

Brill

(Scophthalmus rhombus)

Halibut

(Hippoglossus hippoglossus)

Turbot

(Psetta maxima)

Quality Guide

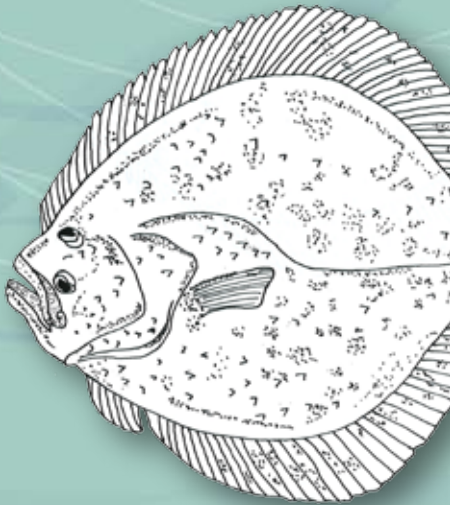
Brill



Halibut



Turbot



Bord Iascaigh Mhara
Irish Sea Fisheries Board

Introduction

Optimal handling and storage practices at sea and ashore are essential elements in the management of fish quality and the achievement of maximum return on national and international markets.

Defining fish quality, however, is not easy. The process includes the understanding and assessment of a range of factors, many of which depend on market preferences such as: species, size, capture method, seasonal condition and freshness.

Freshness, describes the degree of spoilage a fish has undergone since capture and is an important indicator for consumers. Very importantly, and unlike many other quality attributes, this is an area within the management of the catch, over which the fishing industry exerts significant control.

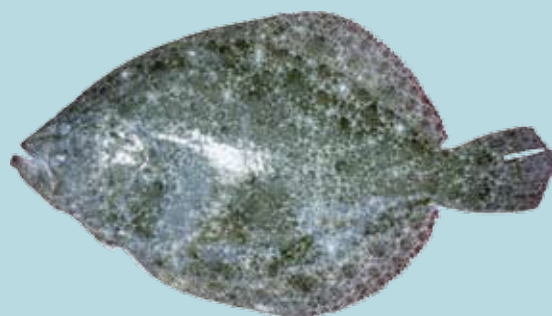
Sensory assessment remains the most popular method of assessing freshness. This type of assessment uses smell, texture and visual appearance to determine the quality of fish. It is a particularly useful technique as it is low cost and requires nothing other than careful and exact training. It is a widespread and reliable assessment method and provides the foundation for the design and application of this guide.

Brill, halibut and turbot are grouped together, in this guide, as they have similar handling requirements.

Scophthalmus rhombus

Brill	– English
Broit	– Irish
Rémol	– Spanish
Barbue	– French
Rodvalho	– Portuguese
Nagład	– Polish
гладкий ромб	– Russian

Brill are a very large, broad bodied, left-eyed flatfish. They are usually a sandy brown to olive green colour, with dark and light spots. The underside is creamy-white.



Hippoglossus hippoglossus

Halibut	– English
Haileabó	– Irish
Hipogloso	– Spanish
Flétan de l'Atlantique	– French
Alabote do Atlântico	– Portuguese
Halibut biały	– Polish
палтус	– Russian

Halibut are the largest of the flatfish and are right-eyed. They are usually a chocolate to olive or slaty brown colour. The underside is pure white but can be blotched, clouded or grey.



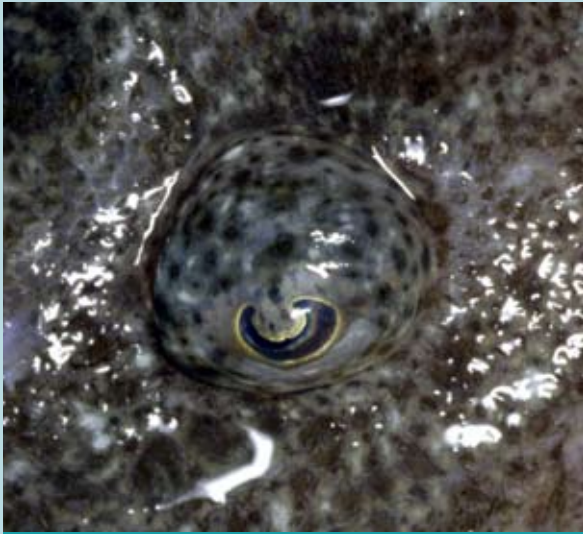
Psetta maxima

Turbot	– English
Turbard	– Irish
Rodaballo	– Spanish
Turbot	– French
Pregado	– Portuguese
Turbot, Skarp	– Polish
белокорый п	– Russian

Turbot are an almost circular bodied, left-eyed flatfish. The upper surface is usually a sandy brown to grey colour and is studded with numerous bony knobs, or tubercles. They are usually a sandy brown to grey colour. The underside is creamy-white.



