



## **GENERAL GUIDELINES**

### **Checking for Doneness**

- Internal Temperature of 145°
- Fish becomes opaque instead of translucent
- Flakes easily when pierced with a fork

### **Raw Storage at Home**

- Refrigerate immediately - store in the coldest part of the refrigerator
- Use within two days
- Freezing – Wrap each fillet separately and freeze for up to six months
- Thaw under refrigeration

## **COOKING DIRECTIONS**

**Bake:** Pre-heat oven to 400°. Brush with oil and season to taste. Allow 10 minutes per inch of thickness.

**Grill or Broil:** Marinade or season to taste. Coat surface with oil to prevent sticking. Use medium-high heat. Allow 10 minutes per inch of thickness. Grill skin side up.

**Fry:** Heat 2" or more of oil to 375°. Fry in small batches, turning occasionally. Cook to golden brown color.

**Saute:** Over medium-high heat, melt a small amount of butter and/or oil. Add fish, reduce heat to medium, turning occasionally.

**Steam:** In a large pot with a strainer, bring liquid to a boil.

- **Hard Shell** - Place seafood in a strainer and lower to just above boiling liquid and cover. Steam for 3-6 minutes after water returns to a boil. The shells will open once cooked.
- **Shrimp** - Place seafood in a strainer and lower to just above boiling liquid and cover. Steam for 3-6 minutes after water returns to a boil.