

Calibration: **ANCHOVY-2**

Represents: Fat content of whole carcass inc. belly cavity and fish roe

Species: South African Anchovy (*Engraulis capensis*)

Sample: Whole fish, skin on.

1. Selection & Preparation

Take a large selection of fish and, using the Fatmeter to approximately measure individual fish, group them by fat / oil content into these bands:

<6% 7-10% 11-14% 15-18% 19-21% 22-25% >25%

From each group select a batch of eight fish. Wipe excess water from the surface of the fish but do not dry.

2. Take readings

Large anchovies can be measured individually, otherwise the fish should be measured in pairs, stacked one on the other, like this:



- 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 one reading per fish.
- On pairs of small / normal fish: take two readings, one from each side of the pair.

Repeat for the remaining fish.

3. What do these results represent?

After eight readings the readout shows the average fat content of the whole fish carcass, *including* head, tail, fins, skin, belly cavity and any fish roe.

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Preparation of samples

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

Please prepare the samples for analysis, as follows:

- Use the whole fish carcass, including head, tails, fins, skin, belly cavity and fish roe.
- 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.

