



DECEPTIVE PRACTICE	WHAT IS IT?	WHAT IS THE RESULT?
Over-Glazing	<p>"Glaze" is water added to the fish when freezing to form a barrier around the protein.</p> <p>Most common unscrupulous shortcut.</p>	<p>Water is free - processors disguise "water weight" as "fish weight".</p> <p>When thawed - water and profits run down the drain.</p>
Excessive Soaking & Sodium Tripolyphosphate (STPP)	<p>STTP - a commonly used food grade phosphate used to preserve frozen seafood and other proteins.</p> <p>In trace amounts - STTP preserves moisture within flesh.</p>	<p>To boost net weights - processors use excessive STPP - that results in an unnatural level of water retention.</p> <p>It is harder to identify than over-glazing - because the fish must be cooked - in order to release excess water from the flesh - resulting in dramatic reduction in portion size and flesh integrity.</p>
Poor Workmanship	<p>"Workmanship" includes the actions involved in processing the body of the fish - e.g. heading, gutting, trimming, filleting and portioning.</p>	<p>Poor "Workmanship" includes: jagged cuts, inconsistent portioning, incomplete bone, gut or skin removal - and concealing foreign bits to boost weight.</p>
Married Fillets	<p>A "Married fillet" - is when two small fillets are staked to achieve one larger fillet.</p> <p>The "glue" used to join can be water or a food-grade glue.</p>	<p>Water is a chemical-free option - with fillets guaranteed to split when cooked.</p> <p>"Food Glue" offers better adhesion - but results are unpredictable.</p>
Inferior Packaging Quality	<p>The box AND the liner are crucial to protecting the fish during storage &amp; transportation - shielding the product from environmental fluctuations.</p>	<p>Frozen fillets can be sharp. Poor-quality liners are easily cut by shifting fish during transportation - allowing air to reach fillets - causing flesh damage.</p>
Freezing Methods	<p>Fillets should be "quick-frozen" by way of a "tunnel freezer" on a conveyor belt.</p> <p>The temperature inside the tunnel freezer is extremely cold - fillets freeze quickly - retaining molecular structure - maximizing flavour and moisture retention.</p>	<p>With Pollock (and other thin fillets, ie: Sole) - some processors freeze by placing fillets on trays - placing trays on tall vertical racks and rolling into large freezer rooms - freezing at much slower rates - causing molecular flesh structure to degrade - creating "honeycombing" - and altering flesh colour from white to "brownish".</p> <p>When thawed - moisture is lost - texture "mushy" - flavour diminished - all for a 3 cents per pound cost savings.</p>
Untrimmed Frill	<p>"Frill" is the fringed edge that runs along the perimeter of the body on all flatfish.</p> <p>"Frill" adds weight and is left on in order to boost yield and price.</p>	<p>When cooked - frill falls off and can be a frustration and waste to many chefs - as well as, a waste of money.</p>

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Artificial Color Manipulation		
1) Artificial Flesh Whitening	<p>Ethically used in shrimp industry as “cleaning” agent that lightens melanoma spots and aids in extending shelf life.</p> <p>Unethically used to whiten poorly bled whitefish.</p>	<p>A large amount of Halibut fletch production is Russian caught and processed in Asia. Russian Halibut production is reputed for poorly “bled” fish.</p> <p>When poorly bled – blood pools inside flesh - when exposed to oxygen it causes oxidation - turning flesh an orange tone - referred to as “pumpkin”.</p> <p>Deceptive processors soak “pumpkin” fletches in a solution to “bleach” the orange tone out - but - process only penetrates the surface layers – leaving deeper layers to remain “pumpkin”.</p>
2) Painted Salmon Fillets	<p>Salmon fillet colour varies. In general – richer the “red” – better the quality. Higher quality - deep red fillets - command a higher price.</p>	<p>Processors deepen the colour of Salmon flesh by “painting” the fillets with red food-grade dye - in order to increase “grade” of flesh - and increase profits.</p>
Water Injections	<p>Water injection “plumps flesh” and increases weight. It is primarily used in Salmon fillet processing.</p> <p>A large industrial machine is equipped with a conveyor belt and an over-head aqua injection arm - fillets move along belt - pass under arm - needles plunge into fillet - injecting flesh with water.</p>	<p>When fish is thawed and cooked – flesh is compromised with a “power-washed” effect - large amounts of water run down the drain.</p> <p>This product is sold as “chemical free” and fools buyers into assuming that there will be no moisture loss when thawed / cooked. This is not the case.</p>
Inaccurate Fillet Ranges & Case Counts	<p>Each case of frozen fish specifies either a fillet weight range and / or a fillet count.</p> <p>When processed and packaged properly, the fillets in each case should be accurate within the stated weight range and / or count.</p>	<p>When weight range is not accurate - there can be a greater number of smaller-sized fillets or a smaller number of larger-sized fillets per case - even when net case weight is accurate.</p> <p>This throws off the yield of servings per case and skews profit margins for the food service professional.</p>
Sensory Quality Indicators	<p>These are a series of tests and observations used to gauge the freshness and quality of seafood - in both raw AND cooked states.</p>	<p>In raw state – there are 3 methods of inspection: Visual – Touch -Smell. When cooked there are 4: Visual - Touch - Smell and Taste.</p> <p>Visual: good - appropriate colour with minimal defects. Touch: firm and resilient. Smell: fresh and “oceany”. Taste: clean - fresh - non-briney.</p>