



SEAFOOD AT ITS BEST

LESSON 4

SELECTING, BUYING, HANDLING, STORING, AND COOKING



"Clams" by Christopher Paquette

LESSON 4

GOALS

To learn how to select, buy, handle, store, and cook seafood.



"More Grilling Action" by Renee Suen

LESSON 4

OBJECTIVES

Increase knowledge of the following:

- How to select seafood products
- How much seafood to purchase
- How to properly store seafood
- How to properly cook seafood

CUTS OF FINFISH



Dressed



Steak



Fillet

- www.tocookafish.com
- www.fda.gov/Food/GuidanceRegulation

BUYING FRESH SEAFOOD



- Buy seafood from reputable dealers
- Check the “sell by” or “use by” date
- Purchase it last at the store
- Use your eyes, hands, and nose

SELECTING FRESH WHOLE FISH

- Bright, clear, full eyes – often protruding
- Bright red or pink gills
- Firm and elastic flesh that springs back
- Shiny skin color
- No fishy or ammonia smell



Photo: Renee Suen

SELECTING FILLETS



- Firm and elastic flesh
- Fresh-cut, moist appearance
- No browning around edges, no ragged edges or gaping
- Filleted flesh separates if it is old
- No fishy or ammonia smell

SELECTING SHELLFISH

- Sold live, cooked, or fresh-shucked
- Do not purchase if shells are not closed
- Do not purchase if shells are cracked



SELECTING SMOKED FISH



"Smoked Salmon Angel Hair by Ryan Fung"

- Bright and glossy
- No unusual odor
- Refrigerate smoked seafood
- Avoid cross-contamination

SELECTING FROZEN FISH

- Solidly frozen
- No signs of discoloration or drying
- No strong odor
- Wrapped tightly or glazed with thin layer of ice, undamaged package, no signs of thawing, ice crystals



"Salmon Fillets" by Janie Leask

HANDLING FISH CAUGHT FOR RECREATION



- Cooler for fish
- Two pounds of ice per pound of fish
- Eviscerate fish
- When arriving home, immediately refrigerate or freeze

HOW MUCH TO BUY?

<u>Item</u>	<u>Amount per person</u>
• Whole fish	$\frac{3}{4}$ – 1 pound (12-16 ounces)
• Dressed fish	$\frac{1}{2}$ pound (8 ounces)
• Fillets/steaks	$\frac{1}{4}$ – $\frac{1}{3}$ pound (4-6 ounces)
• Crab meat only	$\frac{1}{4}$ pound
• Crab live	1 – 1 $\frac{1}{2}$ pounds
• Whole shrimp	1 pound
• Peeled shrimp	$\frac{1}{3}$ pound

HANDLING AND STORAGE

- Purchase seafood right before checking out at the supermarket
- If seafood will not be refrigerated within 30 minutes, put it in a cooler
- Use seafood within 36 hours of purchase or freeze immediately
- Use defrosted seafood within 36 hours

FREEZING FISH

- Use seafood frozen at home within 3 to 6 months
- To freeze your own fish – rinse it, pat dry, wrap in plastic wrap, then place in durable plastic freezer bag and squeeze air out before sealing bag
- Label with contents, amount, and date



FREEZING CLAMS, CRAB, OR LOBSTER

- Clams
 - ♦ Frozen in shell or shucked
- Crab
 - ♦ Select live crab for freezing
 - ♦ Boil 5 minutes and cool, wrap in freezer wrap or paper
- Lobster
 - ♦ Frozen uncooked-freeze whole or clean and freeze only shell portion with edible meat

CANNING FISH

- Pressure canner needed to can fish
- Proper canning practices and processing times for fish
 - ♦ Refer to the National Center for Home Food Preservation at www.uga.edu/nchfp



SAFE HANDLING

- Always wash hands before and after handling seafood
- Use separate knives and cutting boards
- Thaw frozen seafood in the refrigerator
 - ◆ Never at room temperature
- Allow 1 day for seafood to defrost in refrigerator



