

# SEAFOOD- Shell Fish

**Seafood** is any form of sea life regarded as food by humans. Seafood prominently includes fish and shellfish. Shellfish include various species of mollusks, crustaceans, and echinoderms.

# CLAMS

In the United States, "**clam**" can be used in several different ways: one, as a general term covering all bivalve mollusks. The word can also be used in a more limited sense, to mean bivalves that burrow in sediment, as opposed to ones that attach themselves to the substrate (for example oysters and mussels), or ones that can swim and are migratory, like scallops. In addition "clam" can be used in an even more limited sense, to mean one or more species of commonly consumed marine bivalves, as in the phrase clam chowder, meaning shellfish soup usually made using the hard clam.



# CROWFISH

**Crayfish** – also called crawfish or crawdads – are freshwater crustaceans resembling small lobsters, to which they are related. They breathe through feather-like gills and are found in bodies of water that do not freeze to the bottom. They are mostly found in brooks and streams where there is fresh water running, and which have shelter against predators. Most crayfish cannot tolerate polluted water.



# LOBSTER TAILS

*Lobsters* comprise a family of large marine crustaceans. They have long bodies with muscular tails, and live in crevices or burrows on the sea floor. Highly prized as seafood, lobsters are economically important, and are often one of the most profitable commodities in coastal areas they populate. Commercially important species include two species of *Homarus* from the northern Atlantic Ocean, and *scampi* – the northern-hemisphere, and the southern-hemisphere.



# MUSSELS

**Mussel** is the common name used for members of several families of clams or bivalve Mollusca, from saltwater and freshwater habitats. These groups have in common a shell whose outline is elongated and asymmetrical compared with other edible clams, which are often more or less rounded or oval.

The word "mussel" is most frequently used to mean the edible bivalves, most of which live on exposed shores . In most marine mussels the shell is longer than it is wide, being wedge-shaped or asymmetrical. The external color of the shell is often dark blue, blackish, or brown, while the interior is silvery and somewhat nacreous.



# OYSTERS

*The word **oyster** is used as a common name for a number of distinct groups of bivalve mollusks which live in marine or brackish habitats. The valves are highly calcified.*

*Some kinds of oysters are commonly consumed, cooked or raw, by humans as a delicacy. Other kinds, such as pearl oysters, generally not eaten by humans, are harvested for the pearl produced within the mantle.*



# SEA & AND BABY SCALLOPS

A **scallop** is a marine bivalve mollusk. Scallops are a cosmopolitan family, found in all of the world's oceans. Many scallops are highly prized as a food source. The brightly colored, fan-shaped shells of some scallops, with their radiating fluted pattern, are valued by shell collectors and have been used as motifs in art and design.

The name "scallop" is derived from the Old French *escalope*, which means "shell".



# SHRIMPS IN SHELLS AND PILLED

Under the broader definition, **shrimp** may be synonymous with prawn, covering stalk-eyed swimming crustaceans with long narrow muscular tails (abdomens), long whiskers (antennae) and slender legs. They swim forwards by paddling with swimmerets on the underside of their abdomens. Crabs and lobsters have strong walking legs, whereas shrimp have thin fragile legs which they use primarily for perching.





# CRAB LEGS

*Crabs* are prepared and eaten as a dish in several different ways all over the world. Some species are eaten whole, including the shell, such as soft-shell crab; with other species just the claws and/or legs are eaten. The latter is particularly common for larger crabs, such as the snow crab. Mostly in East Asian cultures, the roe of the female crab is also eaten, which usually appears orange or yellow in color in fertile crabs.



# ESCARGOT

In French culture, the **snails** are typically removed from their shells, and cooked usually with garlic butter, chicken stock or wine, and then placed back into the shells with the butter and sauce for serving. Additional ingredients may be added, such as garlic, thyme, parsley and pine nuts. Special snail tongs (for holding the shell) and snail forks (for extracting the meat) are also normally provided, and they are served on indented metal trays with places for six or 12 snails.



# CALAMARI

**Squids (fried calamari, calamari)** is a dish in Mediterranean cuisine. It consists of batter-coated, deep fried squid, fried for less than two minutes to prevent toughness. It is served plain, with salt and lemon on the side. In North America, it is a staple in seafood restaurants. It is served as an appetizer, garnished with parsley, or sprinkled with parmesan cheese. It is served with dips: peppercorn mayonnaise, tzatziki, or in the United States, marinara sauce, tartar sauce, or cocktail sauce. In Mexico it is served with Tabasco sauce. Other dips, such as ketchup, aioli, and olive oil are used. In Turkey it is served with tartar sauce. Like many seafood dishes, it may be served with a slice of lemon.



