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UNDERSTANDING:

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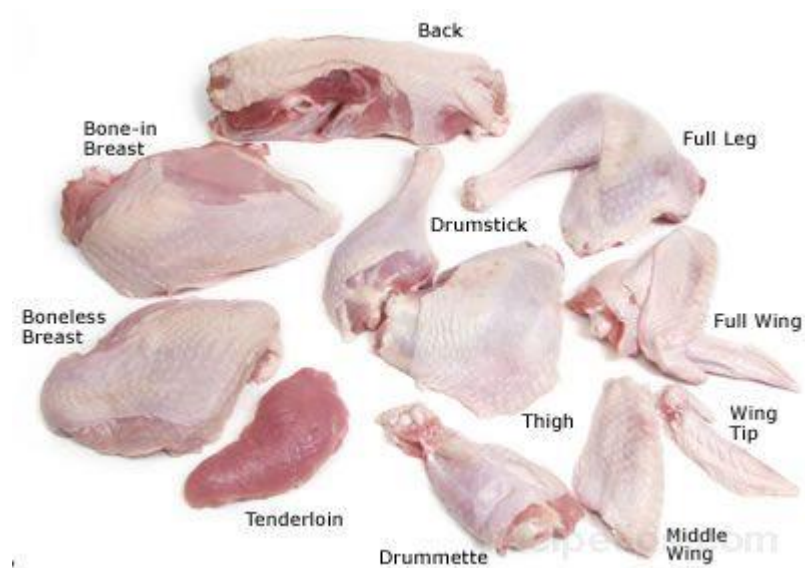
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CHICKEN



Difference between brine chicken and fresh frozen

Chicken is usually injected with brine as a means to keep the chicken tender and moist on the inside, however in most cases chicken that have brine will shrink as they cook. Fresh frozen chicken does not necessarily have brine injected and thus the chicken is less prone to shrinkage.

What is a tenderloin fillet?

It is a part of the chicken attached to the breast. It's more tender than the breast, but its shape is small and somewhat 'strip'like.

Important facts

The smaller the whole bird the more expensive it is per kg

Smaller whole birds are often more tender than bigger birds

Fish

Types of fish

What is line fish?

Linefish is fish which has been caught using a line, as opposed to trawling, or some other method. These are usually pelagic fish(being neither close to the bottom nor near the shore) , and can be one of a number of species. Most are very good to eat.

The difference between fish portions and fish fillets:



Portion



fillet

Important facts

Headed and gutted means that the head and guts have been removed but there will be traces of bones in the fish.

Common hake fillet sizes

The sizes are usually named in an ounce factor which can easily be converted to grams to understand the fish fillet size:

2/4	4/6	6/8	8/10	10/12	9/14	14+
80g - 115g	115g-170g	170g-225g	225g-285g	285g-340g	250g-450g	350g – 500g

Salmon

Differences between fresh and frozen:

Fresh salmon is usually used for sushi due to the fact that fresh salmon can be easily cut into thin slices for different sushi creations whereas the frozen salmon tends to be more flaky and may not hold its shape. The colour of fresh salmon is bright red/orange/pink than frozen which is important for restaurants who serve it raw. The taste will also vary between fresh and frozen not to add the higher price and availability for fresh salmon.

How to check if the fish is fresh?

The colour of the fillet should be bright

The gills should be reddish in colour and not brown or black



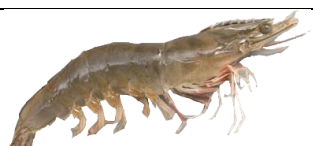


The skin should be shiny not slimy

The meat should be firm and not flaky

The eyes should not be sunk in

Prawn

The type of environment and water that the prawn comes from determines the taste of the prawn.

1. 	Black tiger prawn
2. 	Argentinian Prawn
3. 	Vanamei farmed prawn(often farmed)
4. 	White prawn
5. 	Sea tiger prawn

Understanding Prawns

Vanamei is a variety of **prawn** of the eastern Pacific Ocean commonly farmed for food. Farming consists of large ponds where prawns are grown to a certain size often using a prawn feed substitute as opposed to the prawns natural eating dietary. Sea Caught prawns are close out at sea or close to a sewer line. Prawns such as the Argentinian pink prawns are usually sweeter than other prawns.

