



## Mussel Meat Yield

Mussel meat yields are used by the industry to determine the proportion of total weight is meat. There are different methods for calculation but all involve cooking of the mussels.

In Newfoundland the North American yield is used :

$$\frac{\text{Cooked meat weight} \times 100}{\text{empty shell weight} + \text{cooked meat weights}}$$

A value of 30% yield or higher are desirable for the live market. Anything less is processed into other products like canned and pickled mussels.

Split into 2 groups and each will be given 2 cooking times to do to look at the difference in yield due to water loss and protein shrinkage with exposure to heat.

Weigh out approx. 500g of live mussels and let drain on a paper towel for about 5 minutes.

Using 0.5 cm of water in the bottom of a pot the mussels are cooked for the appropriate time.

Each meat is separated from the shell and meats and shells are weighed separately.

Use these to calculate the meat yield for each of the different cooking times and compare.

Left-overs are free for eating if anyone likes to eat mussels and if there's time.

Cook time	Live weight	Empty shell weight	Cooked meat weight