

# SEAFOOD

## bake

most fish bake well

**PRO TIP:** COAT WITH BREADCRUMBS OR COOK WITH A SPLASH OF BROTH OR OLIVE OIL TO PREVENT FISH FROM DRYING OUT WHILE BAKING

1. HEAT OVEN TO 450 DEGREES F
2. SPRAY A BAKING SHEET WITH NON-STICK COOKING SPRAY
3. PLACE FISH ON BAKING SHEET IN A SINGLE LAYER, SEASON AS DESIRED
4. BAKE UNCOVERED, 10 MINUTES PER INCH OF THICKNESS OR UNTIL FISH IS FIRM TO THE TOUCH

## poach

*try with* salmon, shrimp, monkfish

**PRO TIP:** ALMOST ANY FISH CAN BE POACHED, TRY WITH WATER, WINE, STOCK OR MILK

1. FILL A POT OR SAUCE PAN WITH JUST ENOUGH LIQUID TO COVER THE FISH, SEASON POACHING LIQUID WITH LEMON, WHITE WINE OR DILL
2. COVER THE PAN UNTIL LIQUID COMES TO A SIMMER, ADD FISH, COOKING 6 - 12 MINUTES PER INCH OR UNTIL FISH IS FIRM
3. SHRIMP WILL ONLY TAKE 2 - 3 MINUTES, WHOLE FILLETS 15 - 20 MINUTES

## broil

*try with* sole, scrod, halibut

**PRO TIP:** BEST FOR FISH THAT ARE AT LEAST 1 INCH THICK TO RETAIN MOISTURE. BASTE FISH BEFORE COOKING AND FREQUENTLY DURING

1. BROIL FISH ABOUT 8 MINUTES PER INCH OF THICKNESS WITH THE DOOR SLIGHTLY AJAR
2. FISH 3/4 TO 1 INCH THICK, BROIL 4 INCHES FROM HEAT SOURCE
3. BROIL THICKER FISH 6 INCHES FROM THE HEAT SOURCE
4. BROIL FILLETS LESS THAN 1 INCH THICK 2 INCHES FROM HEAT SOURCE DONT FLIP

## fry

*try with* catfish, shrimp, scallops

**PRO TIP:** CUT FISH INTO SMALLER CHUNKS AND MAKE SURE PIECES DON'T TOUCH WHEN FRYING TO CREATE A CRISP OUTER LAYER

1. HEAT CANOLA OR VEGETABLE OIL TO 375 DEGREES F
2. SPRINKLE FILLETS LIGHTLY WITH FLOUR, DIP IN BEATEN EGG, COAT WITH BREADING
3. COOK 3 TO 5 MINUTE UNTIL LIGHTLY BROWNED

## grill

*try with* swordfish, tuna, mahi mahi

**PRO TIP:** BEST METHOD FOR FISH STEAKS. USE A GRILL BASKET FOR SMALL OR THIN FISH

1. HEAT GRILL WITH LID CLOSED TO 375 DEGREES F
2. BRUSH GRILL GRATE WITH OIL, KEEP GRATE 4 TO 6 INCHES FROM HEAT SOURCE. PLACE FISH IN A SINGLE LAYER
3. PLACE FISH ACROSS GRATES, AFTER TWO MINUTES ROTATE FISH ACROSS GRATES, AFTER ANOTHER 2 MINUTES, FLIP FISH AND REPEAT THE METHOD UNTIL FISH IS FIRM TO THE TOUCH (ABOUT 10 - 12 MINUTES)

## braise

*try with* snapper, cod, salmon

**PRO TIP:** ADD BLANCHED VEGETABLES TO THE STOCK TO HELP FLAVOR FISH AND CREATE A COMPLETE MEAL

1. FLOUR FISH FIRST, SHAKING OFF EXCESS
2. IN A HOT PAN, SEAR FISH ON BOTH SIDES UNTIL LIGHTLY BROWNED
3. ADD DESIRED LIQUID (STOCK, SEASONED WATER, OR TOMATO SAUCE) COVERING HALF THE FISH, COVER AND PLACE IN THE OVEN
4. COOK 15 - 20 MINUTES OR UNTIL FISH IS FIRM

## sauté

*try with* snapper, sole, shrimp, scallops

**PRO TIP:** KEEP FISH AND OTHER INGREDIENTS IN CONSTANT MOTION FOR EVEN COOKING, WORKS BEST WITH FAST COOKING SEAFOOD LIKE SCALLOPS OR SHRIMP

