**Cooking Tips**

_Bake_ in greased baking dish at 450°F. Cover fish with sauce or topping to keep moist.

_Broil_ no more than 4 inches from heat source. Baste; do not turn.

_Grill_ on greased rack approximately 4 inches from hot coals or use a barbecue basket.

_Poach_ in enough liquid to barely cover fish in wide, shallow pan. Boil liquid; add fish; cover tightly and simmer. Liquid may be water, milk, or wine. Add seasonings such as fresh herbs, lemon, or salt & pepper.

_Steam_ in a deep pot. Place fish on a rack 2 inches above boiling liquid. Cover tightly.

_Pan fry_ in ¼ to ½ inch hot canola or olive oil. Coat seafood with seasoned flour, bread or cracker crumbs.

Ten minute rule: Cook fish 10 minutes for each 1 inch of thickness measured at the thickest part.

**BROILED FISH**

1 pound fish steaks or fillets (halibut, salmon, snapper or tuna)
Salt & Pepper
Herbs: chopped parsley, thyme, basil, or tarragon
Lemon juice
1 tablespoon olive oil

Lightly grease broiler pan. Squeeze lemon, to taste, on fish and brush with olive oil. Season with salt & pepper, and choice of herbs. Broil until fish is light brown and begins to flake but is still moist; allow 10 minutes per inch thickness. Serve with your choice of sauce. Serves 4.

We value interest, questions, and comments. Please feel free to contact us.

The National Oceanic and Atmospheric Administration (NOAA) oversees fisheries management in the United States, and through the 1946 Agricultural Marketing Act, provides a voluntary inspection service to the industry. The NOAA Seafood Inspection Program offers a variety of professional inspection services which assure compliance with all applicable food regulations. In addition, product quality evaluation, grading and certification services on a product lot basis are also provided. Benefits include the ability to apply official marks, such as the U.S. Grade A, Processed Under Federal Inspection (PUFI) and Lot Inspection. The services provided by NOAA include the following:

- Establishment Sanitation Inspection
- Process and Production Inspection
- Product Grading
- Product Lot Inspection
- Laboratory Analyses
- Training
- Consultation

[www.seafood.nmfs.noaa.gov](http://www.seafood.nmfs.noaa.gov)
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NOAA Fisheries Service
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Cover the pan with plastic wrap or foil, seal tightly and refrigerate. Drain and re-ice as necessary. Each day, rinse fish under cold water, clean the rack and the pan and change the ice. If the fish has a fishy or ammonia smell after being rinsed, it should be discarded. If you will not be using the fish within a day or so, it’s best to freeze it and pat very dry with paper towels. First wrap the fish tightly in plastic wrap, squeezing all the air out, and then wrap tightly in aluminum foil and freeze. For the best quality of fish frozen at home use within two weeks.

To store fresh fish, remove from its package, rinse under cold water and pat dry with paper towels. Refrigerate finfish as close to 32 degrees as possible. Fish can be held twice as long at 32 degrees as it can be at 37 degrees. When fish sits in its own juices, the flesh deteriorates more rapidly. To prevent this, place cleaned finfish, whole fillets or steaks onto a cake rack so that the fish do not overlap. Set the rack in a shallow pan. If it is necessary to keep the fish more than 24 hours, fill the pan with crushed ice.

It’s always best to cook fresh seafood within two days of purchase. If that’s not possible, here are some tips to help you store it.

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Always thaw fish and seafood in the refrigerator. Thawing at temperatures higher than 40 degrees causes excessive drip loss and adversely affects taste, texture, aroma and appearance.