

**Revision of fish**

**Classification of fish:**

<b>Oily</b> * Contains unsaturated fat, vitamins A & D	Salmon, Tuna, Sardines, Mackerel
<b>White</b>	Cod, Haddock, Sole, Whiting
<b>Shellfish</b>	Crab, lobster, mussels, prawns

**By shape:**

<b>Round</b>	Salmon, mackerel
<b>Flat</b>	Plaice


**Nutritive Value of fish – REMEMBER LAYOUT: Name, %, type, function**

Protein	Fat	Carbohydrate	Vitamins	Minerals	Water
17-20%	White = 0% Oily = 13%	0%	B, (Oily also has A & D)	Iodine Calcium	65 – 70%
HBV Growth & repair	Unsaturated fat in OILY fish Heat and energy	- Serve with a CHO food for balance	B – nerves A – eyesight D – bones	Iodine – makes thyroid hormone Calcium - bones	

**Suitable methods of cooking fish:** frying, grilling, poaching, steaming, baking, stewing

**Methods of preserving fish:** Freezing, Canning, Smoking



Guidelines for buying fish	Guidelines for storing fish
<ul style="list-style-type: none"> <li>Buy from a clean, reliable store</li> <li>Should not have an unpleasant smell: should be fresh/seaweed like</li> <li>Scales should not come off easily</li> <li>Bright bulging eyes</li> </ul> 	<ul style="list-style-type: none"> <li>Remove the wrapping</li> <li>Wash under the cold tap</li> <li>Put the fish on fresh ice &amp; cover with ice</li> <li>Store in the refrigerator</li> <li>Replace the ice as it melts</li> </ul>

**Effects of cooking on fish:**

- Protein coagulates (sets & hardens)
- Flesh becomes opaque (from translucent)
- Micro-organisms are killed
- Some loss of vitamin B



**Revision of eggs**

**Nutritive Value - REMEMBER LAYOUT: Name, %, type, function**

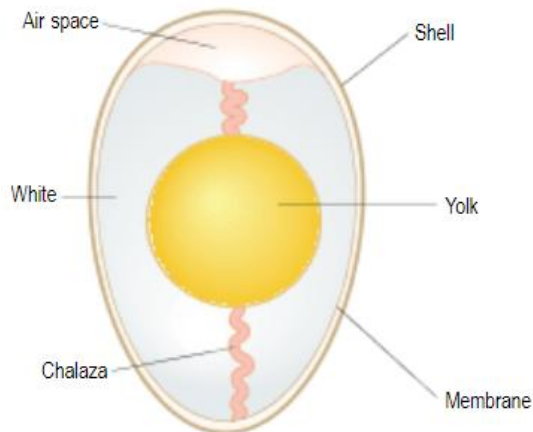
Protein	Fat	Carbohydrate	Vitamins	Minerals	Water
13%	12%	0%	B, A, D	1%	70%
HBV Growth & repair	Saturated fat in the yolk – heat & energy	- Serve with a CHO food for balance	B – nerves A – eyesight D – bones	Calcium & phosphorous – bones & teeth Iron – healthy red blood cells	Hydration

