

# What Does Quality Fish Taste Like? A Sensory Guide for the Evaluation of Cooked *Sparus aurata*

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## INTRODUCTION & AIM

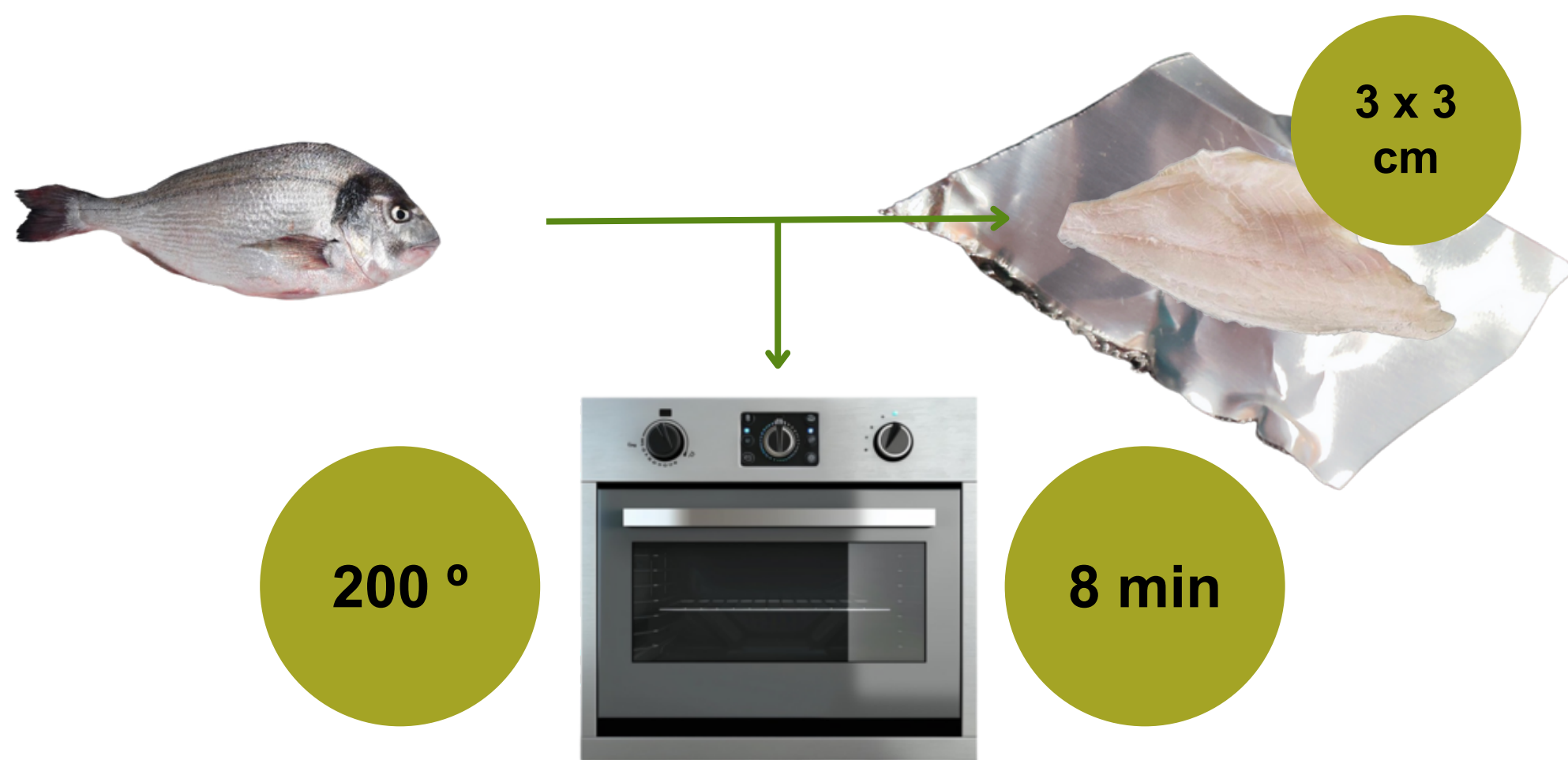
Sensory analysis plays a key role in food quality evaluation, as it provides a detailed sensory profile and a direct insight into consumer perception. In the case of fish, sensory attributes are particularly relevant, as they can be significantly influenced by the mode of production, feeding practices and thermal processing. Cooking can modify these sensory characteristics, making standardized evaluation protocols essential for accurate comparison and quality control.

Develop a standardized guide for the sensory evaluation of cooked fish, focusing specifically on *Sparus aurata* (gilthead seabream).

## METHOD

### Samples

Following a literature search, a detailed protocol was developed with selected standard conditions for the preparation, cooking, and presentation of the samples.

