

Basic Directions

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Baking

Best for whole fish, thick fillets or fatty fish.

Leaner fish can be used if basted often.

1. Temperature 350 to 400 degrees F.
2. Oil pan bottom and sides.
3. Use a sauce: butter, margarine, white wine, etc. to prevent drying.
4. Cook 10 minutes per inch of thickness, adding 3 to 5 minutes per inch. if heavily sauced.

Fish is done when it turns opaque of flakes easily.

Broiling

Best for fatty fish, but leaner fish can be used if basted often.

Steaks or fillets 3/4 to 1 inch thick are recommended.

1. Set temperature to broil.
2. Oil broiler pan.
3. Season, baste with butter, margarine, oil or sauce.
4. Broil 4 to 6 inches from heat, basting often.

Leaner fish should be placed directly on bottom of pan so fish is surrounded by a sauce and will not dry out. Fish is done when opaque in center.

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Pan Frying

Best for small whole fish.

1. Dust fish with flour, cornmeal or coating.
2. Use 1/4 inch of margarine or oil in fry pan.
3. Cook over medium low heat until brown on all sides and done in the center.

Deep Frying, Oven Frying & Sautéing

Deep Frying

Best for lean fish and shellfish.

1. Use uniform size pieces.
2. Heat oil to approximately 375 degrees F.
3. Coat fish with crumbs or batter.
4. Cook in single layer for 3 to 5 minutes (Do not crowd pieces.)
5. Drain on paper towels.

Oven Frying

An easy method with less fat than deep frying.

1. Preheat oven to 500 degrees F.
2. Coat fish with crumbs.
3. Place in well greased shallow pan and drizzle with oil, margarine or butter.
4. Bake for approximately 10 minutes.

Sautéing

Best for thin, tender pieces of fish.

1. Dust with thin coating of flour.
2. Use a combination of oil and butter to prevent burning.
3. Cook quickly at medium high temperature until brown.

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