

Fish school



How to **shop** for,
store, and **cook** seafood



NATIONAL
FISHERIES
INSTITUTE

For more information, go to www.aboutseafood.com



WILD ABOUT FARMED

Sustainable seafood and farm-raised fish, called aquaculture, go hand in hand. In order to keep wild stocks plentiful, aquaculture complements our seafood supply by providing over 40 percent of the nutritious fish enjoyed by people around the world.

Scientific studies show that aquaculture leaves a small environmental footprint and that farmed and wild seafood are nearly identical in content of calories and healthy omega-3 fats.



NUTTY SHRIMP PASTA 5 servings

Pre-cooked frozen shrimp 1 pound
Dried whole wheat angel hair pasta 8 ounces
Olive oil 1 Tbsp
Medium onion one, thinly sliced (about 1 cup)
Frozen pepper strips one 16-ounce bag

Sauce:
Vegetable broth 1 1/2 cups
All-purpose flour 3 Tbsp
Thai peanut sauce 1/4 cup

Topping:

Dry roasted peanuts 1/4 cup, coarsely chopped

1. Defrost shrimp and peppers in the refrigerator overnight.
2. Cook the pasta according to package directions. Drain and set aside.
3. While the pasta is cooking, heat olive oil in a large saucepan. Add onion and sauté for 2 minutes. Add peppers and cook another 2 minutes.
4. In a small bowl, whisk together broth, flour, and peanut sauce. Add sauce to onion and peppers and bring to a simmer while stirring. Reduce heat and stir another 2 minutes until mixture thickens.
5. Add the pasta and shrimp and heat through. Top with peanuts and serve.

CRAB BRUSCHETTA 12-16 servings

French baguette (whole grain if available)
Crabmeat one 6-ounce can, drained
Small tomato one, diced (or about one cup)
Small yellow bell pepper one half (or about 1/3 cup)
Fresh chives, 3 Tbsp
Fresh basil, 1 Tbsp

1. Preheat oven to 375 degrees F.
2. Slice baguette crosswise in to 1/2-inch slices. Arrange slices in a single layer on a baking sheet and bake at 375 degrees F for 4 minutes. Turn slices over and bake 4 minutes. Cool completely.
3. Combine crabmeat, tomato, pepper, chives, and basil. Stir gently to mix.
4. Spoon 1 tablespoon crab mixture onto each toast slice. Serve at once or bake at 425 degrees F for 2 to 3 minutes or until heated through.

1 SHOP

Follow the “once for twice” rule – shop once a week for two seafood meals at home. Always buy seafood from a reputable market where the employees are able to answer questions.

- **Fresh fish** should be bright and shiny with scales in place. Eyes should be clear. Odor should be fresh and mild. Fillets should have moist, elastic flesh.
- **Fresh shellfish** like clams, oysters, and mussels should close tightly when tapped. Always toss shellfish that don't open when cooked.
- **Seafood from the freezer section** is a convenient choice. It is flash frozen within hours of coming out of the water, which locks in fresh flavors and moisture.
- **Canned or pouched fish** like tuna, salmon, clams, and crabmeat are convenient to keep in your pantry.

2 STORE

To learn how long different types of fish keep in the fridge and the freezer, go to the “Cooking Tips” section of www.AboutSeafood.com to download a handy seafood storage guide created by the National Fisheries Institute.

- **Fish** should be kept in the coldest part of the refrigerator in its original packaging.
- **Shellfish** such as clams, oysters, and mussels should be stored in the refrigerator in open containers with clean, damp cloths placed over the shellfish.
- **Live lobsters and crabs** should be cooked the same day as purchased.
- **Raw and cooked seafood** should be stored separately.

3 COOK

Fish can be cooked in many ways including baking, broiling, grilling, microwaving, poaching, sautéing, steaming, and stir frying.

- **Marinating fish** in the fridge adds tasty flavor. Used marinade should always be thrown away and never reused.
- **Fish fillets** should be cooked 10 minutes for every inch of thickness. Cook fish to an internal temperature of 145 degrees F. When it's done, the fish should flake easily with a fork.
- **Steam clams or mussels** by bringing 1-2 cups of water or broth to a boil in a large pot, adding 1-4 pounds of scrubbed shellfish, and covering. Reduce heat to moderate and cook 3 to 6 minutes, stirring occasionally, until the shellfish open wide.
- **Seafood grilling** directions can be found in the “Cooking Tips” section of www.AboutSeafood.com.

TASTY TILAPIA TACOS 6 servings

Fresh tilapia fillets 2 pounds

Whole wheat soft tortillas 8-12

Olive oil 1/4 cup

Sauce:

Fresh cilantro 1/3 cup, chopped

Jalapeños two, seeded

Plain yogurt 1/2 cup

Reduced-fat sour cream 1/2 cup

Avocado one, peeled and sliced

Fresh lime juice 1 tsp

Toppings:

Shredded cabbage

Salsa

Fresh lime wedges

1. Combine cilantro and jalapeños in a food processor. Mix until coarsely chopped.
2. Add yogurt, sour cream, avocado and lime juice. Blend until smooth. Keep this sauce refrigerated until needed.
3. Brush tilapia fillets with olive oil and grill over medium heat for 2-4 minutes per side, until cooked through.
4. Heat tortillas on grill. Spread 2 tablespoons of sauce on each warm tortilla.
5. Place half of a fillet in center of each tortilla. Add shredded cabbage, fold tortilla and top with salsa. Garnish with fresh lime wedges.

SCOOP-IT-UP TUNA SALAD 2 servings

Solid white or light tuna in water one 6ounce can, drained

Small carrot one, shredded (about 1/2 cup)

Light canola mayonnaise 3 Tbsp

Salt and pepper

Scoopers: Baked tortilla chips, cucumber slices, mini whole wheat pitas, whole grain crackers

1. Combine the tuna, carrot, mayonnaise, and salt and pepper to taste in a medium bowl and mix well.
2. To pack for a school lunch, place the tuna salad in a plastic container with a tight-fitting lid. Pack “scoopers” in separate containers.