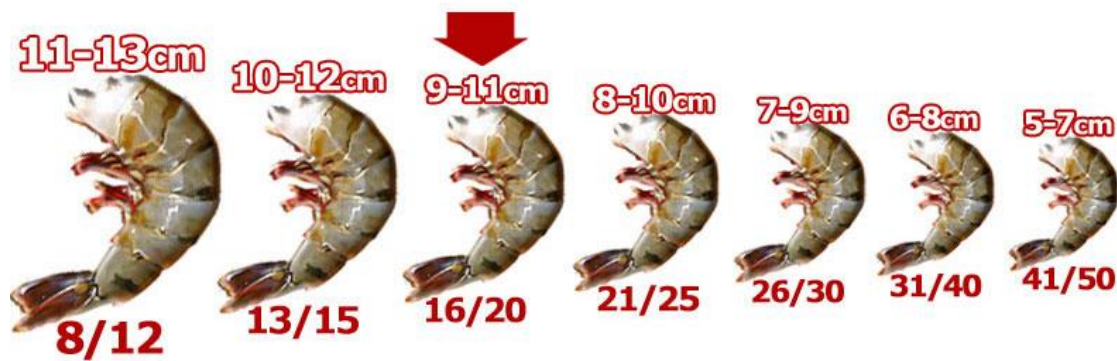
The difference between easypeel and headless:

Easypeel means the prawn has been cut and deveined and the head of the prawn has been removed while headless means that just the head is off.

800g vs 700g

Many companies have the same number prawns available in both a 700g packaging and 800g.

The 700g pack and 800g both may have the same count of prawn (eg.26/30 800g and 26/30 700g) but



Prawn tail size **estimate** in cm's

Image extracted from - <http://image.rakuten.co.jp/auc-seafoodmax>

Prawns are usually called out using a number factor ie:

Most common sizes

- 8/12
- 13/15
- 16/20
- 21/25
- 26/30
- 31/40
- 41/50

These numbers indicate the number of prawns within the pack. The greater the number of prawn the smaller the size. Less prawn in a pack indicates a bigger size.