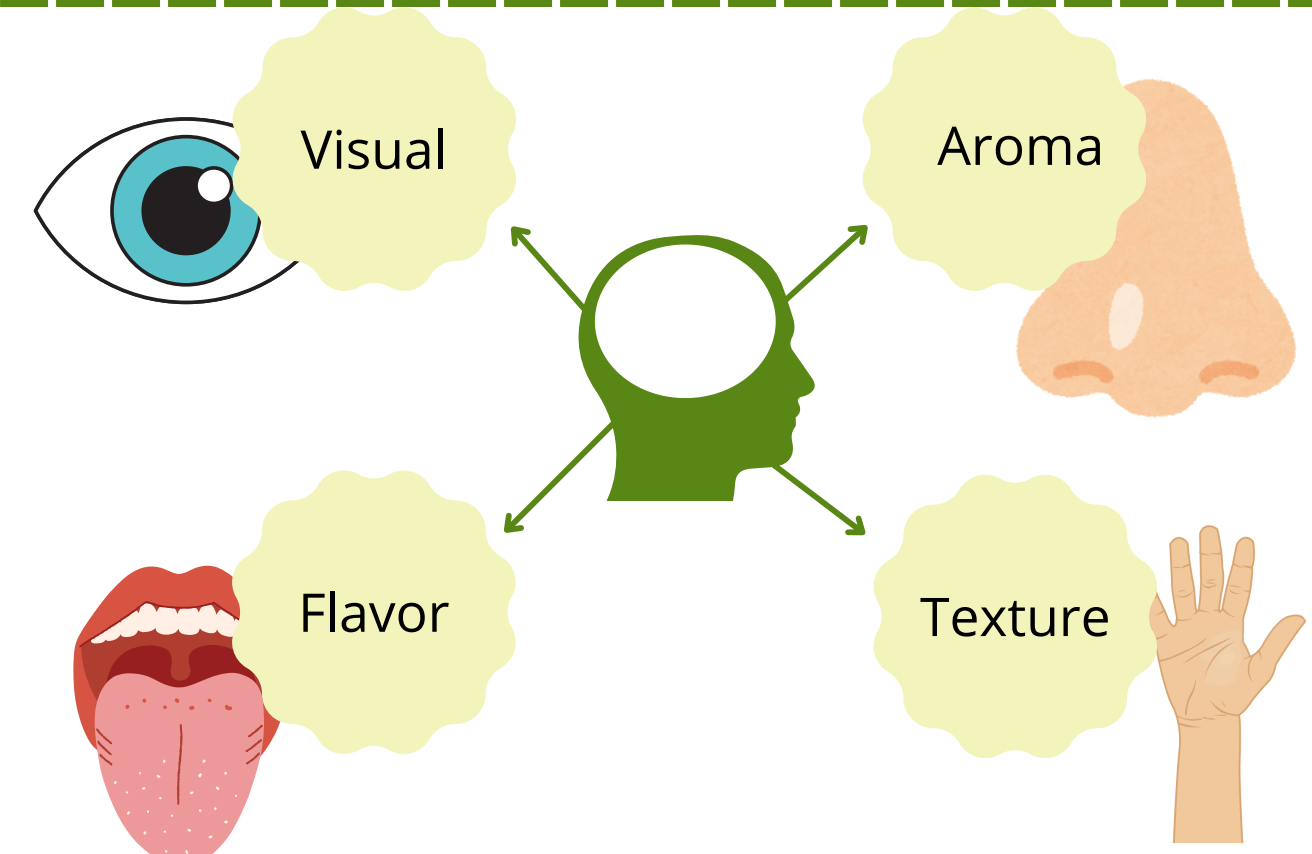


### Sensory analysis



## RESULTS & DISCUSSION

This protocol was used throughout a research project that has successfully proven its reliability in consistently assessing the quality of *Sparus Aurata*.



After selecting the specific sensory attributes of cooked *Sparus aurata*, a tasting sheet was created showing a quantitative descriptive analysis, which systematically indicates the intensity of each attribute on a scale of 1 to 10.

DESCRIPTIVE SENSORY TEST											
Name:					Date:						
Sample code:											
Visualize the piece of cooked fish, mark with an X the intensity with which you describe each attribute, being 1= weak and 10= intense.											
VISUAL/APPEARANCE											
COLOR UNIFORMITY											
1	2	3	4	5	6	7	8	9	10		
BRIGHTNESS											
1	2	3	4	5	6	7	8	9	10		
FLAKING											
1	2	3	4	5	6	7	8	9	10		
OWN COLOR											
1	2	3	4	5	6	7	8	9	10		
ANOMALOUS AND UNPLEASANT COLOR											
1	2	3	4	5	6	7	8	9	10		
AROMA/ SMELLS											
INTENSITY											
1	2	3	4	5	6	7	8	9	10		

1	2	3	4	5	6	7	8	9	10		
BITTER											
1	2	3	4	5	6	7	8	9	10		
UMAMI											
1	2	3	4	5	6	7	8	9	10		
SPECIFIC FISH FLAVOR											
INTENSITY											
1	2	3	4	5	6	7	8	9	10		
LACTIC ACID											
1	2	3	4	5	6	7	8	9	10		
FERMENTED											
1	2	3	4	5	6	7	8	9	10		
TEXTURE											
JUCINESS											
1	2	3	4	5	6	7	8	9	10		
FIBROUS											
1	2	3	4	5	6	7	8	9	10		

## CONCLUSION

The guide provides a reliable and replicable method for the sensory evaluation of cooked fish, strengthening quality control processes.

## REFERENCES

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