

## **Caviar** (Fish & Seafood)

**Interesting facts:** Caviar is any single salted fish roe or egg. True caviar comes from the icy waters of the Caspian Sea from the finest sturgeon. Ninety-five percent of the caviar produced in the world comes from the Caspian Sea. Only three sturgeon species produce this caviar: Beluga, Osetra, and Sevruga. A little known fact about caviar is that it shouldn't touch metal like silver. Otherwise, the eggs will take on a metallic taste. Instead, you'll need to serve it in a glass bowl, preferably crystal. To remove from its container, you'll need to use a wooden, glass or gold spoon. It is illegal to capture sturgeon in the wild and harvest its eggs because all sturgeon species, like Beluga, are on the endangered list. You can only get this type of premium caviar from farms. Caviar is an über food—it has more minerals and nutrients than any other protein, ounce for ounce.

**How to select:** These days, most of the caviar available in the U.S. comes from farmed fish around the world—the United States, China, and Israel being some of the largest producers. Good caviar should have distinct eggs that separate when you roll them on the roof of your mouth. They need to pop in your mouth rather than taste mushy. When you open a tin, the caviar should be shiny, each egg glistening, not oily or murky.

**How to clean and store:** Caviar should never be frozen, as it will end up mushy. Store it in the coldest part of your refrigerator, as close to the freezer as possible, and it should stay fresh for about a month.

**How to consume:** Whether pasteurized or fresh, caviar should always be chilled when served. For purists, caviar is best eaten alone. Use a special spoon made of bone, crystal, or mother of pearl (metal spoons are believed to alter the taste) to eat the beads. Caviar should be served and consumed in amounts smaller than a tablespoon.