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## FOODS AND NUTRITION

MF-523

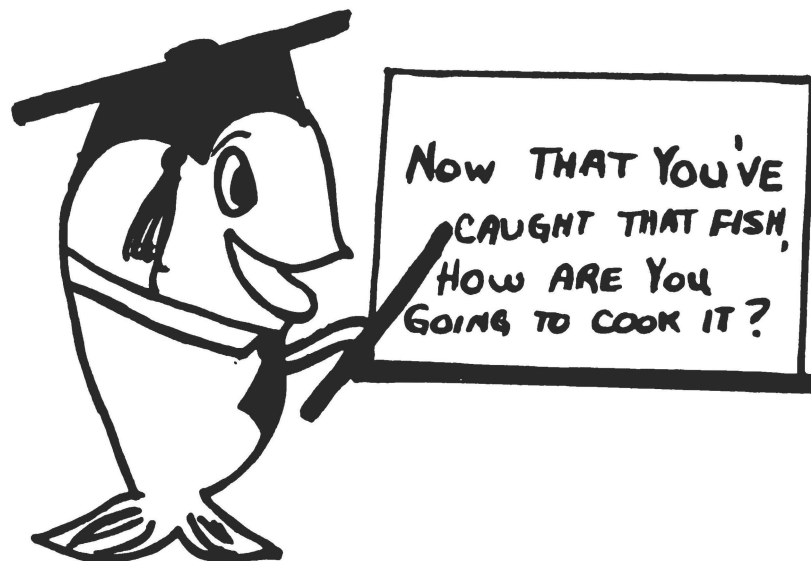
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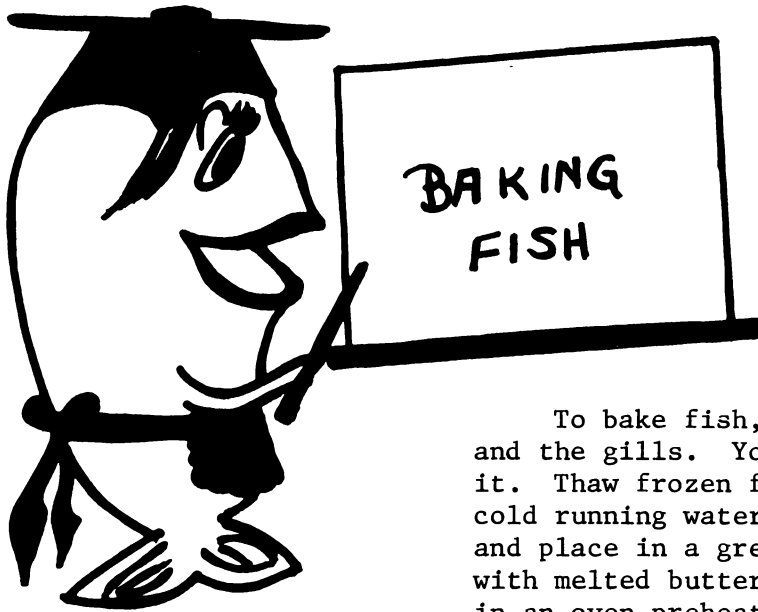
## BASIC FINFISH COOKING

Fish can be cooked in many different ways. Frying is probably the most popular cooking method but baking, broiling, boiling, and poaching are also popular. Fish will take up some fat when fried and that increases the calorie content. If you are counting calories or trying to eat less fat, you may want to bake, broil, boil, or poach fish.

Keep these basic rules in mind no matter which cooking method you choose.

1. Cook only until the flesh will flake easily with a fork. Test for doneness in the thickest part of the fish. Overcooking will cause the fish to be tough and dry.
2. Cook at low to medium temperatures.
3. Allow more time for large, thick pieces of fish than for small, thin ones.
4. Allow more cooking time if the fish is still partially frozen.
5. Baste fish cooked by a dry-heat method, such as baking or charcoal grilling, to keep it from drying out.





Baking is one of the easiest ways to cook fish. Fish may be baked plain, stuffed, in a sauce, or with a topping.

To bake fish, remove the scales, the insides, and the gills. You may leave the head on or remove it. Thaw frozen fish in the refrigerator or under cold running water. Wash fish thoroughly, pat dry, and place in a greased baking dish. Brush the fish with melted butter or margarine. Place baking dish in an oven preheated to 350° F. and bake for 30 to 45 minutes. The fish is done when the thickest part flakes easily when tested with a fork. It will take longer to cook fish which is large, stuffed, or partially frozen.

#### BAKED STUFFED FISH

1 dressed fish (3 pounds fresh or frozen)  
Salt and Pepper  
2 Tbsp. melted fat or oil

Bread Stuffing

Thaw frozen fish. Clean, wash, and dry fish. Sprinkle inside with salt and pepper. Place fish on a well-greased baking dish. Stuff fish loosely. Brush fish with fat. Bake in a moderate oven, 350° F. for 45 to 60 minutes or until fish flakes easily when tested with a fork. Makes 6 servings.

#### BREAD STUFFING

½ cup chopped celery	1 egg, beaten
¼ cup chopped onion	½ tsp. sage
¼ cup butter or margarine, melted	½ tsp. salt
1 quart dry bread crumbs	¼ tsp. thyme
dash pepper	

Cook celery and onion in butter or margarine until tender. Combine with other ingredients and mix well. Makes 3 cups stuffing.

MF-523 Prepared by Jo Anne Barton, Extension Specialist - Foods and Nutrition. Information provided by James A. Daniels, Extension Agent, and Laurie M. Dean, Home Economist, Seafood Processing Research and Extension Unit.