

EVERYTHING YOU WANTED TO KNOW ABOUT... **COOKING FISH** ...and weren't afraid to ask!



472-HIKE



489-2226



472-1998



437-4377



"A woman's place is in the kitchen?"

IN YOUR OVEN

1. Preheat oven to 375 degrees.
2. Place filets in greased baking dish.
3. Add wine, sherry or water 1/4 to 1/2 inch high in dish.
4. Add seasonings (Lemon, garlic butter, salt, pepper, jerk spice, etc.).
5. Cook about 10 minutes per inch thickness of filet.

Why do we suggest this method?

1. The fish should be put in a hot oven to cook properly.
 2. The dish should be greased to prevent the fish from sticking to it.
 3. **ADDING LIQUID** - This is the most important factor in the way we cook fish. When the baking dish is placed in a hot oven, the water (or wine) will heat up and eventually turn to steam. This will turn your dry oven into a "moist oven". The steam will protect the fish, and prevent it from drying out. The natural juices and moisture in the fish (which give the fish its distinct flavor) will remain.
 4. Adding seasonings is a matter of taste. Depending on the fish and your personal preferences, it can be as simple as lemon and pepper or more exotic such as pureed fresh vegetables or seasoned mayonnaise.
 5. The "basic timing" rule of cooking fish is 10 minutes per inch. As oven temperatures vary, cooking times may vary. The type of fish may also affect cooking times. Some fish are denser than others and will take more time.
- As with cooking any seafood, most importantly

DO NOT OVERCOOK THE FISH!

ON YOUR COOKTOP

1. Heat butter in saute pan until it sizzles at medium heat.
2. Place filet, skinned side up and add seasonings (see above).
3. Cook about 4-5 minutes (depending on thickness of fish)
4. Turn fish over, add 1/4 cup of liquid (sherry, wine, water) and **COVER**.
5. Lower the heat, and cook another 4-5 minutes.

For more specific recipes, pick up one of our other "fish fact" sheets or visit our website

www.prawnbroker.com

Bon Appetit!...The Fishmonger