



The Ultimate Guide to Cooking Seafood

BEST WAY TO COOK YOUR SHELLFISH

Often, shellfish are boiled, poached, steamed or microwaved. They can also be baked, broiled or grilled, as with scallops or shrimp.

IS IT DONE?

- **Raw shrimp:** will turn pink and become firm.
- **Live oysters, clams and mussels:** shells will open when they are done.
- **Shucked oysters, clams and mussels:** will become plump and opaque. The edges of the oysters will start to curl.
- **Scallops:** will turn white or opaque and become firm to the touch.
- **Crab and lobster:** shells will turn bright red and the meat will become white or opaque.

	 CLAMS	 CRAB	 LOBSTER	 MUSSELS	 OYSTERS	 SCALLOPS	 SHRIMP
Cooking Method	Steam	Steam, boil or buy precooked frozen or canned	Boil, or use precooked frozen	Steam	Steam, roast or poach	Pan-sear, broil or grill	Boil, saute, grill or use precooked frozen
Ways to Enjoy	In risotto or on their own with a squeeze of lemon	In gumbos, as crab cakes, or as a topping on fish, shrimp, or lobster	Over a fresh salad or served with melted butter	Steamed in broth or soup, or on their own with a squeeze of lemon	Grilled or baked, topped with sautéed spinach and garlic	Tossed with pasta	Grilled, in tacos or over pasta

BEST WAY TO COOK YOUR FISH

Fish can be divided into categories based on the amount of fat it contains. Within each category, you can swap types of fish in recipes and cooking techniques.

- **Steamed or poached:** Lean, mild-flavored fish with tender, white or pale flesh, such as sea bass, cod, flounder or grouper are usually delicate, so this cooking method works well. Shrimp, crab and lobster can be cooked in this method.
- **Grilled, baked or broiled:** Medium-to-fatty fish with a firmer texture and richer flavor are perfect for these methods because they can withstand the heat. Try black cod (sablefish), bluefish, catfish, mackerel, salmon, swordfish or trout.

IS IT DONE?

- Many types of fish are delicate and tender, so you want to avoid overcooking them. The best way to tell if a fish is done is by testing it with a fork. Insert the fork at an angle, at the thickest point, and twist gently. The fish will flake easily when it's done, and it will lose its translucent or raw appearance.
- If you are new to preparing seafood, a good rule of thumb is to cook the fish to an internal temperature of 140° to 145°F.
- Try the 10-minute rule, which says you should measure the fish at its thickest point and cook it for 10 minutes per inch, turning halfway through the cooking time.

Fish is versatile and can be paired with a variety of cuisines and flavors. Try a few of our favorite ways to enjoy it!

MILD FISH	COOKING METHODS	WAYS TO ENJOY
Cod	Broil, pan-fry, bake, or poach	Baked with vegetables
Flounder	Broil, pan-fry, or bake	Dress it with toasted almonds and lemons
Grouper	Grill, pan-fry, pan-sear, bake, or poach	Try a zesty lime sauce or marinade
Haddock	Broil, pan-fry, bake, or poach	In a sandwich topped with slaw
Halibut	Grill, broil, pan-sear, or bake	Marinated in soy sauce and miso paste, paired with vegetables
Mahi mahi	Grill, saute, bake, or poach	Topped with a spicy pesto sauce or in a curry sauce
Monkfish	Grill, pan-roast, or pan-fry	Cubed, coated with Jamaican jerk spices, grilled and served as kabobs
Pollock	Broil or saute	Coated with breadcrumbs and parmesan
Red Snapper	Roast, fry, or saute	Served in a spicy tomato sauce with pasta
Sea Bass	Grill, broil, pan-sear, or bake	Baked with a citrus dressing or pan-seared with vegetables
Sole	Broil, saute, or bake	Simple saute or stir-fry
Tilapia	Broil, pan-fry, or saute	Pan-fry with a lemon and kalamata olive sauce

RICHER-FLAVORED FISH	COOKING METHODS	WAYS TO ENJOY
Catfish	Grill, pan-fry, or bake	In gumbo or pan-fried
Salmon	Grill, broil, bake, poach, or use canned	Form into cakes or dust with cumin and pair with black bean stew
Sardines	Grill, broil, bake, or use canned	In meatballs or puttanesca sauce
Swordfish	Grill, broil, or bake	In meatballs or puttanesca sauce
Trout	Grill, broil, or pan-fry	Saute with vegetables, rice, and pecans
Tuna, Yellowfin	Grill, broil, pan-fry, bake, or use canned	In a panini, atop a salad, or grilled as a steak