Fish and Shellfish Review

Directions: Complete the statements as you read text pages 260-267.

1. Fish that have fins and backbones are called _________________.

2. Fish that have shells instead of backbones are called _________________.

3. Fish that have very little fat in their flesh are called ___________ ___________.

4. Fish, such as catfish and salmon, that have pink, yellow or gray fatty flesh are called __________ _______________.

5. Shellfish with soft bodies that are partially or fully covered by hard shells are called _________________.

6. Shellfish that have segmented bodies covered by crust-like shells are called _________________.

7. Fresh fish that have the entrails removed are sold as ______________ fish.

8. A fish with entrails, head, fins, and scales removed is a _______________ fish.

9. Cross-sectional slices that are taken from dressed fish are called _______________.

10. The sides of a fish cut lengthwise away from the backbone are called _______________.

11. Shrimp sold without the intestinal tract are labeled as ________________ shrimp.

12. Blue and Dungeness are the two most common species of ______________ sold in the United States.

13. Oysters and clams may be sold fresh or frozen ________________, which means removed from the shell.

14. When you cook a fish to the proper degree of doneness, the flesh will be firm and it will _______________ easily with a fork.

15. The ____________ content of fish usually determines the cooking method.

16. To prevent baked fish from drying out, brush pieces with _________ or a sauce.
17. Cooking fish in simmering liquid is called ____________________.

18. __________________ whole fish one-quarter turn several times during the microwave cooking period to ensure even cooking of the odd-shaped body.

19. Shellfish purchased in the shell must be ________________ when cooked.

20. __________________ live lobster, shrimp and crab by plunging the shellfish into boiling, salted water until it is partially cooked.

21. A general guide used to time fish cooked by a variety of methods is to allow __________ minutes for every inch of thickness.

22. Fat fish are best cooked by broiling and ____________________.

23. Lean fish are best cooked by poaching, _______________, or frying.

24. ___________________ involves coating fish with crumbs or batter and then cooking it in fat.

25. ___________________ involves cooking steaks, fillets, or whole fish under a direct heat source until the fish flakes easily with a fork.