# OCTOPUS

Humans eat **octopus** in many cultures. The arms and sometimes other body parts are prepared in various ways, often varying by species. Octopus is a common ingredient in Japanese cuisine, including sushi. Generally, it is served grilled, either hot or chilled in a salad.



# ANCHOVY

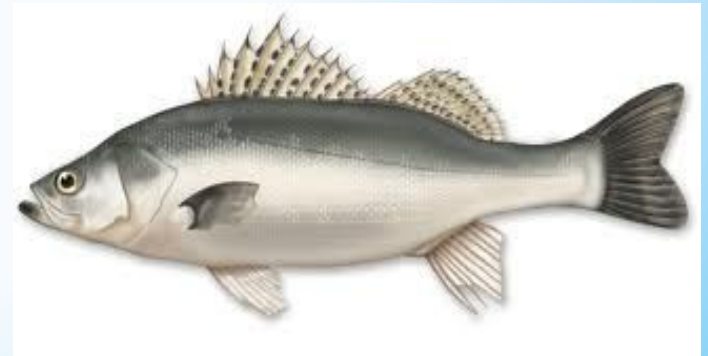
**Anchovies** are small, green fish with blue reflections due to a silver longitudinal stripe. They range from 2 to 40 centimetres in adult length, and the body shape is variable with more slender fish in northern populations.

A traditional method of processing and preserving anchovies is to gut and salt them in brine, allow them to mature, and then pack them in oil or salt. This results in a characteristic strong flavor and the flesh turns deep grey. Pickled in vinegar, anchovies are milder and the flesh retains a white color.



# SEA BASS

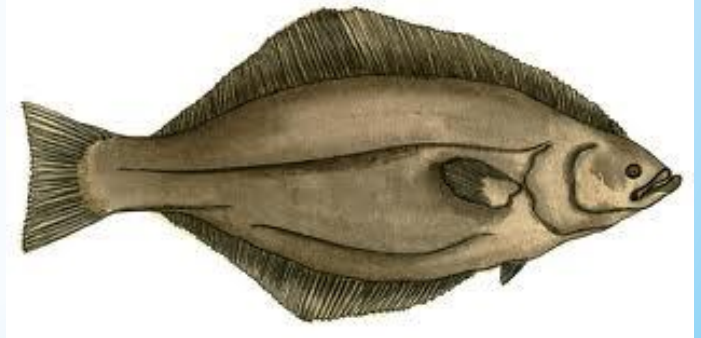
Highly regarded as a table fish, the traditional word was "**bass**" but that has changed with the recent popularity of cooking and the expansion of restaurant marketing, both of which have adopted the phrase "**seabass**". This fish is one of the first types of fish after salmon to be farmed commercially around the world.



# HALIBUT

**Halibut** is a flatfish . The name is derived from haly (holy) and butt (flat fish), for its popularity on Catholic holy days. Halibut lives in the North Pacific and the North Atlantic oceans.

Halibut are often broiled, deep-fried or grilled while fresh. Smoking is more difficult with halibut meat than it is with salmon, due to its ultra-low fat content. Eaten fresh, the meat has a clean taste and requires little seasoning. Halibut is noted for its dense and firm texture.



# PIKE PERCH

The meat quality of the **Pike-Perch** is very delicate, has a mild and sweet taste and an outstanding texture. Consequently the meat is valued very high allowing Pike Perch farming to be a profitable production.





# COD

The most famous is the **Atlantic Cod**. His habitat is in the North Atlantic. In addition it is found in the North- Baltic Sea and the inner Danish fjords. Cod has a white and moist meat in large flakes. The total lipid content is very low while protein is still at fairly level resulting in a high protein. For the last decade, its quality became very appreciated, eventually, the fish being considered a luxury product.



