

QUALITY COUNTS:

A Consumer's Guide to Selecting North Carolina Seafood

Seafood Type	What to Look For	What to Avoid
FRESH CUT FISH	<ul style="list-style-type: none"> Firm, elastic flesh Translucent color Moist appearance Mild scent Unexpired sell-by date, if present 	<ul style="list-style-type: none"> Mushy or bruised flesh Milky color Dry or brown edges Strong sour or "fishy" odor Expired sell-by date, if present
WHOLE AND DRESSED FISH	<ul style="list-style-type: none"> Bright, shiny eyes Bright red gills, if present Firm, elastic flesh Scales adhering tightly to skin Smooth, glistening skin Mild scent Bright red blood line in gut cavity 	<ul style="list-style-type: none"> Cloudy, sunken eyes Pale or gray gills Mushy flesh Scales dull or missing Excess slime on skin Strong sour or "fishy" odor Dark or brown blood line in gut cavity
FROZEN FISH	<ul style="list-style-type: none"> Solidly frozen flesh When thawed, passes same criteria as unfrozen fish Tight, moisture-proof packaging Product is visible, unmarred Unexpired sell-by date, if present 	<ul style="list-style-type: none"> Partially thawed fish Discolored flesh Dry or papery edges Torn packaging or crushed edges Signs of ice crystals or freezer burn Expired sell-by date, if present
LIVE SHELLFISH	<ul style="list-style-type: none"> Tightly closed shells; if open, they shut when tapped Moist, intact shells Mild scent 	<ul style="list-style-type: none"> Gaping shells; do not shut when tapped Cracked, chipped, dry shells Strong sour or "fishy" odor
SHUCKED OYSTERS	<ul style="list-style-type: none"> Plump, cream-colored meat Free of shell bits and sand Clear or slightly opaque liquid, less than 10% of volume Mild scent 	<ul style="list-style-type: none"> Shriveled, dark, dry meat Presence of shell or sand Cloudy liquid Strong sour or "fishy" odor
SEA SCALLOPS	<ul style="list-style-type: none"> Free of excess liquid Creamy white, light tan or slightly pink appearance Mild scent 	<ul style="list-style-type: none"> Strong sour or "fishy" odor Shriveled, dry appearance
RAW SHRIMP	<ul style="list-style-type: none"> Translucent shells with grayish-green or tan coloration Moist appearance Firm flesh Mild scent 	<ul style="list-style-type: none"> Blackened edges or spots on shell (except spot prawns) Red color along shell edges Mushy flesh Strong sour or "fishy" odor
COOKED SHRIMP	<ul style="list-style-type: none"> Bright red shells Firm meat texture 	<ul style="list-style-type: none"> Strong sour or "fishy" odor
LIVE SOFT- AND HARD-SHELL CRABS	<ul style="list-style-type: none"> Show movement of legs and eyes 	<ul style="list-style-type: none"> Dead animals should be discarded
COOKED CRABS	<ul style="list-style-type: none"> Bright red color 	<ul style="list-style-type: none"> Strong sour or "fishy" odor
COOKED CRABMEAT	<ul style="list-style-type: none"> White meat with slight red or brown pigments Mild scent 	<ul style="list-style-type: none"> Grayish color or dry appearance Excess shell or cartilage Strong sour or "fishy" odor

FOR MORE INFORMATION ON:

- North Carolina seafood markets, go to: www.nc-seafood.org.
- Local Catch: North Carolina Seafood Availability wallet-size cards and North Carolina Seafood Availability posters, go to: www.ncseagrant.org.

NORTH CAROLINA SEA GRANT

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Carteret Catch
 Select NC Seafood from the Fishermen of Carteret County

