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Safely Cooking Seafood: Fish



Basic cooking tip:

Fish can be cooked in multiple ways before consumption. The most important thing to remember is that the right temperature must be achieved to ensure harmful bacteria that can cause illness are killed. Using a clean food thermometer to measure the temperature can help make sure foods are cooked all the way through.

Proper temperatures or tips to know fish is fully cooked:

- Fin fish: 140 degrees F or flesh is opaque & easily separates with a fork
- Leftovers: 165 degrees F

“10 Minute Rule”: Use this guide for cooking seafood when baking, broiling, steaming, poaching, and barbecuing fillets, steaks, or whole fish.

- Measure fish at its thickest point; cook for 10 minutes per inch thickness at 400 -500 degrees F (i.e. – 1-inch fish steak cooked for 5 minutes on each side for a total of 10 minutes).
- Add 5 minutes to cooking time if fish is cooked in oil or sauce.
- Double cooking time for frozen fish that has not been defrosted.

Cooking Methods for Fish:

1. Dry Heat: baking, grilling, and broiling
 - When baking keep fish moist.
 - When broiling place fish 1-inch thick or less, 2-4 inches for the source of heat & fish thicker than 1 inch, 5-6 inches away.
2. Moist heat: oven steaming, poaching, steaming and braising.
 - Poaching helps keeps the moisture in fish by cooking it in a simmering liquid.
3. Frying: pan fry, deep fry, or sauté
 - Pan fry or sauté fish in 1/8 inch of oil for 3-6 minutes on each side.
 - Deep fry fish in oil at 365 degrees F for 2-3 minutes or until golden brown.

Important tip: Most fish will continue cooking for 1-2 minutes after being removed from the heat, so plan for this in the cooking time.