# CARP

*The carp is warm water fish living at the bottom in lakes, ponds, moors and rivers with reduced water flow. The carps are preferring habitats with a soft, muddy ground with vegetation. The flesh of the carp is white to light red and firm dark .*



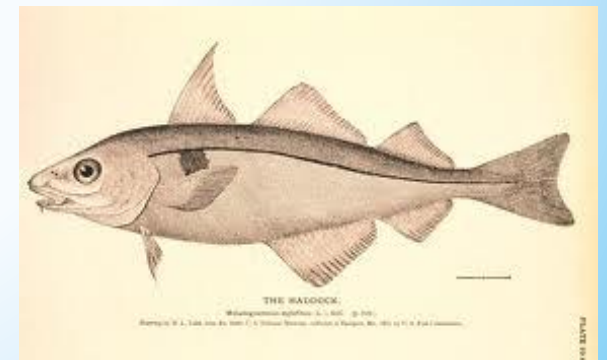
# TROUT

As a group, **trout** are bony, but the flesh is generally considered to be tasty. The flavor of the flesh is heavily influenced by the diet of the fish. Because of their popularity, trout are often raised on fish farms and planted into heavily fished waters, in an effort to mask the effects of overfishing



# HAKE

The fish has a soft, iron-grey skin and silvery belly. The flesh when raw is naturally very soft, but when cooked it becomes firm and meaty. In France, **hake** is called “white salmon”, having both, a similar flash texture, and final test.



# HERRING

**Herring** has been a staple food source since at least 3000 B.C. There are numerous ways the fish is served and many regional recipes: eaten raw, fermented, pickled, or cured by other techniques.

Herring are very high in the long-chain Omega-3 fatty acids. They are a source of vitamin D.



# MACKEREL

**Mackerel** is a common name applied to a number of different species of fish, mostly, but not exclusively, from the family Scombridae. They are found in both temperate and tropical seas, mostly living along the coast or offshore in the oceanic environment. Mackerel is an important food fish that is consumed worldwide. As an oily fish, it is a rich source of omega-3 fatty acids. The flesh of mackerel spoils quickly, especially in the tropics, and can cause food poisoning. Accordingly, it should be eaten on the day of capture, unless properly refrigerated or cured.



# SALMON

*Salmon flesh is generally orange to red, although white-fleshed wild salmon occurs. Salmon is a popular food. Classified as an oily fish, salmon is considered to be healthful due to the fish's high protein, high omega-3 fatty acids, and high vitamin D content. Salmon is also a source of cholesterol.*



# SEA BREAM

*Sea Bream* is one of the most highly prized fish due to the sweet flavor, the moist but firm texture and the rosy-white coloration of the meat. Most of the fish are sold and prepared as dressed where the Sea Bream undoubtedly is keeping its very best characteristics.





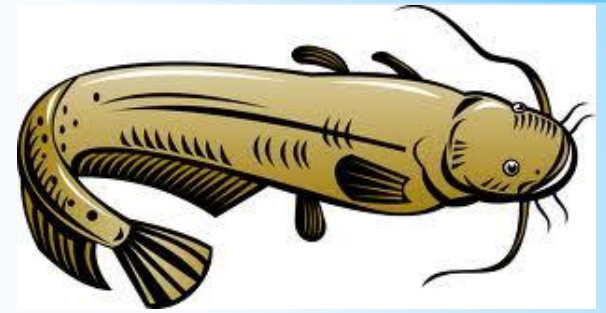
# SOLE

**Sole**, as part of flatfish family, is known for its mild, delicate flavor. The top side of the sole fish is often thicker with a darker meat than the bottom side, but both sides a thin fillet. Most bottom-side fillets are only a half-inch thick and so cook very quickly to a creamy or pearly white color. Common cooking methods include pan frying, pan sautéing and baking.



# CATFISH

Named for their prominent barbells, which resemble a cat's whiskers, **catfish** range in size and behavior from the heaviest and longest, the Mekong giant catfish from Southeast Asia and the second longest fish to a tiny parasitic species. There are armor-plated types and also naked types, neither having scales. Catfish are of considerable commercial importance; many of the larger species are farmed or fished for food.



# STURGEON

**Sturgeon** is not having bones, but the skeleton is formed of 5 rows of cartilage scoots/plates along the back and sides. The Common sturgeon originally was found throughout Europe from along all the Norwegian coastline over the south of Iceland down to the Mediterranean- and Black Sea to the northwestern African coastline. Several species of sturgeons are harvested for their roe, which is made into caviar — a luxury food which makes some sturgeons pound for pound the most valuable of all harvested fish.



# TUNA

*A **tuna** is a saltwater fish, part of a mackerel family – which together with the tunas, also includes the bonitos, mackerels, and Spanish mackerels. Tuna can be a good source of omega-3 fatty acids. However, the level of omega-3 oils found in canned tuna is highly variable, since some common manufacturing methods destroy much of the omega-3 oils in the fish. Tuna is also a good source of protein.*

