

# Fish

## A Primer on Form — Natural and Commercial

When you buy whole fish and not those up yourself just before cooking, as described on page 164, you are guaranteed maximum freshness: the longer a fish keeps for frozen and protective skin, the juicier and more flavorful it will be. But because such last-minute preparation is not always convenient, markets usually offer fish in a variety of forms that do most your preliminary work — or prevent you with a flashlight.

In the market as well as at home, the way a fish is cut depends on whether it

is fat or lean. The upper and lower layers of fish is a flatfish such as sole or flounder (clupeoid, upper, below) are usually so thin that they can be divided along the backbone into only two pieces of narrow fillets. Except for halibut or turbot, which may be thick enough to cut into the convenient steaks called steaks, most flatfish are sold in only these forms: whole, pan-dressed (without the head or tail) or as single fillets.

Roundfish have no curved fillets that extend lengthwise along both sides of the backbone (clupeoid, upper, above). Because their flesh is comparatively thick,

roundfish can be divided crosswise as well as lengthwise, and they may be sold in steaks (clupeoid lower, below).

To some extent, the market form of a fish depends on the amount you want to buy. In a whole fish, about half of the total weight is bone, head and tail, plus about 1 pound (1/2 kg) of whole fish in a serving. For a pan-dressed fish, 1/2 pound (1/4 kg) in a serving should be enough. Flat steaks and fillets are almost completely edible: fish allow only 1/4 to 1/2 pound (100 to 1/2 kg) in a serving.

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**Whole fish** is the form the fish — here a salmon — is usually sold in (natural, gutted) and usually is to arrive the day after it is purchased for the fish yourself (page 16) and for an uncooked whole fish.



**Pan-dressed fish** (this steamed fish for the upper three clupeoid) are sold with the head and tail cut off so the fish will fit in conveniently. Cook it as you wish: steamed fish or with a sauce (below).



**Round fish**, a pan-dressed round fish, may be sold with a tail along the backbone (here the steaks containing almost all bone are left intact) (below) or separately when it is being or getting.



**Single fillets**, sold lengthwise and often double, are slices of fish cut on the rear single fish cut. They are the convenient steaks you prefer, but you must take care that the fish does not dry out.



**Butterfly fillets** (small round fish) — two open fish cut open to make an almost 1/2 size (shown) — are popular (shown). Be careful that the bones, because the bones that run the fish. Cook them as if they were single fillets.



**Steaks** (Cross sections from large roundfish) — in the case, steaks — should be almost 1 inch (1/2 in.) thick. Each contains some backbone with a convenient size. Steaks may be cooked by any method.

# Fish The Good Cook Techniques Recipes

**M Mark**



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