Washing Hands | Photo by U.S. Department of Agriculture

MARINATE

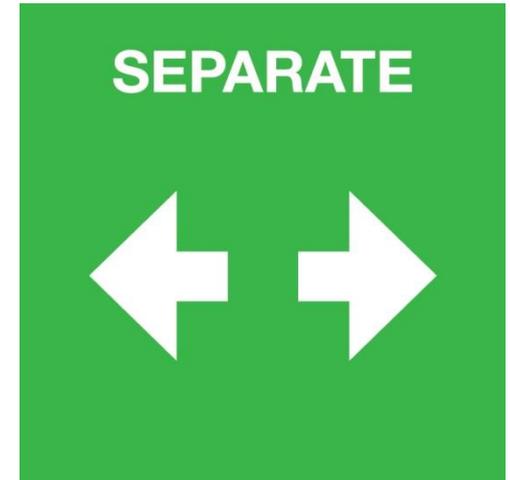


"Citrus" by Nicholas Noyes

- Don't marinate seafood in a citrus-based marinade for more than 30 minutes, or it will begin to "cook"
- Marinade that has been used for seafood must be boiled before it can be used as a sauce

AVOID CROSS-CONTAMINATION

- Keep raw seafood separate from cooked seafood to avoid cross-contamination
- Never put cooked seafood on the same platter used for the raw seafood
- Discard cooked seafood held at room temperature for more than 2 hours



10-MINUTE RULE



- Seafood is “fast food”
- Stovetop
 - ♦ Fish best cooked quickly over high heat
- Oven
 - ♦ For every inch of thickness, bake fish at 450° F for 10 minutes

BAKED FISH

- Measure fish at the thickest part to estimate cooking time
- If fish is more or less than an inch thick, add or subtract time from the 10-minute rule
- Double cooking time if fish is frozen



