

MOISTURE CONTENT

A powerful lever to control short weights...

- Moisture content is an important measure of seafood quality, as the flesh naturally has a high water content.
- In addition, most of the economic cheats (i.e. short weight) perpetrated by unscrupulous fish suppliers are based on adding undeclared water weight to the flesh.
- Quality controls are important throughout fish processing, but a moisture content test on the finished product can reveal any water-related adulteration.

... and product quality

- Along with the economic consequences, products with boosted moisture content present quality problems for chefs and customers.
- As its moisture content is boosted beyond normal levels, the flesh becomes mushy and crumbly.
- Mushy flesh complicates cooking and/or battering for chefs.
- The loss of flake and texture degrades the end user's eating enjoyment.

Using moisture content ranges to identify a fish's quality

- Fish are wild species, so "normal" moisture content is expressed as a range, not as an exact percentage.
- Similarly, moisture content varies by species.
- Tradex Foods uses moisture content as a key quality measure.
- Below is an example of the moisture content ranges associated with different quality levels of pollock.

MOISTURE CONTENT RANGES FOR POLLOCK				
Quality standard	Natural	Premium	Good	Mediocre
Moisture content (%)	82-84%	85-87%	88-89%	90%+

Moisture meters

- Because moisture is such an important component of food weight, most seafood processors already employ moisture meters in their process.
- Moisture meters range from small portable models to larger ones mounted directly on the production line.
- To the right is a photo of a mid-range laboratory model – the Kett KJT 230.
- Individual features aside, moisture meters generally weigh fish before and after a cooking process that removes water content.



A key component of Tradex's quality control process

- Moisture content is a key standard Tradex uses to identify the quality fish packed in its Sinbad brand.
- Tradex revisits moisture content throughout its industry-leading, seven-step quality control process to ensure its customers receive delicious, full weight seafood.