






































































































































6 to 8 oz Portions	Grill (Med. Hot)	Pan Sear (Med. Hot)	Poach	Oven Roasting	Steam (Covered)	Shallow Pan Fry	Deep Fry at 360°F	Cajun Blackening
<b>Thick Fillet &amp; Steak Cuts</b>								
Yellow Fin Tuna								
Swordfish								
Marlin								
Cod								
Salmon								
Halibut								
Shark								
Mahi-Mahi								
Chilean Sea Bass								
Haddock								
Grouper								
<b>Medium to Thin Fillet Cuts</b>								
Whitefish								
Trout								
Perch, Ocean								
Perch, Lake								
Orange Roughy								
Atlantic Sole								
Turbot								
Snapper								
Tilapia								
Catfish								
Flounder								
Mackerel								
Pickrel/Walleye								

Special Note: Although microwave cooking fish can achieve a cooked product, it does not improve or compliment most fish preparations, and is therefore not listed in the above categories. If you wish to microwave a fish product, place it on a microwave safe container with one to two tablespoons of liquid (water or lemon water), cover and heat until desired doneness is achieved. Exact time will depend on size of fillet and wattage of the oven. Anticipate a cooking time of between 1 1/2 to 3 minutes.

The test for fish doneness applies to all cooking methods. When a fish fillet is fully cooked, a small incision in the thickest part of the fillet will flake apart, the flesh will no longer be translucent but fully opaque and the fillet will be firm. The most common fault in fish cookery is OVER COOKING. The second is over handling. Be gentle, before, during and after cooking to maintain appearance and texture. Lastly, BE VERSATILE. Most fish may be cooked multiple ways, such as grilled, oven roasted, even steamed! Enjoy them all and remember to season each to maximize their flavor.

### **GRILL (Medium Hot)**

Pre-heat grill to medium hot. The grill grate should be set approximately 4 to 6 inches away from the heat source. Be sure the grill is clean of debris and very lightly wiped with vegetable oil before grilling fish. Remove product from container and remove all excess juices or marinate. Pat dry product with an absorbent paper towel. Spray both sides of product with non-stick vegetable spray or brush lightly with vegetable or olive oil and place on the grill. Cooking time will vary depending on thickness and overall size.

**Typically, a 6 to 8 ounce, one inch fillet will require approximately 5 to 7 minutes on each side.**

### **PAN SEAR (Medium Hot)**

Pre-heat a non-stick (Teflon) sauté or frying pan to medium hot. Remove product from container and remove all excess juices or marinate. Pat dry product with an absorbent paper towel. Spray both sides of product with non-stick vegetable spray or brush lightly with vegetable or olive oil and place in the sauté pan. Cooking time will vary depending on thickness and overall size.

**Typically, a 6 to 8 ounce, one inch fillet will require approximately 5 to 7 minutes on each side.**

### **POACH**

Poaching is one of the healthiest methods of cooking fish as no oil or butter is used. The poaching liquid can be either water, milk, wine and/or lemon juice and water or even a vegetable or fish broth. To poach, begin with a shallow depth sauce pan and fill with your choice of poaching liquid enough so that it will completely immerse the fillet. Bring the liquid to 180 F to 190 F. DO NOT allow the liquid to simmer. Remove the fillet from the package and place in the poaching liquid. It is not necessary to turn the fish over while poaching if there is sufficient liquid to cover the fillet. When the fillet is fully cooked, gently remove it from the liquid with a skimmer or slotted spoon.

**A 6 to 8 ounce fillet will take between 6 to 10 minutes to cook.**

### **OVEN ROASTING (at 400° F)**

Remove product from container and remove all excess juices or marinate. Pat dry product with an absorbent paper towel. Spray the **down** side only, with non-stick vegetable spray and place on an oven proof baking tray which should also be sprayed with non-stick vegetable spray. The **top** side of the fillet, may be basted with a marinade or seasoned before placing in the oven. Place prepared fillet in a pre-heated 400 F oven.

**Typically, a 6 to 8 ounce, one inch fillet will require approximately 15 to 20 minutes to fully cook.**

### **STEAMING**

Similar to poaching, steaming is one of the healthiest methods of cooking fish as no fats are used. A Chinese bamboo steamer is an excellent tool for steaming fish. However, you can also make a relatively effective steamer by starting with any medium to large size sauce pot of approximately 10 inches in diameter, which has a tight fitting lid. Place your "steaming pot" on a range burner and fill with approximately one inch of cold liquid, (you may choose any liquid you would poach a fish in), then place any type of device (stand) into the liquid that is heat resistant and can support and suspend a 6 to 8 inch diameter "poaching plate" approximately 1 to 2 inches above the liquid below. Remove the fish from its package and remove all excess juices or marinate and place on the "poaching plate". Place the plate, with the fish, on the steaming stand within the pot and cover with the lid. Turn the burner to high and when the liquid begins to bubble, reduce to the temperature to a gentle simmer. Keep the cover on the steamer pot while the fish steams.

**Typically, a 6 to 8 ounce, one inch fillet will require approximately 12 to 15 minutes to fully cook once the actual steaming has begun.**

### **SHALLOW PAN FRY**

In a medium size, non-stick (Teflon) sauté or frying pan, add approximately ¼ inch depth of Canola, Vegetable or Corn Oil. Bring the oil to medium high heat (350 F to 360 F). The fillets should be breaded or lightly floured. Place the fillets in the hot oil and pan fry on each side approximately 4 to 6 minutes or until medium brown on both sides. Once browned on both sides, remove from the pan and place on an absorbent paper towel briefly to absorb any excess oil. Season with salt and pepper and serve.

**Typically, a 6 to 8 ounce, one inch fillet will require approximately 4 to 6 minutes per side to cook or 6 to 10 minutes total.**

NOTE: Thinner fillets, such as perch, smelt or other fish of 1/2 inch thickness or less will require approximately half of this time per side or 2 to 3 minutes per side and 4 to 6 minutes total.

### **DEEP FRY at 360° F**

Deep frying requires the immersion of the fish in the hot oil. The oil of preference is Canola or Peanut Oil. Heat oil in a deep sauce pot, making sure the depth of the oil is no less than 2 inches and that there is sufficient additional room in the pot for the fish product AND the subsequent expansion of bubbling oil and steam which the fish initially creates. A general rule of thumb is to fill the pot no more than half full. Pre-heat the oil to 360 F plus or minus 5 degrees. The fish should be either breaded or battered before frying. When oil is sufficiently hot. Place the product on a slotted spoon or skimmer and carefully lower into the fat. There generally is no reason to move the fillets during cooking. When the fillets are fully cooked, they will be golden to medium brown.

**Typically, a 6 to 8 ounce, one inch fillet ( at refrigerator temperature) will require approximately 4 to 6 minutes to cook.**

**Allow an additional 1 to 2 minutes for frozen fillets to cook.**

### **CAJUN BLACKENING**

Heat a heavy gauge skillet, without oil, (cast iron is preferable), on medium high to high heat. Be sure you have sufficient ventilation in the kitchen as this traditional cooking method creates a great deal of smoke. "Paint" both surfaces of the fillet with melted butter then an even coating of Cajun spice which will adhere to the butter. No additional oil is required to sear the fillet. To cook fillet, place in the hot skillet and "blacken on both sides approximately 3 to 5 minutes per side. Actual length of cooking time will depend on thickness of fillet and desired doneness.

**Typically, a 6 to 8 ounce, one inch fillet will require approximately 4 to 6 minutes per side to cook to medium well or 6 to 10 minutes total.**