

9/12/75

Buying Fish

(0:30)

When you buy fish, figure that a serving is generally one-third to one-half pound of edible fish. So, for a whole fish allow about one pound per person. For dressed fish allow one-half pound per person. For steaks, fillets or sticks, allow one-third pound per person.

When you buy whole fish, look for bright, clear bulging eyes, reddish pink gills, bright colored scales adhering tightly to the skin, and flesh that springs back when pressed.

Don't over cook your fish; they contain no tough connective tissue and cook very quickly. Cook fish only until it flakes easily when tested with a fork.

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The Safety of Canned Food

(0:45)

"How long will commercially canned food keep on the food shelf?" Generally speaking if the can itself seems to be normal, without bulging or rust, the food inside should be safe to eat. However, the Food and Drug Administration suggests a regular turnover about once a year.

Commercially canned food should be stored in a dry place that is moderately cool. High temperatures can cause a change in flavor and appearance. And freezing temperatures can cause the food inside to expand. This puts a strain on the can and causes the ends to bulge, which may permit air to enter and cause the food to spoil.

Is it safe to store food in the open can in the refrigerator? The can in which you buy your food is safe for storage. But to keep other flavors out and to prevent drying you may want to cover the open can with plastic or foil.

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