Seafood at its best
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
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
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

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

*Smoked Salmon Angel Hair by Ryan Fung*
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?

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount per person</th>
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</thead>
<tbody>
<tr>
<td>Whole fish</td>
<td>¾ – 1 pound (12-16 ounces)</td>
</tr>
<tr>
<td>Dressed fish</td>
<td>½ pound (8 ounces)</td>
</tr>
<tr>
<td>Fillets/steaks</td>
<td>¼ – 1/3 pound (4-6 ounces)</td>
</tr>
<tr>
<td>Crab meat only</td>
<td>¼ pound</td>
</tr>
<tr>
<td>Crab live</td>
<td>1 – 1 ½ pounds</td>
</tr>
<tr>
<td>Whole shrimp</td>
<td>1 pound</td>
</tr>
<tr>
<td>Peeled shrimp</td>
<td>1/3 pound</td>
</tr>
</tbody>
</table>
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
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
• 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
- Halibut
- Mackerel
- Red snapper
- Tilapia
- Salmon
- Tuna
- 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

Catfish  Cod  Mackerel

Flounder  Salmon  Shrimp

Scallops  Trout  Halibut

Mahi-mahi  Pollock  Red snapper

Tilapia  Tuna  Lobster tails

Grouper  Sea bass
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
<table>
<thead>
<tr>
<th>Fish Type</th>
<th>Image</th>
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<th>Image</th>
</tr>
</thead>
<tbody>
<tr>
<td>Catfish</td>
<td><img src="image1.png" alt="Catfish" /></td>
<td>Shrimp</td>
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<tr>
<td>Cod</td>
<td><img src="image3.png" alt="Cod" /></td>
<td>Sea bass</td>
<td><img src="image4.png" alt="Sea bass" /></td>
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<tr>
<td>Grouper</td>
<td><img src="image5.png" alt="Grouper" /></td>
<td>Trout</td>
<td><img src="image6.png" alt="Trout" /></td>
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<tr>
<td>Red snapper</td>
<td><img src="image7.png" alt="Red snapper" /></td>
<td>Pollock</td>
<td><img src="image8.png" alt="Pollock" /></td>
</tr>
<tr>
<td>Orange roughy</td>
<td><img src="image9.png" alt="Orange roughy" /></td>
<td>Halibut</td>
<td><img src="image10.png" alt="Halibut" /></td>
</tr>
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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

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

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