

CAVIAR



A luxury food product

Definition

Caviar is a luxury food product consisting of salt-cured fish eggs, specifically those from sturgeon species. It is highly prized for its delicate and unique flavor, as well as its association with gourmet cuisine and special occasions.

Origin

Caviar is made from the unfertilized eggs, or roe, of the **sturgeon**. The eggs are carefully extracted from the female fish and then salted to enhance their flavor and preserve them. The size, color, and taste of the caviar can vary depending on the sturgeon species.



Serving and accompaniments

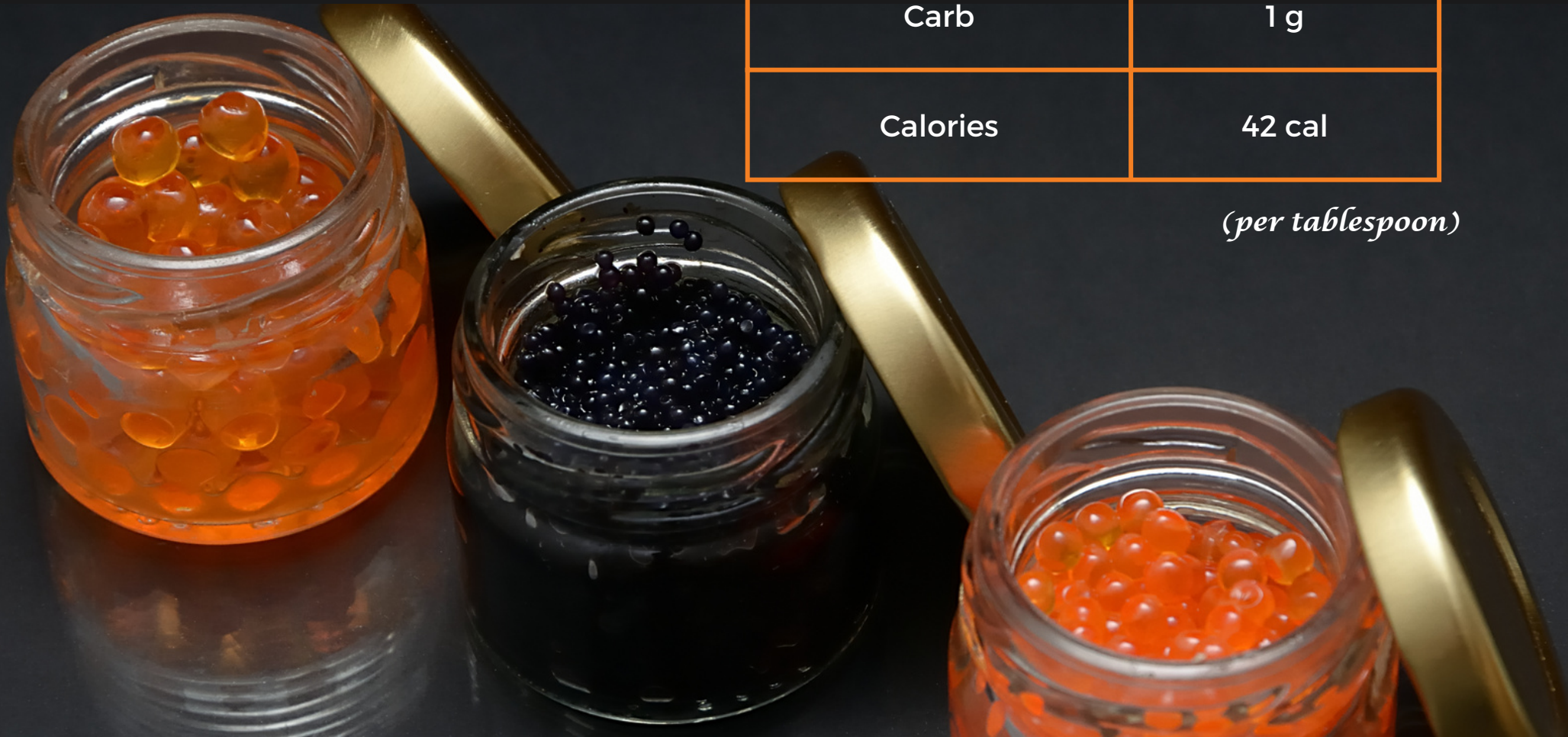
- Caviar is often served as a **garnish or topping** for various dishes, including blinis (small pancakes), toast points, or canapés. It is commonly enjoyed with accompaniments such as crème fraîche, chopped onions, lemon wedges, or egg whites. Caviar is often paired with champagne or vodka to complement its flavor.

Nutritional profile

- Caviar is rich in omega-3 fatty acids, particularly EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid).

Component	Value
Protein	4 g
Fat	3 g
Carb	1 g
Calories	42 cal

(per tablespoon)



Grades

- Caviar is typically graded based on its quality, appearance, and taste. Factors such as the size, color, texture, and flavor of the eggs contribute to the grading process.
- **Beluga caviar**, known for its large and delicate eggs, is often considered the most luxurious and expensive grade.

Flavor and texture

- Caviar is known for its distinctive taste, which is often described as buttery, briny, and slightly nutty. The texture of the eggs can vary, ranging from firm to creamy, depending on the type of caviar.
- The eggs are typically enjoyed by placing a small amount on the tongue to savor the flavor and texture.

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