

# Easy Methods to Cook Fish

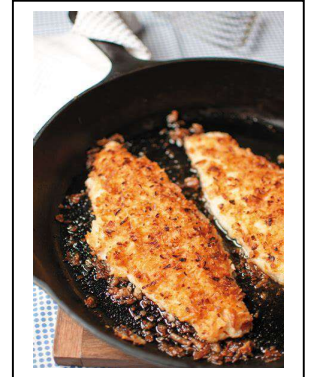
Fish will be done when color turns opaque (white). Internal temperature should reach 140-145°F. Thaw frozen fish in the refrigerator overnight. Before preparing fish using a method below, rinse it in cold water, drain and pat it dry.

## Bake

- Heat oven to 450°F.
- Spray baking sheet or shallow dish with nonstick cooking spray (or cover with parchment paper).
- Place fish on sheet in a single layer and season with your favorite herbs and spices.
- Bake uncovered, 10 minutes per inch of thickness or until fish is opaque and flaky.

## Sauté or Pan Fry

- Heat oil or butter in a nonstick skillet over medium high heat.
- Dip fish in milk or egg (beaten) and then coat with your favorite breading.
- Cook fish approximately 5 minutes per side, per inch of thickness, until done.



## Broil

- Allow broiler to heat fully for 5 minutes.
- Spray broiler pan with nonstick cooking spray (or cover with aluminum foil and spray with nonstick cooking spray.)
- Baste fish with your favorite seasoning mixture or marinade before cooking and again half-way through cooking time.
- Broil fish for approximately 8 minutes per inch of thickness, until done. You may want to leave the door slightly ajar.
- If fish is less than 1" thick, turning is not necessary.

## Grill

- Before lighting your grill, make sure the grate is clean and oiled, and placing it 5" above heat source. A grill basket will provide better results for smaller fish.
- Heat charcoal for 30 minutes (gas grill for 10 minutes) with the lid closed.
- Place fish on grate in single layer. Grill the fish plain or season with your favorite herbs and spices or marinade sauce.
- Cook fish approximately 5 minutes per side, per inch of thickness, until done.

## Deep Fry

- Use a pot that will hold enough oil so that the fish will move freely during cooking and float when done.
- Heat oil to 350°F (monitor temperature with a thermometer).
- If you are frying larger fillets, it would be best to cut them into smaller pieces.
- Coat with your favorite breading.
- Fry fish for 5-6 minutes or until it floats. Let fry 20 additional seconds.
- Drain on paper towel or rack.

