

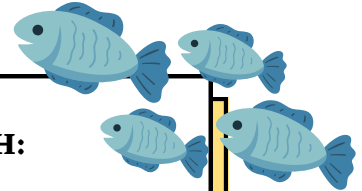
TIPS FOR BUYING SEAFOOD

LEANER FISH:

- Cod
- Flounder
- Halibut
- Red Snapper
- Drum

TIPS FOR BUYING FISH:

- Smells like the sea, not fishy
- Look for clear eyes on whole fish
- Bright color, no gray or brown spots
- Firm to the touch, not slimy or mushy



TIPS FOR BUYING CLAMS AND MUSSELS:

- Always buy alive, shells should be closed
- If the shell is opened and does not close when tapped, it is dead



FATTIER FISH:

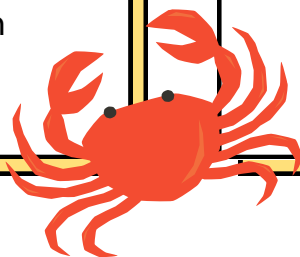
- Salmon
- Tuna
- Mackerel
- Herring
- Blue Fish

NOTE:

Wild-caught fish typically has more nutrients than farm-raised

TIPS FOR BUYING CRUSTACEANS (LOBSTER, SHRIMP, AND CRAB)

- Younger/smaller lobsters have a sweeter, fresher taste
- Crustaceans should also have a fresh sea smell, not fishy





TIPS FOR COOKING SEAFOOD

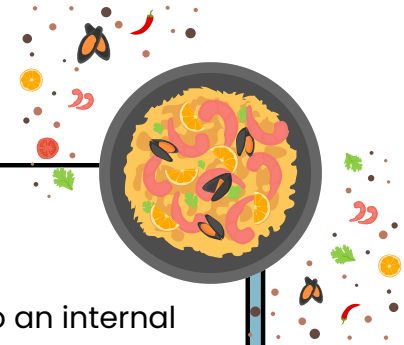
COOKING TECHNIQUES

- Grilling
- Poaching
- Steaming
- Baking
- Sauteing



COOKING FISH:

- Fish should be cooked to an internal temperature of 145°F
- For thinner filets, the fish will easily flake when fully cooked



COOKING CLAMS AND MUSSELS:

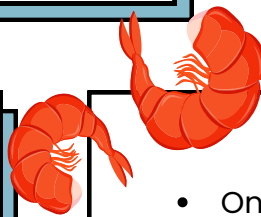
- Clams and mussels are fully cooked once the shells have opened

RAW PREPARATIONS:

- Ceviche
- Sashimi
- Sushi
- Tartare

NOTE:

If you are using fish for a raw preparation you must first freeze for 24 hours and thaw in the refrigerator to limit harmful bacteria



COOKING CRUSTACEANS

- Once fully cooked, the shell will be bright red
- Meat should be white and firm, not transparent
- Cooked crabs will start to float in boiling water