**How to test for freshness:**

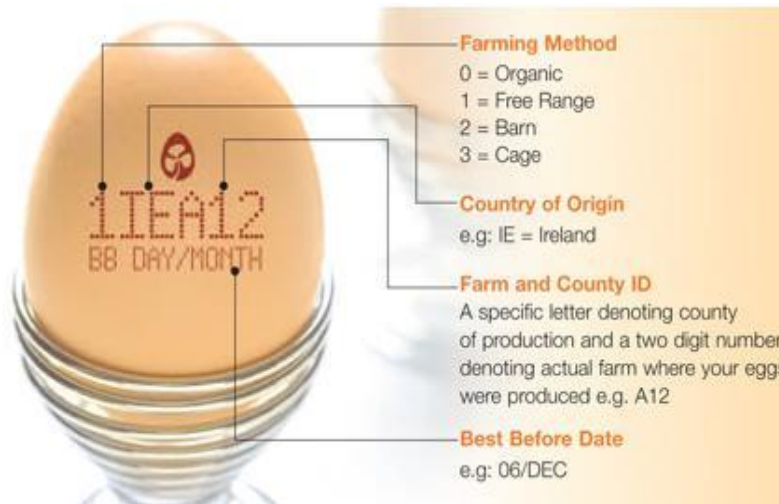


Stale egg floats – water in white evaporates through the porous shell.  
Air space gets bigger – floats

**Diagram of an egg:**



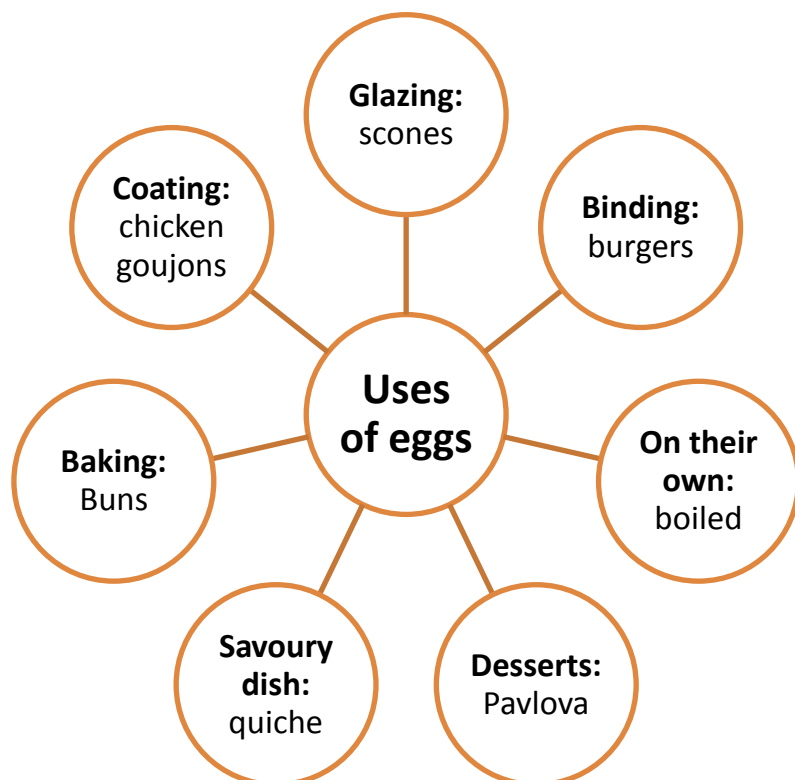
**Code on an egg:**



Guidelines for storing eggs	Guidelines for using eggs
<ul style="list-style-type: none"> <li>• Store in a cool place, eg fridge</li> <li>• Store eggs pointed-end downwards</li> <li>• Don't store near strong-smelling foods – absorb</li> <li>• Don't use cracked or dirty eggs</li> </ul>	<p>To avoid <b>curdling</b> (egg protein separates from the liquid – lumps):</p> <ul style="list-style-type: none"> <li>• Use eggs at room temperature</li> <li>• Cool hot mixes slightly before adding eggs</li> <li>• Always add hot liquids to cold eggs (NOT the other way around!!)</li> </ul>

**Effects of cooking on eggs:**

- Protein coagulates (sets & hardens)
- Overcooking can cause curdling
- Lightly cooked eggs are easy to digest. Overcooking makes them indigestible



**KEY DEFINITIONS:**

**Batter** → is a mixture of flour, eggs & liquid (usually milk or water)

**Uses:** Thin batter – pancakes  
Thick batter – coating fruit (fritter)

**Custard** → is a mixture of milk and eggs, cooked gently so that the egg thickens the milk