

TRADER JOE'S®
{ Guide to FISH PREP }


SALMON

The Hook to Handling

Best Bet: Thaw from frozen in package in the refrigerator for 24 hours. *2nd Best:* Thaw in packaging in a bowl of water in fridge for 1-2 hours. *Cheater Thaw:* Remove packaging and microwave on defrost until thawed. Never thaw seafood at room temperature. Marinate only in the refrigerator.

Reel It In: Serving Size

Fillets and Steaks: 1/3 to 1/2 lb. per person

Tackle the Prep

Marinate salmon before cooking for the most flavorful results.

Best Bet: Broiling. Place fish 2-4 inches from heat source. Baste during cooking with an oil-based marinade. Cook 10 minutes per inch of thickness, turning halfway through total cooking time. Add 5 minutes to cook time if using foil or cooking in a sauce.

Grilling: Place marinated salmon on an oiled grill (to prevent skin from sticking). Baste while grilling to prevent it from drying out. Follow above broiling instructions.

Is it done yet? Pierce salmon with a knife to see if the flakes are beginning to separate-then it's done! Avoid overcooking!

Marinade Suggestion:

1/4 Cup Lemon Juice
2 Tbsp Soy Sauce
1 Tbsp Extra Virgin Olive Oil
2 Cloves Garlic, minced.

Marinate 1 package of Salmon Steaks in mixture for 20 minutes. For more intense flavor, marinate overnight.

SWORDFISH & TUNA

The Hook to Handling

Best Bet: Thaw from frozen in package in the refrigerator for 24 hours. *2nd Best:* Thaw in packaging in bowl of water in fridge for 1-2 hours. *Quick thaw:* Under cold running water. *Cheater Thaw:* Remove packaging and microwave on defrost until thawed. Never thaw seafood at room temperature and marinate only in the refrigerator-discard marinade after use.

Reel It In: Serving Size

Fillets and Steaks: 1/3 to 1/2 lb. per person.

Tackle the Prep

Marinate seafood steaks before cooking for most flavorful results. *Best Bet: Grilling:* Place marinated steak on an oiled grill. Frequently baste fish while grilling to prevent it from drying out. Cook it 10 minutes per inch of thickness, turning it halfway through total cooking time. Add 5 minutes to cook time if using foil or cooking in a sauce.

Is it done yet? Pierce the fish with a knife to check to see if edges are opaque and the center is slightly translucent with flakes just beginning to separate. Avoid overcooking!

Preparation Suggestion:

1 Package Tuna or Swordfish Steaks
2 Tbsp Fruit Salsa (Pineapple or Papaya Mango)
Canola or Olive Oil Spray

Spray ovenproof pan with oil. In pan, spread 1 Tbsp of salsa over each steak. Broil for 15 minutes or until done.

TRADER JOE'S®

{ Guide to FISH PREP }



SHELLFISH (SHRIMP AND SCALLOPS)

The Hook to Handling

Best Bet: Thaw in the refrigerator for about 6 hours. *Quick*

Thaw: Shrimp: Rinse in strainer under cold running water for 5-7 minutes. Scallops: Place desired amount in resealable bag and place in a bowl of warm water for 45 minutes to an hour.

Cheater Thaw: Remove packaging and microwave on defrost until thawed. Never thaw seafood at room temperature and marinate only in the refrigerator.

Reel It In: Serving Size

Shrimp and Scallops: About 1/2 to 1/3 pound per person.

Tackle the Prep

Marinate shellfish before cooking for most flavorful results.

Best Bet: Broiling: Arrange marinated shrimp/sea scallops on cooking tray and broil for 4- 5 minutes. *Saute:* Melt butter in skillet. Add thawed shrimp/sea scallops and saute for 5-6 minutes using: garlic, parsley, oregano, dill, lemon, and/or wine. Bay scallops will require less cooking time.

Is it done yet? Shrimp will turn orange/red and become opaque inside when fully cooked. Scallops turn milky white or opaque and firm when done. Avoid overcooking!

Marinade Suggestion:

2 Tbsp Extra Virgin Olive Oil
2 Tbsp Soy Sauce
3 Tsp Orange Juice
4 Tsp Lemon Juice
2 Cloves Garlics, minced

Marinate 1 pound bag of seafood for 30 minutes. For more intense flavor, marinate overnight.

WHITEFISH (PANGASIUS, COD, TILAPIA)

The Hook to Handling

Best bet: Thaw from frozen in package in the refrigerator for 24 hours. *2nd best:* In packaging in bowl of water for in fridge for 1-2 hours. *Quick Thaw:* Under cold running water. *Cheater Thaw:* Remove packaging and microwave on defrost until thawed. Never thaw seafood at room temperature and marinate only in the refrigerator-discard marinade after use.

Reel It In: Serving Size

Fillets and Steaks: 1/3 to 1/2 lb. per person

Tackle the Prep

Marinate fish before cooking for most flavorful results. *Best Bet: Baking:* Bake fish in a preheated, 450° oven. Measure fish at its thickest point. Cook it 10 minutes per inch of thickness. Add 5 minutes to cook time if using foil or cooking in a sauce.

Is it done yet? Pierce the fish with a knife to check to see if edges are opaque and the center is slightly translucent with flakes just beginning to separate. Avoid overcooking!

Preparation Suggestion (2 fillets):

1 Tbsp Extra Virgin Olive Oil
1 Tbsp Lemon Juice
1/4 Cup Capers

Coat each fillet with olive oil, lemon juice and approx. 1/2 the amount of capers. Broil for 7 minutes. Use remaining capers as garnish.