

Calibration: **HERRING-1**

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

Species: Atlantic / North Sea Herring (*Clupea harengus*)

Sample: Whole fish, skin on.

1. Selection & Preparation

Select eight small fish, or four large fish, of similar size and weight from a batch. If there is a variety of a fish size then group according to size/weight. 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 position shown below:



- 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.
- On large fish: take two readings per fish, one from each side.
- On small fish: take one reading per fish.

Repeat for the remaining fish.

3. What do these results represent?

After eight readings the readout shows the average fat content of the trimmed fillets of all fish sampled.

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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 and remove excess fat from the dorsal region and from the belly area.
- Remove any fins and skin.
- Cut the sample into approximately 1-2 cm squares to allow the blender to mix it well.
- Mince all the 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.

