. Grade C: \_\_\_\_\_

## Structure of Shellfish

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_

## Mollusks

1. Univalves: \_\_\_\_\_  
\_\_\_\_\_

2. Bivalves: \_\_\_\_\_  
\_\_\_\_\_

3. Cephalopods: \_\_\_\_\_  
\_\_\_\_\_

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## Shellfish Basics, continued

### Crustaceans

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_

### Types of Crab

- |          |          |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

### Other Seafood

- |          |          |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ |          |

# Cooking Fish and Shellfish

**Directions:** Fill in the blanks as you read the section in the textbook or listen to lectures and view demonstrations.

## Fish and Shellfish Cookery

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Baking Fish and Shellfish

1. \_\_\_\_\_
2. Baste with: \_\_\_\_\_
3. Bake between: \_\_\_\_\_  
\_\_\_\_\_
4. Moist Baking: \_\_\_\_\_
5. En Papillote: \_\_\_\_\_  
\_\_\_\_\_

## Broiling and Grilling Guidelines

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## Sautéing and Pan-Frying

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

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# Cooking Fish and Shellfish, continued

## Deep-Frying

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

## Determining Doneness

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_

## Plating Fish and Shellfish

- 1. \_\_\_\_\_  
\_\_\_\_\_
- 2. \_\_\_\_\_  
\_\_\_\_\_
- 3. \_\_\_\_\_  
\_\_\_\_\_