

Calibration: **HERRING-2**

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

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

Sample: Whole fish, skin on.

1. Selection & Preparation

Select four small fish, or two large fish, of similar size and 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 positions shown below and take two readings:



Take one reading above the axis line and one 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 four readings per fish, two from each side.
- On small fish: take two readings 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 whole fish carcass of all fish sampled, *including* 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 fish, as represented by the Fatmeter measurements.

Please prepare the samples for analysis, as follows:

- Retain all parts of the fish carcass including head, tail, flesh, fins, bones, skin, belly cavity and fish roe.
- Cut the sample into small sections to allow the blender to mix well.
- Mince the sample 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.



Include belly cavity.