

FISH COOKING TIPS

Fish is done when it feels soft if pressed with a fork, or flakes or parts in layers.

BROILED FISH

You should only broil fish that is 1" thick. If it's thinner it can get too dry; thicker, might not cook thoroughly.

Brush fish with butter, oil or sauce when broiling; turning half way through cook time and brushing again. Broil between 5 and 8 minutes.

BAKED FISH

Preheat oven 350°.

Brush with butter, margarine, or sauce.

Bake 10-14 minutes.

Test doneness with fork for flakiness.

POACHED FISH

Poaching fish can be done either in a pan or in the oven.

Place fish in pan and cover ½ with a poaching liquid of milk, wine, bouillon or balsamic vinegar and water (cut 50/50)

If cooking on the stove, place fish and sauce into heated pan. Cover and simmer for 5-9 minutes depending on the thickness of the fish.

GRILLED FISH

Rub fish with oil to keep it from sticking when cooked. Rub or brush with oil, butter or sauce. Cook over medium heat for 8-18 minutes depending on thickness and heat. Turn and apply more glaze while cooking.