DELICIOUS FISH FOR BAKING

Grouper



Tilapia



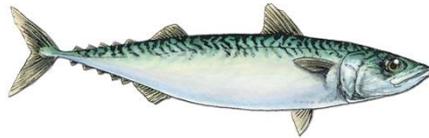
Halibut



Salmon



Mackerel



Tuna



Red snapper



Sea bass

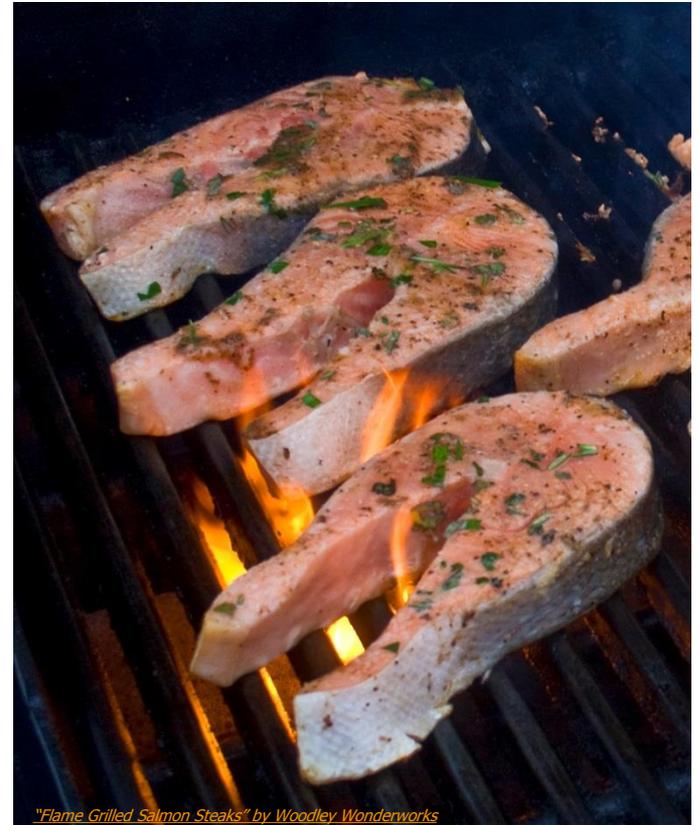


Trout



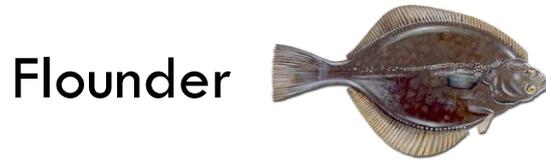
BROIL OR GRILL

- Remember the 10-minute rule
- Preheat broiler or grill
- Place fish, 1-inch thick or less, 2-4 inches from the heat source
- Turn fish halfway through cooking time; if fish is less than one-half inch thick – don't turn



"Flame Grilled Salmon Steaks" by Woodley Wonderworks

BEST FOR BROILING OR GRILLING



PAN BROIL

TEN-MINUTE RULE

- Measure fish
- Dredge in flour, cornmeal, bread crumbs
- Allow margarine, butter, oil to become very hot
- Give fish cooking room
- Sear fish over medium-high heat
- Turn fish only once



"Café de Paris Pan Fried Catfish by Ralph Daily"

PERFECT FISH FOR PAN BROILING

Catfish



Shrimp



Cod



Sea bass



Grouper



Trout



Red snapper



Pollock



Orange roughy



Halibut



KEEP AN EYE ON IT



- When seafood is done
 - ◆ Turns opaque
 - ◆ Flakes easily with a fork
- Insert fork into the thickest part of the fish to test for doneness

POPULAR RAW FISH



- Sushi
- Sashimi
- Uncooked marinated dishes: ceviche
- Purchase fish from reputable establishments



FISH TACOS WITH MANGO SALSA

- Trout, tilapia or catfish fillets, 3-4 oz. each
- 1 teaspoon olive oil
- Juice of small lime
- Salt and pepper
- 2 small whole wheat tortillas or 4 corn tortillas
- Mango salsa and toppings



FOILED FISH IN A FLASH



"Cod Baked in Foil..." by thebittenword.com

- 1 fish fillet (trout, salmon, or tuna)
- 1 tablespoon of lemon juice
- Fresh or dried herbs
- Rosemary, oregano or dill
- 1 teaspoon olive oil

EVALUATE YOUR SEAFOOD RECIPE

- Ask yourself
 - ♦ Suggests cooking with oil or other fats
 - ♦ Calls for a sauce that contains ingredients high in fat such as cream, butter, mayonnaise or cheese
 - ♦ Calls for the addition of salt or seasonings high in salt
- If answer is YES, consider modifying the recipe

EASY WAYS TO ENJOY FISH AND SHELLFISH

- Substitute fish or shellfish for meat or poultry
- Serve “meatier” types of fish
- Gradually add more seafood meals per week
- “Doctor” up seafood
- Buy a low-fat seafood cookbook

EASY WAYS TO ENJOY FISH AND SHELLFISH

- Cook it right
- Save money
 - ◆ Take advantage of canned, frozen, or seafood specials
- Make lunch count
- Introduce your family to fish burgers
- Be adventurous with seafood cooking methods

“BARGAIN” SEAFOOD

- Watch for the weekly specials
- Purchase a whole fish – cut it up yourself
- Stretch seafood into pastas, salads, soups, stir-fries, and casseroles
- Have convenient canned seafood on hand

SUMMARY

- When selecting whole fresh fish – bright clear full eyes, shiny skin, and bright pink or red gills
- Frozen seafood should be kept at temperatures below 0° F
- Frozen seafood can be thawed in the refrigerator, under cold running water, or in the microwave oven. If thawed in the microwave, it must be cooked immediately

SUMMARY

- Cook fish 10 minutes for every inch of thickness over high heat – 425° F to 450° F
- Seafood should be used within 36 hours of purchase
- Seafood that has been cooked should not be held at room temperature for longer than two hours

SEAFOOD – AT ITS BEST

- Seafood is naturally nutritious
- Seafood is low in calories
- Seafood is low in fat
- Add SEAFOOD to your diet today – and look forward to a healthier future!



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