SQUID AND OCTOPUS

THE BIG DIFFERENCE

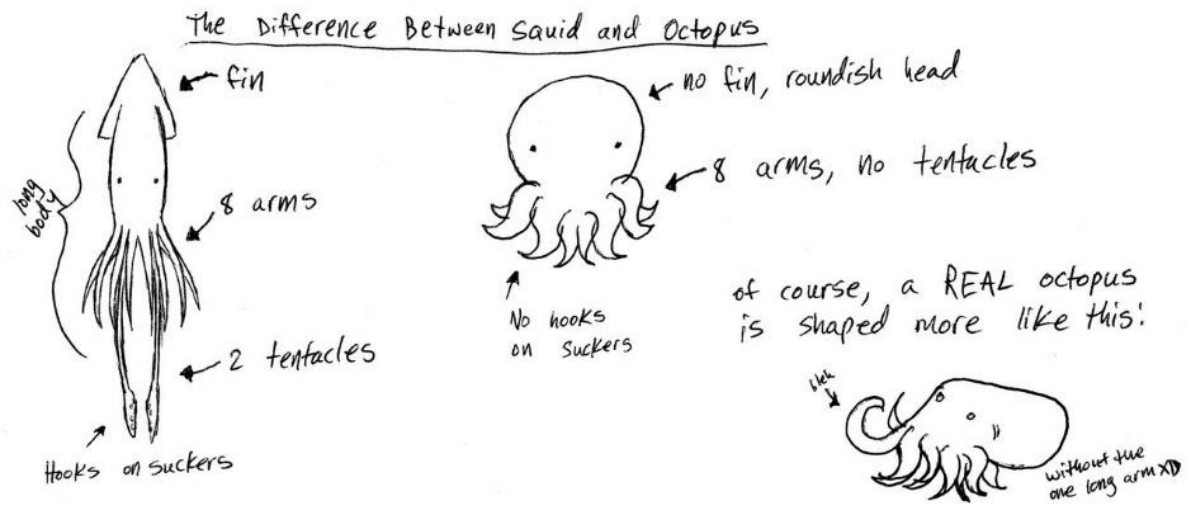


Image extracted from - <http://img10.deviantart.net>

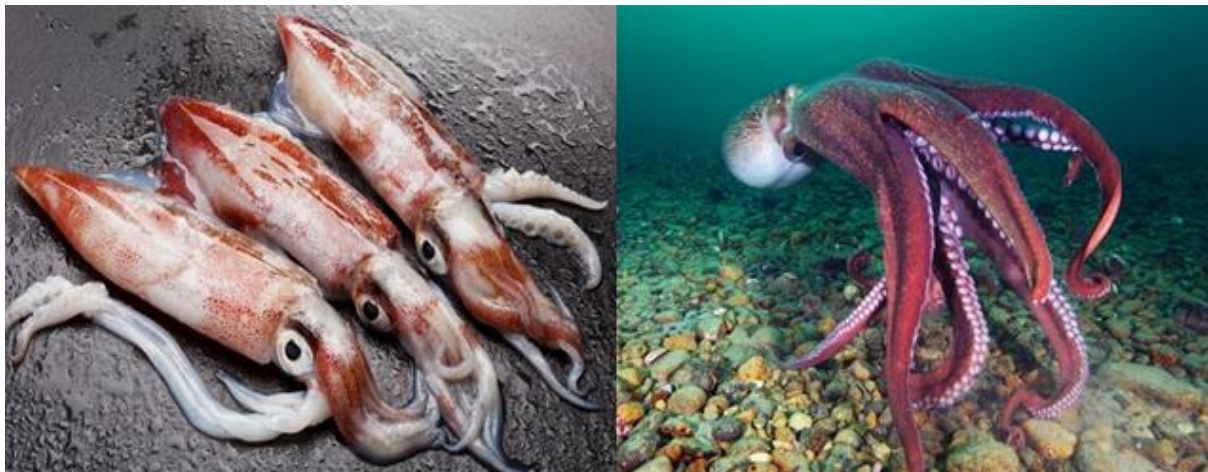


Image extracted from - <http://1.bp.blogspot.com>

Squid is used throughout the food industry. There are many types of squid based on the ocean that they are from. Famous amongst the South African food industry is the falklands patagonian squid which is served as calamari tubes in restaurants. There are other types available and served in the food industry such as loligo squid which is commonly from Europe. The difference between falklands squid and loligo squid is in the taste, texture and price.

Understanding squid



Image extracted from - <http://f.tqn.com>

Squid may vary in size

- C4 large
- C5 medium
- C6 small

OIL

What is the difference between palm oil and sunflower oil?

Sunflower and Palm oils are edible vegetable oils obtained from their respective sources, i.e. Sunflower oil obtained from crushed sunflower seeds; Palm oil is obtained from oil palm plant.

Sunflower oil is more expensive than palm. Palm oil is mainly used commercially for cooking due to its price but also due to the fact that it can be filtered and reused more than sunflower oil as sunflower oil will burn faster.

What is palm oil olein?

The palm olein has different characteristics to the palm oil, most notably that it remains completely liquid at room temperature. It is highly heat resistant, similar to palm oil, and it also resists the formation of breakdown products during frying and increases the shelf life of many products. Thus it could be said that palm oil olein is better than normal palm oil as it may enhance the crispiness of your fry.

What is the difference between pomace olive oil and normal olive oil?

The olive pomace is the by-product of the extraction process of the original olive oil without the use of solvents. Olive oil is cold-pressed whereas pomace oil is hot-pressed with the use of solvents.

What is olive oil blend?

An Olive Oil Blend is a term used to describe a blended oil made up of olive oil and another type of oil. This blend can be made in any ratio, using any grade of olive oil. Canola, soybean, grapeseed and safflower oils are commonly used in these blends because they are mild tasting and low-cost.

Akronyms

AKRONYM	EXTENDED TO	REFERS TO
H&G	Headed and gutted	Fish
W/C	West coast	Fish origin
E/C	East coast	Fish origin
10KG NETT	Nett weight after defrost	Seafood and poultry
PND	Peeled and deveined	Prawns
CND	Cut and deveined	Prawns
H/LESS	Head less	Seafood
H/ON	Head on	Seafood
B/FLY	Butterfly	Seafood
S&B	Sof and broken	Prawns
S/T	Sea tiger	Prawns type
B/T	Black tiger	Prawn type
VAN	Vanamei	Prawn type
ARG	Argentinian	Prawn type
S/LESS	Skinless	Fish and poultry
IQF	Individually quick frozen	Seafood and poultry
RDW	Random weight	Seafood / poultry packed in random weight boxes