

The 4 Signs to tell if your fish is fresh

Clear eyes?

The eyes should be clear and not cloudy. A fish that has a cloudy eye on one side and a clear eye on the other could be the result of the fish being stored on/in ice. Always check both sides of the fish!

Red gills?

With older fish the gills become paler, grey and slimy.

If the gills are red and clean (no slime), then you can be sure the fish is between 3-5 days old.

Tension of the skin

When pressing the fish there should be no dent left, the fish should bounce back taking on the form of its natural tension.

Having said this, aquaculture fish, who do not swim as much as deep sea fish, do not have as much tension.

Neutral smell?

Fresh fish have a neutral and pleasant scent, perhaps you can even detect a hint of sea breeze.

Tip:

Wild caught fish always have firmer flesh than aquaculture fish.

Frozen fish are always fresh because the fish are normally processed rapidly and then frozen.

KÜCHENSCHMIDE

