

Calibration: **G.BREAM-1**

Represents: Fat content of 2 x Trimmed Fillets, without skin

Species: Gilt-head Bream (*Sparus aurata*)

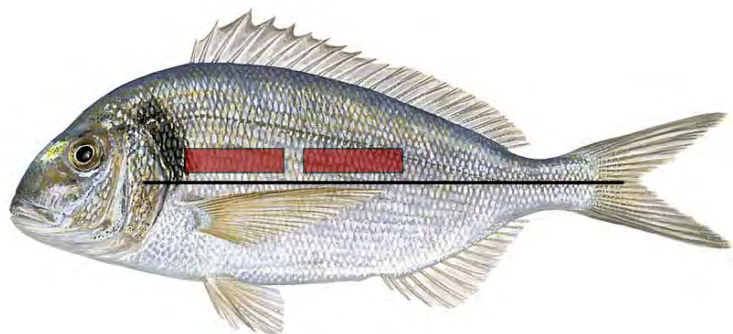
Sample: Whole fish, skin on.

1. Selection & Preparation

Select one fish. Wipe excess water from the surface of the fish but do not dry.

2. Take readings

Place the instrument head firmly on the fish at the positions shown below and take two readings:



- To ensure accurate measurements keep the 'read' button pressed until the reading is stable. Once the reading is stable, release the 'read' button. It is important that you release the 'read' button *before* removing the sensor from the fish.
- When two readings have been taken, turn the fish over and repeat on the other side. Then, after four readings, repeat the process on the same fish.

3. What do these results represent?

After eight readings the readout shows the average fat content of the trimmed fillets of this fish, *excluding* head, tail, fins, skin and belly cavity.

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Preparation of samples

It is very important that the laboratory analysis is done correctly, and truly represents ALL of the trimmed fillets, as represented by the Fatmeter measurements.

Please prepare the samples for analysis, as follows:

- Fillet the fish, taking care to retain all flesh as part of the sample.
- Remove excess fat from belly walls and the excess fat at the top of the dorsal region, and in the belly region.
- Remove any fins and skin, taking care that no flesh is removed with the skin.
- Mince both fillets in a blender for 2 minutes.
- Always ensure that the mince is thoroughly mixed. This is especially important if the mince has been allowed to stand for some time.
- Analyse with the method of your choice. Please note the Fatmeter has been calibrated against Fosslet Chemical Analysis, an AOAC recognised method, and will give the best correlation with the Fatmeter results.

