# Fish for Dinner?

## Basic Fish Preparation

Before cooking, rinse fish and pat dry. For moist, tender fish that flakes easily, cook quickly with high heat. Fish can be grilled, broiled, baked, poached, microwaved, steamed, or stir-fried.

If you plan to marinate fish before cooking, place it in the refrigerator. Do not marinate fish at room temperature.

Be careful not to overcook fish or it will become tough and unappealing.

## Cooking Fish Fillets, Steaks or Whole Fish

- Use the 10-minute rule. Measure fish fillets, steaks or whole fish at the thickest part and cook 10 minutes (at temperature of 425°F) for every inch of thickness (applies to broiling, grilling, sautéing, steaming, baking and poaching, but not microwaving).
- Cook until flaky, opaque, still moist and no longer raw or translucent.
- Start checking (with the tip of a sharp knife) for doneness after 8 minutes, since texture and moisture vary in different fish.
- Add 5 minutes to the cooking time if fish is cooked in a sauce or foil packet. Double the cooking time (20 minutes per inch) for frozen, unthawed fish.
- When microwaving, cook boneless fish approximately 3 minutes per pound on high power.

## Cooking Shellfish

Use any of the cooking methods except microwaving:

- Shrimp cooks in 2 to 3 minutes and turns pink when cooked
- Scallops cook in 3 to 4 minutes and turn white and firm

For live clams, mussels, and oysters:

- prior to cooking, discard any with broken or open shells; remove beards from mussels
- place in small amount (about ½ cup) of water (or stock, wine or beer, along with any desired seasonings), then heat liquid to steam the shellfish
- they are cooked as soon as their shells open, about 5 minutes
- discard any that do not open during cooking

Boiling lobster takes 5 to 6 minute per pound after the water returns to a boil (lobsters turn bright red).

**(Turn over for some recipe ideas)**

## How can I make fish interesting?

- Sprinkle fillets with lemon juice and your favourite dried herb—tarragon is especially nice with baked fish
- Bake fish in foil on top of thinly sliced, quick cooking vegetables such as onion, tomato, zucchini, mushrooms, etc.
- Combine some minced garlic and hoisin sauce and spread on fish – this is especially good on meaty fish like salmon

## Try these simple recipe ideas:

### Fish with Sauce

Makes enough to cover four 6 oz fish fillets/steaks

| | |
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| 1 tsp | freshly ground pepper |
| 2 tbsp | light mayo |
| 2 tbsp | lemon juice, freshly squeezed |
| 1 tsp | Dijon mustard |
| 3/4 tsp | dill weed, dried |

Sprinkle fish evenly with pepper and bake until cooked.

Mix rest of ingredients together and spread over salmon/fish after cooked.

### Oven Fried Fish

Makes 4 servings

| | |
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| ½ cup | fine dry bread crumbs |
| 1 ½ tsp | dried Italian herb seasoning (or basil and oregano) |
| 1 tsp | rated lemon rind |
| ½ tsp | EACH salt and pepper |
| 1 | egg or 2 egg whites |
| 1 tsp | water |
| 1 lb | fish fillets |
| 1 tsp | vegetable oil |

In a shallow dish, stir together bread crumbs, herbs, lemon rind, salt & pepper. In a small bowl, beat egg or whites with water. Dip fillets into egg, then into bread crumb mixture to coat both sides. Spread oil on baking sheet; place in 450ºF oven for 30 seconds. Place fish in a single layer on hot baking sheet. Bake in top half of oven for 4 minutes; turn and bake for another 4 minutes for ½ inch or 6 minutes for 1-inch thick fillets.

From: Anne Lindsay's New Light Cooking