1. USE JUST ENOUGH OIL TO COAT THE BOTTOM OF THE PAN TO PREVENT STICKING
2. COOK ON HIGH HEAT, YOUR INGREDIENTS SHOULD SIZZLE WHEN THEY HIT THE PAN
3. USE SOME SORT OF FAT, SUCH AS VEGETABLE OIL, CLARIFIED BUTTER OR WHOLE BUTTER, TO COAT THE PAN

## steam

*try with* cod, salmon, sole

**PRO TIP:** MARINATE FISH FIRST, FOR AT LEAST 10 MINUTES, FOR MAXIMUM FLAVOR

1. IF STEAMING IN A BASKET OVER SAUCE PAN, MAKE SURE WATER DOES NOT TOUCH THE STEAM BASKET. STEAM FOR 10 - 12 MINUTES DEPENDING ON THE THICKNESS OF THE FISH
2. STEAMING CAN ALSO BE DONE IN FOIL PACKETS WITH VEGGIES, EITHER ON THE GRILL OR IN THE OVEN. SEAL PACKET TIGHTLY AROUND FISH AND COOK TIL FISH FLAKES EASILY, ABOUT 15 - 30 MINUTES DEPENDING ON SIZE OF THE PACKET

## pan sear

*try with* bronzini, red snapper

**PRO TIP:** IF THE FILLET YOU'RE USING HAS SKIN ON, SCORE THE SKIN WITH A FEW VERTICAL SLASHES TO KEEP FILLET FROM CURLING

1. HEAT OVEN TO 450 DEGREES F
2. PAN SEAR BOTH SIDES IN AN OVEN SAFE SKILLET
3. PLACE SKILLET IN THE OVEN OR TRANSFER FISH TO BAKING SHEET
4. BAKE UNCOVERED, 10 MINUTES PER INCH OF THICKNESS OR UNTIL FISH IS FIRM TO THE TOUCH

## stir fry

*try with* calamari, shrimp, scallops

**PRO TIP:** CUT FISH INTO 1 TO 1 1/2 INCH SQUARES, AND MARINADE FOR AT LEAST TEN MINUTES BEFORE ADDING TO YOUR WOK.

1. USE EITHER A NON-STICK SKILLET OR A WOK ON HIGH HEAT. LET SKILLET OR WOK GET TO FULL TEMPERATURE BEFORE ADDING FISH
2. COOK FISH FIRST, IN A SMALL AMOUNT OF OIL, KEEPING CONSTANT MOVEMENT. FISH WILL COOK VERY QUICKLY, IN 2 TO 4 MINUTES
3. REMOVE FISH TO COOK OTHER INGREDIENTS AND THEN RE-ADD TO WOK 1 MINUTE BEFORE SERVING

## pan fry

*try with* sole, tilapia

**PRO TIP:** FRY WITH BUTTER AND OIL FOR MAXIMUM FLAVOR AND ADD SPICES TO CORNMEAL OR FLOUR BEFORE DREDGING

1. MIX EQUAL PARTS FLOUR AND CORNMEAL WITH DESIRED SPICES AND DREDGE FISH FILLETS IN THE MIXTURE
2. HEAT YOUR OIL/BUTTER MIXTURE AND COOK DREDGED FILLETS 4 TO 6 MINUTES PER SIDE
3. SQUEEZE FRESH LEMON JUICE OVER FINISHED FILLETS FOR EXTRA FLAVOR. SERVE OVER RICE OR ON A SANDWICH

## roast

*try with* seabass, monkfish

**PRO TIP:** ALWAYS ROAST FILLETS WITH SKIN SIDE DOWN, DRY FISH THOROUGHLY BEFORE ROASTING. SPREAD OIL WITH THE BACK OF A SPOON OR YOUR FINGERS

1. SPREAD A DROP OF OLIVE OIL (ON A SHEET OF PARCHMENT) AND LAY FILLETS EVENLY
2. DRIZZLE OIL ON TOP OF FILLETS. SPRINKLE SALT OR PEPPER, ADD LEMON JUICE OR ANY OTHER DESIRED SEASONINGS
3. ROAST AT 450 DEGREES F FOR 8 TO 15 MINUTES DEPENDING ON THE THICKNESS OF THE FISH