Excellent Quality



Excellent Quality Eye: clear, bright, bulging.



Excellent Quality Gill: bright red, little or no mucus, seaweed odour.



Excellent Quality Skin: bright, shiny, with good colours, mucus transparent.

Good Quality



Good Quality Eye: beginning to cloud, dulling, slightly sunken.



Good Quality Gill: pale red, traces of clear mucus, neutral odour.



Good Quality Skin: reduced brightness, slightly faded, mucus slightly cloudy.

Good Quality

Excellent Quality

Poor Quality



Poor Quality Eye: dull, milky, sunken.

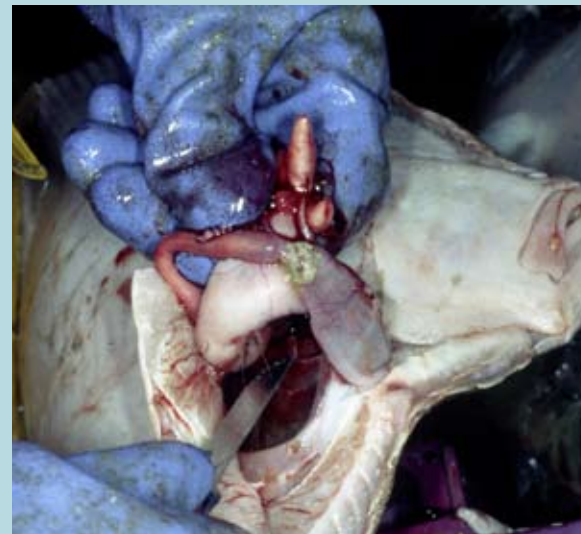


Poor Quality Gill: pale, colourless, sour odour, mucus cloudy.



Poor Quality Skin: dull, faded, mucus milky.

Gutting



The gut, liver and heart must be removed.



Entire gut contents are removed and discarded.



Well gutted. The cut does not damage the fillet or fin. The gut cavity is empty.

Bleeding



Bleeding enhances the appearance, shelf life, and overall quality. To bleed fish, make an incision about an inch from the caudal or tail fin.



Slice down towards the tail until the knife touches the tailbone or backbone.



Bleeding decreases the cooling time, since the fish heat loses as it bleeds. Bled fish also tend to have lighter-coloured fillets with fewer bruises, blood spots, and other defects.

Washing



Wash off any dirt that is present on the gills of each fish.



Ensure that all blood is washed off the fish after bleeding.



Ensure that blood and excess mucus are removed.

Traditional Boxing & Icing



A layer of ice is placed in the bottom of the box.



Fish are placed, gutted-side down, in neat rows. A covering of ice is used to separate each layer of fish.



Another layer of fish is placed in the box. Care is taken to prevent overfilling. The box is finished off with a layer of ice, which does not extend past the rim of the box.

Hygiene & Cleaning

In addition to correct handling, a high standard of hygiene and cleaning is essential to ensure production of a safe, high quality, seafood product.

- After every haul, the deck, hopper, boxes, gutting area, knives, oilskins, aprons and all other equipment, should be washed down with seawater to remove fish blood, scales, offal, dirt and any other fouling substances.
- At the end of every trip, the deck, fish hold, hoppers, boxes, gutting area, knives, oilskins, aprons and other equipment, should be washed down using a power hose and detergent to remove fish blood, scales, offal, dirt and any other fouling substances.



- A chlorine-based bleach should be used to thoroughly clean working areas and equipment, and inhibit any bacterial growth. To show the importance of this, sample swabs were taken from a hold of a boat where no bleach was used and from a hold of a boat where bleach was used. Under laboratory conditions bacterial growth was greater on the sample swab from the deck where no bleach was used. All residual bleach should be rinsed away with clean seawater.



This is bacterial growth in a hold cleaned without using bleach.

This is bacterial growth in a hold cleaned with bleach.

- Detergents and sanitizing agents should be from the approved list issued by the Sea-Fisheries Protection Authority (SFPA) and should be used to the product specifications.

Acknowledgements

This guide was produced in support of the Irish Fishing Industry by Frances O'Dwyer (BIM) with assistance from Marianne Green (KFO), Michael Gallagher (BIM) and Conor Nolan (BIM).

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NATIONAL DEVELOPMENT PLAN

Funded by the Irish Government and part-financed by the European Union under the National Development Plan, 2000-2006.



FINANCIAL INSTRUMENT
FOR FISHERIES GUIDANCE



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ISBN 1-903412-22-6



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