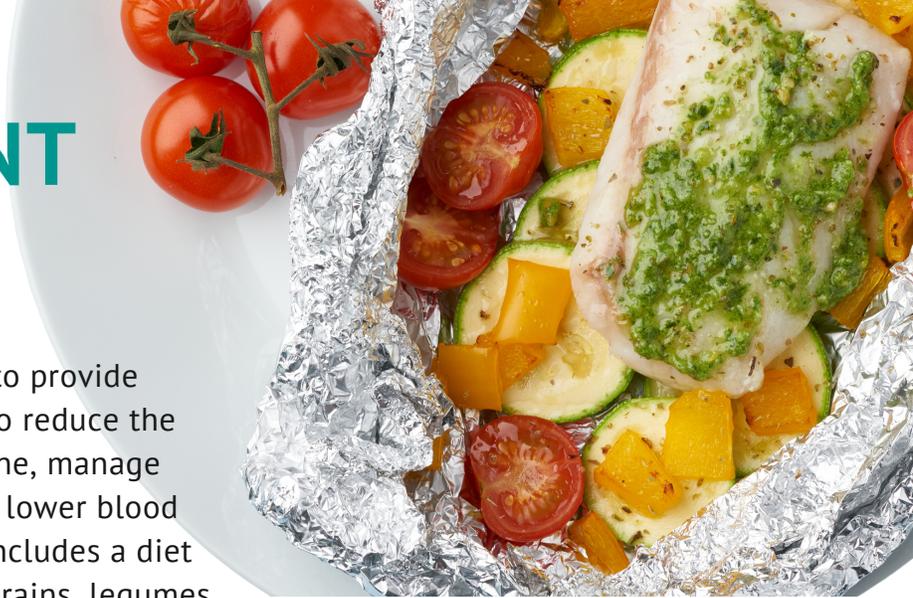


# FEEL CONFIDENT COOKING FISH

The Mediterranean Diet has been shown to provide many health benefits, including helping to reduce the risk of heart disease, slow cognitive decline, manage diabetes, improve arthritis symptoms and lower blood pressure. Eating the Mediterranean way includes a diet rich in vegetables, fruit, olive oil, whole grains, legumes and seafood.

Seafood is such an important protein source in a Mediterranean eating pattern that both the Mediterranean Diet Pyramid and the Dietary Guidelines recommend eating seafood at least 2-3 times each week. Unfortunately, most people in the U.S. eat far less than this amount, and lacking the confidence to cook fish can be a big barrier. This guide is intended to arm you with the skills and tools to get comfortable in the kitchen with all types of seafood, including fresh, frozen and canned/pouched.

## SO, LET'S GET COOKING!



## HOW TO PREP SEAFOOD TO COOK

Whether you want to master seafood grilling or cook fish in the oven, this simple preparation works for all cooking methods.

First, bring seafood to room temperature for about 10-15 minutes. (If thawing fish, see “How to Thaw Frozen Seafood.”) Flavor with your favorite oil (if you need a recommendation, olive oil and avocado oil work well) and your choice of rub, seasoning, herbs and/or spices.

For more easy recipes, visit [DishonFish.com](http://DishonFish.com) and [OldwaysPT.org](http://OldwaysPT.org)

## ON THE GRILL

Wipe grill with an oiled cloth and heat to medium.

**For 4-ounce, 1-inch fillets:** Cook 2-3 minutes on one side for white fish and 3-5 minutes for fatty fish. Flip with a spatula or tongs and cook for same amount of time on other side.

**For small shellfish:** Cook in a grill basket. Cook 2-4 minutes (depending on size) on one side. Flip and cook another 2-4 minutes. Remove to plate and tent with foil to rest.



## IN THE OVEN

Preheat oven to 350 degrees F and create a pouch using a 12"x12" square of aluminum foil. Place seafood in foil pouch and seal tightly.

**For 4-ounce, 1-inch fillets:** Bake in pouch for 20 minutes.

**For small shellfish:** Bake in pouch for 10 minutes. Remove from oven and rest in partially opened pouch.

## ON THE STOVE

Heat one tablespoon of oil or butter in pan on medium heat.

**For 4-ounce, 1-inch fillets:** Cook 2-3 minutes on one side for white fish and 3-5 minutes for fatty fish. Flip with a spatula or tongs and cook for same amount of time on other side.

**For small shellfish:** Cook 2-4 minutes (depending on size) on one side. Flip with spatula or tongs and cook another 2-4 minutes. Remove to plate and tent with foil to rest.



## IN THE AIR FRYER

Preheat air fryer on 400 degrees F for 5 minutes.

**For 4-ounce, 1-inch fillets:** Spray basket and place fish in basket in single layer (do not overlap). Cook for 10-12 minutes at 400 degrees F, or until fish is cooked through and flakes easily.

**For small shellfish:** Cook for 4 minutes at 400 degrees F, then flip and cook for another 2 minutes or until cooked through.



## OUT OF THE PANTRY

No need to cook canned or pouched tuna, salmon, anchovies, sardines, mackerel, herring, crab and oysters. These are versatile and ready to be eaten as is, mixed into a dip or spread or added to pasta, pizza, salads or eggs.

## HOW TO KNOW WHEN SEAFOOD IS COOKED

Type of seafood	Cooked through when:
Fish (whole or fillet), such as salmon, tuna, tilapia, pollock, bass, cod, catfish, trout, etc.	Inside reaches 145 degrees F or until flesh is no longer translucent and flakes easily with a fork
Shrimp, lobster, crab, scallops	Flesh is pearly or white and opaque
Clams, oysters, mussels	Shells open during cooking

## HOW TO THAW FROZEN SEAFOOD

Thawing fish in the refrigerator overnight is the best way to get your frozen fish ready for cooking. But if you don't have time to thaw? No problem!

First, rinse the fish with cold running water to remove ice crystals. Then pat dry and get ready to cook. You shouldn't need to adjust cooking temperature, just expect to cook longer than the recipe calls for. And check internal temperature at thickest part of fish.