



How to Cook Seafood

Steaming

1. Select a wide, shallow pan with a tight fitting lid and a steaming rack that fits snugly in the pan.
2. Place the seafood on the steaming rack and add seasonings.
3. Place water in the pan to a level of approximately 3/4 inch from the bottom of the steamer. Bring the water to a boil and cover tightly.
4. Seafood is cooked then it is opaque* checked with a fork at the thickest part.

Sensational for steaming: Filets, steaks, shellfish.

Note: For a scrumptious alternative, steam the seafood over the following mixture: 2 parts water, 1 part white wine, 2 ounces butter.

Poaching

1. Place water or other liquid (2 parts water, 1 part white wine, and 2 ounces butter, provides a delicious flavor) in a wide, shallow pan, making sure that the liquid level covers seafood.
2. Bring the liquid to a full boil. Then reduce heat so that the bubbles don't break the surface of the water.
3. Add the seafood and cook uncovered until opaque* when tested with a fork at the thickest part.
4. Remove fish from poaching liquid, set aside and keep warm. Place vegetables (corn on the cob, asparagus, broccoli, cauliflower, carrots, etc.) in the broth and cook until done. Serve with the fish.

Perfect for poaching: Scallops, shrimp, squid, shucked oysters, whole fish, filets, steaks.

Broiling (On Rack in Oven)

1. Place oven rack 3-4 inches from the heat source and preheat the broiler.
2. Line a broiler pan (or shallow pan) with foil and oil lightly. Arrange seafood in pan.
3. Broil the seafood 4-6 minutes. Then turn seafood over, add marinade of your choice, and cook 4-6 more minutes.
4. Seafood is ready to serve when it is opaque* when tested at the thickest part.

Best for broiling: Filets, steaks up to 1 1/2 inches thick, shrimp, scallops, skewers.

Sautéing

1. Place oil or butter in a heavy skillet to cover surface completely. Heat to medium.
2. Add seafood and cook until browned. Turn the seafood and continue cooking until second side is well browned and opaque* when tested at the thickest part.
3. To serve the seafood with a cream sauce: after removing fish from the skillet, sauté one medium red onion. Then add the juice of 1/2 lemon and 1 pint heavy cream. Cook uncovered over medium heat, stirring frequently, until the mixture is reduced by half. Pour over the fish and serve immediately. Seafood with cream sauce is best served over rice or pasta. Preferred seafood choices for this method: shrimp, scallops, calamari, clams, oysters.
4. For an encrusted fish, dip the seafood in egg wash (mix 2 eggs with 1/2 cup milk), dredge in flour, then follow steps 1 and 2 above.

Superb for sautéing: Filets less than 1/4 thick, large shrimp, scallops, shucked oysters, whole trout.

Grilling / Filets, Steaks, Whole Fish

FILETS AND STEAKS

1. Pre-heat the grill. Then oil the grates and lightly oil the fish.
2. Filets with skin should be cooked skin side up. Cook 4-6 minutes and rotate 1/4 of a turn. (This gives a nice grill-marked affect.) Cook 4-6 additional minutes.
3. Turn fish over and cook for 6-8 minutes.
4. Filets less than 1/2 inch thick should be placed in a grilling basket or foil.

WHOLE FISH

1. Clean and scale whole fish before grilling. Leaving the head on provides flavor and moisture.
2. Stuff the belly cavity with salt, pepper, lemon quarters, fresh herbs, and onion quarters.
3. Place the fish in a piece of chicken wire large enough to hold the entire fish, closing the ends of the wire together at the belly of the fish.
4. Brush the outside of the fish lightly with oil. Cook over indirect heat on the edge of the fire for 20 minutes per side for rare, 30 minutes per side for medium to medium rare.
5. The fish is ready to serve when it is opaque* when checked at the thickest part.

Great for grilling: salmon, swordfish, tuna, halibut, snapper, any firm-fleshed fish, or any whole fish. Also skewers, ribs, steaks.

***Hint:** When testing for doneness at the thickest part of the fish, use a fork to separate the flesh. If the interior flesh is transparent or translucent, continue cooking until the inside flesh turns opaque.