

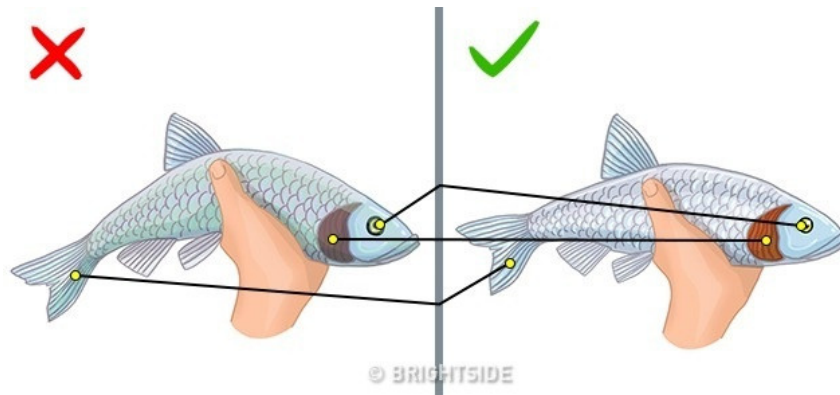
Simple tips make it easy to identify fresh, delicious fish

Like other foods, to make delicious fish dishes, you must know how to choose good quality fish.

Fish is a familiar food source for us, fish dishes provide the body with a precious protein source with enough essential amino acids, in which the content of lysine, tirozin, tryptophan, systin, methionine is still high. more meat. Protein of fresh fish is easy to digest, easier to absorb than meat.

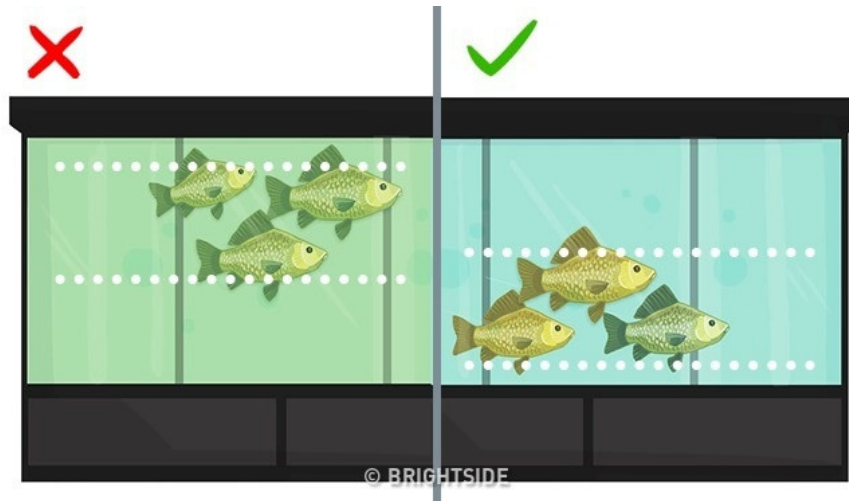
However, to choose fresh, delicious fish to use is not a simple thing, sometimes with the naked eye, we can hardly know where the fish is fresh, or has gone. To help you gain more experience to choose delicious fish, a few tips below will help you choose the right fish, both delicious and fresh.

1. Look at the ankle



If it is fresh fish, there are usually seven scales and the eyes will be convex and transparent, the cornea is elastic. When you hold the fish to observe, if it is a fish, it will often have a curved tail, weak swimming, fishy eyes are concave in the eye socket, opaque color and the cornea is wrinkled or torn. Dry scales, fish, have turned gray without sticking to star fruit, viscous, foul-smelling, not red-pink like normal fish, which is a warning sign that the fish has been spoiled.

2. Swimming position of fish



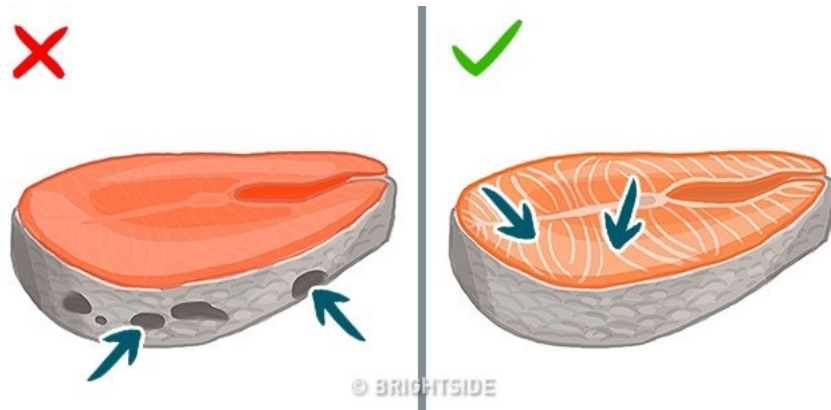
When buying fish that are still alive and swimming in the pool you also need to observe and choose fish that swim near the bottom of the tank instead of the ones near the water surface.

3. Measure the level of mercury in the fish



If you like fishing and then processing the catch, check if the water is mercury-free. Very simple to check when you have mercury equipment.

4. Look at the fish fillet



For salmon, when buying, you can look at the fish fillet. It is recommended to select the fish with the breast and the white lines around the fish. If the fish is red, the fish may have died. You should not choose fish with light spots on the surface of fish skin, these are the fish caught during the time when the fish spawn, fish meat is usually very light and not delicious.

You finished reading the article "**Simple tips make it easy to identify fresh, delicious fish**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.
