

COMMON INDUSTRY ABBREVIATIONS & TERMS

(Please tell us what else you see that you'd like an explanation for, so we can update this list for you)

Usually associated with FRESH:

- **FIL** – Filet: a strip of fish from behind the head to the tail, cut off of the spine, either the left side or the right side of a Whole fish, (or the top or bottom of a Flatfish).
- **LOIN** – Loin: essentially, half-of-a-Filet, lengthwise, one half being dorsal/back, the other half being ventral/belly. Typical Loin cuts are from Swordfish & Ahi.
- **PBO** – Pin-Bones Out: A thin line of about a dozen thin, flexible bones embedded in the thick part of the filet from just behind the head stretching about half the length of the filet is removed using pliers. Common practice for Salmon filets. Many other fish have harder, easier to detect pin-bones, not as much of a choking hazard.
- **SK** – Skin attached to a Filet: for **SK-ON**, it'll be scaled; **SK-OFF** is self-explanatory.
- **H&G** – Headed & Gutted: the fish comes to us already gilled, gutted, and headless. Many large fish (Sword, AK Hal) come to us this way.
- **J-CUT** – it's an H&G Fish, most commonly Black Cod, but instead of slitting open the belly to remove the guts, the guts are removed by reaching into the belly cavity from behind the gills, leaving the belly-meat intact as a 'tube', rather than as two 'flaps'.
- **G&G** – Gilled & Gutted: same as above, with the head still attached.
- **SG&G** – Scaled, Gilled, & Gutted: A process that we'll do with some small fish (Bronzini, Rock Cod) to make it ready for the plate. Head still On, Bones still In.
- **BLO** – Blood-Line Off: most pelagic fish have thick layers of "bloody" dark tissue, which some chefs will remove. So will we, for an extra charge. (Pelagic: an open-sea, nomadic fish, that travels great distances, such as Swordfish & Sharks & Ahi).
- **NUMBERS** – some numbers (U/10, U/15, 10/20) refer to pcs per pound, especially on Scallops. Other numbers (2/3, 5/7, 10/12, 20/40, etc.) tell you how many pounds a Whole Fish is (those examples referred to Striped Bass, Black Cod, Salmon, & AK Halibut). You may also see 400/600, which is how many grams one Bronzini weighs. (That's about 1# or so, for those of you who don't easily convert from the metric system, or if you're not a frequent shopper at the local cannabis outlet).

Usually associated with FROZEN:

- **IQF** – Individually Quick Frozen: each individual piece is Frozen then bagged; think frozen peas or blueberries. Other alternative is **BLOCK** Frozen, with product frozen in a clump, held together by water.
- **P&D** – Peeled & Deveined: refers to Shrimp/Prawns that are shelled (Sh-OFF) and slit open a bit to remove the vein. Many Shrimp are IQF P&Ds.
- **SH-ON** – Shell On: also refers to Shrimp, self-explanatory.
- **HD-ON** – Head On: this is a Whole Shrimp, head, tail, shell, little legs, and antennae.
- **U/12, 21/25, 71/90**, etc. – Piece-count per pound of Shrimp: Smaller numbers equate to larger Shrimp. Terms such as 'colossal' or 'jumbo' are grocery store marketing terms, and can be different sizes in different stores, so we do not use those terms.
- **T&T** – Tubes & Tentacles: already cleaned Squid/Calamari, ready to cook, or the Tubes can be further cut into strips or rings.

BRANDS & Other abbreviations:

- **L/D**: Loch Duart Salmon, probably the most famous & recognized Farmed Salmon in the world.
- **ORA**: not an abbreviation, a brand of a Farmed King Salmon from New Zealand
- **BGB**: Big Glory Bay, also a brand of King Sal from Stewart Is, NZ, which is south of the tip of NZ's South Island.
- **OG**: Ocean Garden (Shrimp)
- **MOP** – Method of Production: legal requirement on our invoices, Farmed or Wild are the two options.
- **COOL** – Country of Origin Labeling: also a legal requirement, but we're not clear on its usage. You may see CA (which is Canada) or NZ, or GB (Great Britain/Scotland), or US (but you don't know if it's from Oregon or Florida), or MX or CN (China), etc, etc, etc.
- **MBAq** – Monterey Bay Aquarium SeaWatch program: this is my term, not a standard industry abbreviation. Refers to the very influential seafood-eating guide put out by Monterey Bay Aquarium.