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

LEANER FISH:
- Salmon
- Tuna
- Mackerel
- Herring
- Blue Fish

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

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