



Popular fish spices

Real Fresh Fish are hard to come by... at Taj agro we provide nothing but the freshest fish available. Take a look at the listings below to find our most popular fishes.

Saltwater Fish Food Facts

This category includes the Monkfish, Sea Devil, Bellyfish, Lotte and Goosefish. They are for the most part all low-fat with a firm texture. They can weight from 2 to 25 pounds and only the tapered tail section is edible. Tastes similar to a lobster

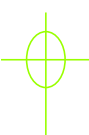
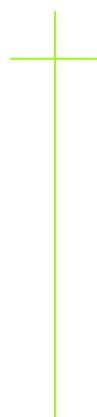
Barracuda: A moderate-fat fish that runs from four to eight pounds. The only variety that is best for eating is the Pacific Barracuda which has an excellent taste. Great Barracudas are known for their toxicity.

Usually weighs in at three to six pounds. Does not freeze well. When using, be sure to remove the dark strip of flesh running down its center. This may give the fish a strong undesirable flavor.

Butterfish : Also known as Pacific Pompano or Dollar fish. It is a high-fat fish that usually weights in at one-quarter to one pound. These are small fish that are usually cooked whole or smoked. A very fine textured fish.

Fish is so delicious and good for you. Fish is generally low in calories and oily fish like salmon, tuna and sardines are excellent sources of omega-3 essential fatty acids. Unfortunately, many people think fish is difficult to prepare, so more fish is eaten in restaurants than in homes. That is a shame, really, because fish can be very easy to cook at home. To learn more, visit our website Busy Cook's cooks article,

Australia's leading health research body, the National Health and Medical Research Council (NHMRC), suggests that Australians should eat more fish. This is because fish is low in fat, high in protein and an excellent source of omega 3 fatty acids.



Popular Fish Species

Most fish are healthy to eat. And fish are an excellent source of low-fat protein. Eating fish may also reduce the risk of heart disease, diabetes and other chronic illnesses. Some common food fish species are listed below:

Fish Fillets

Sweet water Fish

Eating Shrimp

Anchovy Fish

Chilean Sea Bass Fish

Herring Fish

Salmon Fish

Sardine Fish



Categorization of Fish :

Fish without shells are separated into two groups-freshwater fish and saltwater fish. Because salt water provides more buoyancy than fresh water. Saltwater Fish like cod, flounder and tuna have thicker bones while freshwater fish, like catfish, perch and trout don't have a heavy skeletal framework rather their structure is based on hundreds of minuscule bones

How to Cooking Fish

When cooking and serving fish, the meat must be handled properly to prevent contamination. One must use a different platter and cooking utensils for cooked fish than what was used for the raw fish, unless they have been properly cleaned and dried after exposure to the raw fish. Be sure the raw fish does not come in contact with foods that have already been cooked or foods that do not require cooking before being consumed, such as raw vegetables and fruit.

Fish can be cooked in myriad ways including baking, broiling, frying, grilling and steaming. A general rule for cooking fish is to measure it at its thickest point, then cook 8 to 10 minutes per inch (4 to 5 minutes per half inch). To test fish for being properly cooked, use a fork to prod it at its thickest point. The fish should be opaque, its juices milky white. Undercooked fish is translucent, its juices clear and watery; overcooked fish is dry and falls apart easily. Another test is to insert an instant-read thermometer at the thickest point-fish that's done will register 145°F

Why is Fish good for us?

There are four major health advantages from seafood consumption:

1. Cardio-vascular benefits which reduce the risk of heart attack.
2. The anti-inflammatory properties of mega-3 products in the body.
3. Childhood brain and sight development.
4. Likely anti-cancer benefits.



Contact Us

Contact information for Taj Group companies in India.

TAJ AGRO INTERNATIONAL

(A Division of Taj Pharmaceuticals Limited)

<http://www.tajagroproducts.com>

E-mail :

tajagroproducts@gmail.com

tajagrointernational@gmail.com