

Chapter 21 Fish and Shellfish

Section 21.1 Fish Basics



Note Taking

Directions As you read, write notes, facts, and main ideas in the Note Taking column. Write key words and short phrases in the Cues column. Then summarize the section in the Summary box.

Cues	Note Taking
<ul style="list-style-type: none"> • knowing how to select, purchase, and store fish allows a foodservice operation to serve fish of the highest quality • drawn: fish that have their gills and entrails removed 	<p>STRUCTURE OF FISH</p> <ul style="list-style-type: none"> • Fish is a flavorful, healthful alternative for diners <p>MARKET FORMS OF FISH</p> <ul style="list-style-type: none"> • Fresh fish can be purchased eight ways: whole, drawn, dressed, fillets, butterflied, steaks, cubes, sticks
<p style="text-align: center;">Summary</p> <p>Fish is a popular, low-fat healthful protein.</p>	

Chapter 21 Fish and Shellfish

Section 21.2 Shellfish Basics



Note Taking

Directions As you read, write notes, facts, and main ideas in the Note Taking column. Write key words and short phrases in the Cues column. Then summarize the section in the Summary box.

Cues	Note Taking
<ul style="list-style-type: none"> • shellfish have no bones, but hard shells cover their bodies • mollusk: a shellfish that has no internal skeletal structure • crustacean: a shellfish with a hard outer shell and a jointed skeleton 	<p>SHELLFISH BASICS</p> <ul style="list-style-type: none"> • Shellfish, both mollusks and crustaceans, are found in both fresh and salt water <p>MOLLUSKS</p> <ul style="list-style-type: none"> • Mollusks include oysters, clams, mussels, and scallops <p>CRUSTACEANS</p> <ul style="list-style-type: none"> • Lobster, shrimp, crab, and crayfish are crustaceans
<p style="text-align: center;">Summary</p> <p>Shellfish is generally expensive but very versatile.</p>	

Chapter 21 Fish and Shellfish

Section 21.3 Cooking Fish and Shellfish



Note Taking

Directions As you read, write notes, facts, and main ideas in the Note Taking column. Write key words and short phrases in the Cues column. Then summarize the section in the Summary box.

Cues	Note Taking
<ul style="list-style-type: none"> sushi: Japanese dish of raw or cooked fresh fish or seafood and rice 	<p>FISH AND SHELLFISH COOKERY</p> <ul style="list-style-type: none"> There are many methods to cook fish and shellfish and dishes can be simple or complex
<h3>Summary</h3>	
<p>There are several methods for cooking fish and shellfish.</p>	