

GUIDELINES FOR BUYING FRESH FISH



Check the eyes

Should be wet, plump, crystal-clear, and gleaming



Check the gills

Gills should be bright red.



Fish Fins

Fins should be intact & glowing.



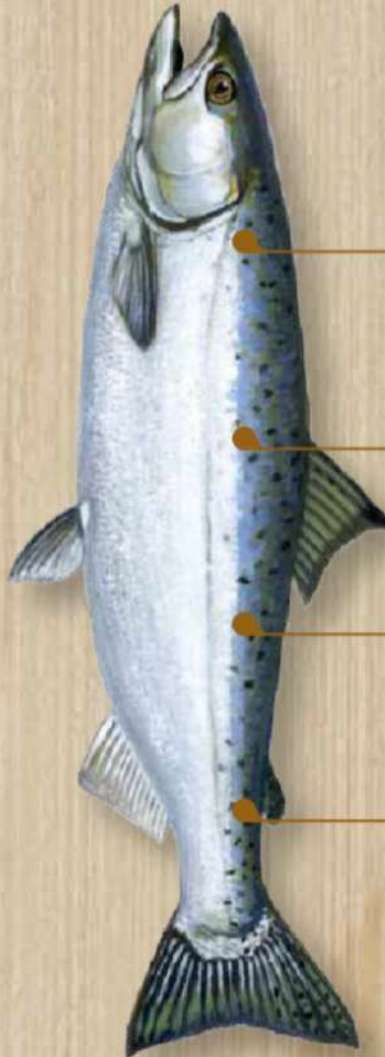
Punch the fish

It should bounce back to its normal shape.



Fish scales

Should be shiny & firm.



Collor part

Less available, no much meat.

Belly

Luxurius part of fish, very yummy.

Fillet

Lean, tasty.

Tail part

Hard, low price.

TIPS FOR SELECTING FILLETED FISH

Search for cracks, breaks and pooling water.

Look for the reliability and color of the fish.



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