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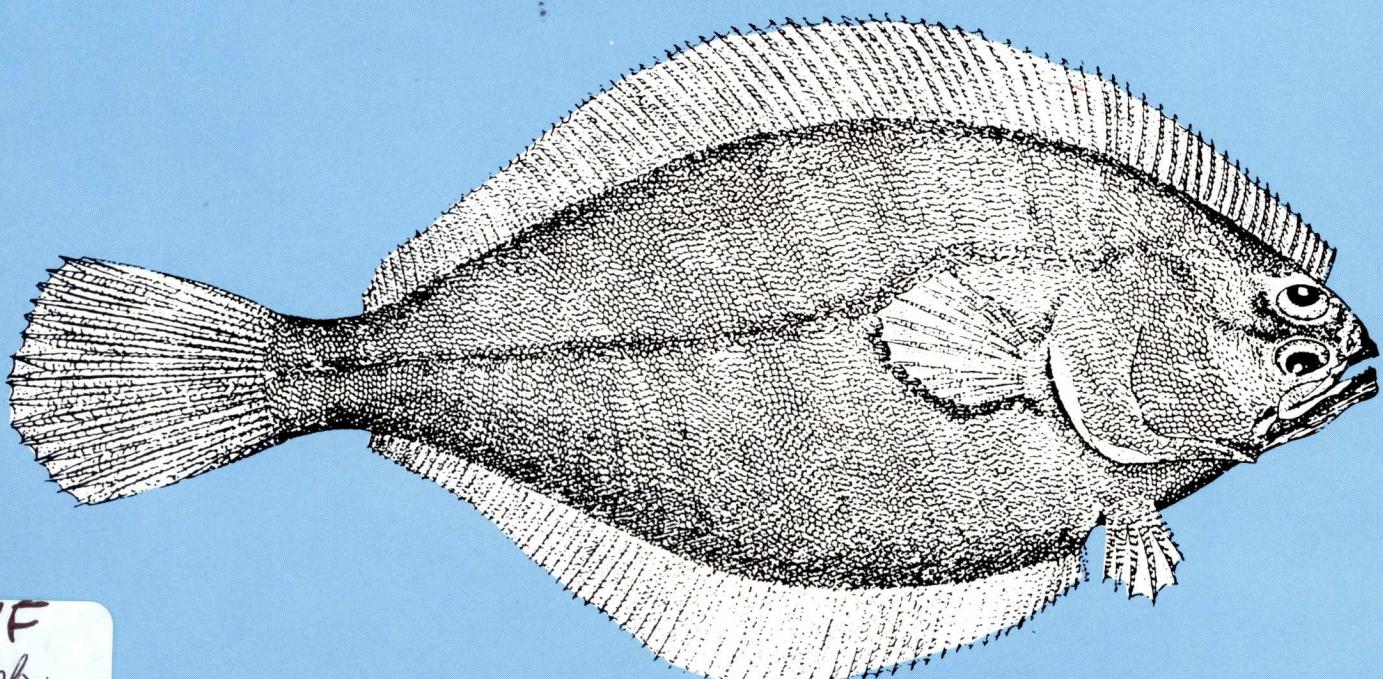
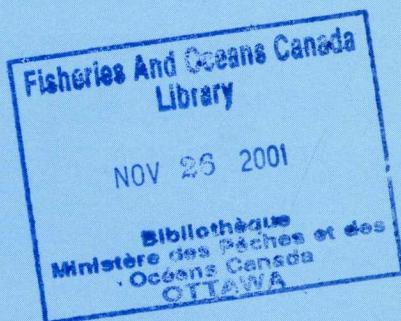


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# Care, Cooling, Cleanliness ...Common Sense



VF  
Fish  
Products  
Quality  
Processing



Fisheries  
and Oceans

Pêches  
et Océans



# ...starts on board

## Once lost, quality can never be restored

A freshly caught fish begins to spoil immediately after death. Great care must be taken in the way it is handled at all times from the moment it is caught until it reaches the consumer.

Top quality results from the 3 C's.

### CARE ... means gentle handling

**Bleed** fish while still alive to drain blood quickly and prevent blemishes or discoloration from appearing on end-product fish fillets.

**Gut** fish to minimize spoilage from within the fish cavity.

**Wash** fish before chilling to remove slime and blood.

Handle fish gently to minimize bruising.

Always avoid the use of forks.

Avoid using pumps or practices which may damage the fish.

Avoid shelving fish at depths greater than 90 cm high. Crushed fish will result in loss of quality, weight and market value.

### COOLING ... an absolute necessity

Protect the catch immediately from sun, wind and weather. Temperature is the most important factor in controlling the keeping quality of fish.

However small the vessel, and however short the trip, always carry enough ice on board to cool the catch.

Use ice to hold the temperature at 4°C or lower. Ideally, each fish should be covered with ice.

Areas where fish and ice are stored should be provided with drainage so as to effectively remove ice meltwater. Effective drainage of ice meltwater, blood and slime is required to remove these excess liquids which contain large numbers of spoilage bacteria.

### CLEANLINESS ... a key word at all stages of fish handling and holding

Cleanliness cannot be over-emphasized. Ensure that fish and ice do not come in contact with bilge water or other sources of contamination.

Clean all areas in contact with fish with approved water between each operating cycle.

#### cleaning procedure

1. Rinse with high pressure jet of cold water to remove excess slime, blood and scales.
2. Scrub with a stiff brush or high pressure cleaner using an acceptable detergent.
3. Rinse with cold water.
4. Sanitize with disinfectant.
5. Rinse to remove disinfectant prior to next operating cycle.

## There are three mechanisms of fish spoilage:

Digestive enzymes in the gut of the fish continue their action after the fish dies. Proper gutting and washing reduce this problem.

Micro-organisms living on the gills, surface slime and intestines of live healthy fish invade body tissues soon after the fish dies, breaking down the tissue into a series of compounds with strong odours and flavours. Effective washing and icing substantially slows this process.

Chemical changes associated with oxidation can cause rancidity. To minimize oxidation, use glazing or effective packaging and store at recommended times and temperatures.

Icing reduces the action of digestive enzymes, micro-organisms and chemical changes