

# Simple Cooking Methods for Quick Seafood Meals



## Preparing to cook

For fresh fish, use within two days. For frozen fish, thaw in refrigerator the night before you plan to cook. For faster thawing, keep fish in plastic or packaging and submerge in cold water for 30 minutes.

Fillets should have all bones removed, while steak cuts may have bones in the middle that are meant to stay there. Your fishmonger can answer any questions.

**Before following a recipe**



**1** Pat the fish dry



**2** Season with salt



**3** Cut fish into portions  
Cutting may help manage cooking times that vary between thin and thick pieces.

## Seasonings

Mix up and adjust to your liking



**Fresh or dried herbs**  
Dill, parsley, chives, or thyme



**Spices**  
Black pepper, garlic powder, chili powder, red pepper flakes, or paprika

For more information, visit:  
[www.gmri.org/seafood](http://www.gmri.org/seafood)



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## Cooking Fish

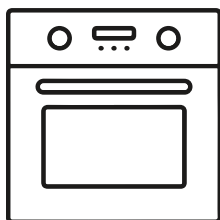
For any cooking method below, fish is done when it has turned opaque and is no longer translucent. You can test for doneness using a fork to see if fish flakes easily. Or, insert a sharp knife into the fish – if there is no resistance, it's done. *Fish usually needs about **10 minutes of cooking time per inch** of thickness of the fillet.*



### On the stovetop

Lightly coat fish in oil. Sprinkle any desired spices on fish. Heat vegetable oil in a sauté or frying pan to medium-high heat. Add fish to pan – don't overload or portions may not heat evenly. Cook for 5-7 minutes on one side. Flip when fish turns from translucent to mostly opaque. Cook for 3-4 more minutes depending on thickness of fillet.

**Fish to try:** pollock, redfish, cusk.



### In the oven

Preheat oven to 375°. Lightly oil baking dish. Coat fish with vegetable or olive oil, butter, or mayonnaise. Season with salt, pepper, any spices, and bake.

**Fish to try:** flounder, haddock, cod.



### On the grill

Heat grill to medium and oil the grates. Lightly coat fish with oil. If fish has skin, cook skin side down directly on grill. Cover grill – do not flip. For thinner fillets without skin, put fish on aluminum foil and create a packet encasing the fish. Place on grill and cover. Be careful when removing packet, as hot steam and liquid may escape.

**Fish to try:** hake, salmon, monkfish.