

**PRESENTATION ABOUT
CAVIAR.
“THE FOOD OF THE
TSARS”**

Types of caviar

The red caviar we give fish species salmon — pink, chum, sockeye, and trout, and coho salmon.

Composition and useful properties, all eggs are the same, they are different only in appearance, size and taste. For example, red caviar fish Chinook salmon — the largest, in diameter, it reaches 7 mm, has a bright red color and bitter taste. But to appreciate the taste of these giant eggs today we are not fated — fish Chinook salmon listed in the Red book.



But you can find on sale red caviar of chum salmon by size it is second — its diameter is 5-6 mm. the Eggs are proper spherical shape, bright amber color, which is easily visible speck-embryo. Earlier this caviar was called "Royal". However, it tastes like not much, and is often used for decorating.



Red caviar is one of the most prolific fish amongst the salmon — pink salmon, considered the most universal, it is in demand of most consumers. Its size is approximately 5 mm in diameter, the shell is not very thick, light orange color.



Red salmon ROE tastes like caviar, but the size is a bit smaller — only 4 mm in diameter, and it is because of the mass destruction of this species of fish.



In trout caviar is the smallest in diameter of 2-3 mm. Color of shell can be yellow and bright orange.



There are still fish silver salmon, red caviar which is small, has a Burgundy color and slightly bitter taste.



The composition of red caviar.

Red caviar is a valuable food product and has a number of useful properties. It is composed of proteins, vitamins (A, D, E), polyunsaturated fatty acids, folic acid, and iodine, phosphorus and calcium.

Protein in caviar a lot — 32% and digest it much better than squirrel meat and dairy products. All of these substances are extremely useful for the human body. That's why red caviar has long been recognized in folk medicine, because medications and multivitamins.

Red caviar — harm

Despite all the useful properties of red caviar and universal adoration, there are still several points that need to be considered when it is not used. Safe dose is about five teaspoons or 2-3 sandwich with caviar at a time. Sol, set in caviar, can hold water in the body or lead to metabolic disorders. And caviar with white bread and butter are generally quite high in calories and heavy food for the stomach. And that does not hurt the body, first of all it must be excellent quality.

Check caviar

Before getting to our table, high quality red caviar takes a long and serious process. First, the ROE removed from the fish and sorted for ripeness, then the eggs separated from the connective tissue and films through special sieves, is then to be washed with boiled, cooled water. After this caviar is salted and canned. Red caviar and useful properties would be inseparable if all the eggs were held proper cooking, but this is only possible in special plants, and the poachers do not have such conditions, and process caviar in absolute hygiene using only they are aware of the formulation of conservation and salting. Therefore, buying such a valuable commodity, it is very important not to collide with dangerous fake.



THE END
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