



FISH & TIPS

- The biggest mistake people tend to make is to overcook fish. Overcooking spoils the flavour and texture of fish.
- Seal on a high heat and then moderate heat to cook through.
- As a guide fillets usually take 5-8 minutes to cook depending on their thickness.
- When cooked the flesh appears white.
- Fish continues to cook even after removed from the heat.
- To test, insert a fork into the thickest part of the flesh and gently divide. It's cooked if it flakes easily. With whole fish the flesh should fall off the backbone.
- Serve as soon as possible.
- Enjoy!

COOKING SHELLFISH

Prawns and lobsters are cooked when they turn pink/orange.

Cooked prawns can be eaten as they are or briefly heated through. Overcooking will toughen the flesh.

Scallops need only a minute to cook. Overcooking will toughen their flesh.

Mussels in the shell can be steamed or boiled. Scrub the shells first. They are cooked when most of the shells open.

MATCHING SEAFOOD WITH OTHER INGREDIENTS/FOODS

Some simple tips

Delicately flavoured seafood such as snapper and dory should be used with subtly flavoured ingredients such as lemon, lime or light sauces.

Stronger flavoured species such as mullet and tuna can be enhanced with more strongly flavoured ingredients such as onion, garlic or wine.

For molluscs, place them in a single layer in 1cm of liquid. Cover tightly and steam, shaking occasionally to allow shells room to open.

To poach, wrap the fish loosely (but securely) in non-stick or oiled kitchen foil with your choice of fresh herbs and seasonings. Cook gently in water, fish stock, wine or a combination of these.

DID YOU KNOW...?

Cooking seafood with various herbs may also be beneficial to health. For example, adding garlic to seafood can significantly lower cholesterol and triglyceride levels (Triglycerides are another type of fat found in the blood linked with heart health).

Herbs also act as anti-oxidants too, helping to preserve the fatty acid content of seafood.

Remember...how you cook your seafood will affect the nutritional content of the final dish.

The best ways to cook seafood and maintain its health benefits by minimising omega-3 fat losses are steaming, microwaving, grilling or baking. It appears pan-frying and deep-frying seafood may destroy some omega-3 fats. Frying also results in oil being absorbed into the final food, increasing the energy and fat content. If cooking with oils, choose a small amount of olive or canola oil (monounsaturated/good oils).

The energy and fat content can change dramatically if you coat seafood in flour, dip it in batter and then deep-fry it. Choose deep-fried seafood as an occasional treat only!

YOUR SEAFOOD QUESTIONS ANSWERED

Which method is best to cook seafood?

Grilling, steaming, microwaving and baking are the best, as a very general guide. Species that have high moisture and/or oil levels are better suited to baking, grilling, barbecuing and microwaving. While species that are low in moisture and/or oil are better suited to poaching, steaming and frying. These methods suggested are simply proven techniques that will enhance the flavour of the seafood and use its natural qualities to the best advantage; they do not have to be strictly adhered to. So use the recommended method, or be more adventurous and experiment with different techniques. The choice is yours.

Will eating more fish affect fish stocks?

The goal of all Australian fisheries is to be sustainable. The Australian fishing industry is being proactive about sustainability by adopting best practice in environmental management. This combined with good fisheries management will ensure continued supply of quality Australian seafood. You can assist by choosing seafood in season and selecting a variety of different seafood.

HOW TO COOK PRAWNS IN 5 EASY STEPS Per 1 kg

- 1 Bring 2 1/2 litres of water to the boil, add 2 tbs of sea salt.
- 2 Add prawns to boiling water.
- 3 Cook for 3-4 minutes. Prawns are done when they float to the top of the water and flesh has turned white.
- 4 When they're done, remove them from the boiling water and place in a big bowl of iced water to cool them.
- 5 Peel and eat! Great on their own or serve with vinegar, lemon or just bread and butter.

For more sensational seafood recipes or information on seafood, go to www.fish.gov.au

GET HOOKED - EAT MORE FISH!



WHAT'S SO GREAT ABOUT SEAFOOD?

Seafood – something for every taste, every cuisine, every occasion!



PREPARING SEAFOOD - WHICH FISH FOR WHICH DISH?

WHY CHOOSE SEAFOOD?

You may already know that seafood is healthy, but do you know why?

Would you like to eat more seafood, but are unsure how best to prepare it?

Seafood compares favourably when compared to the cost of other sources of protein such as chicken, beef and pork.

This brochure provides you with information and practical tips on buying, storing and handling seafood; as well as healthy seafood meal ideas and recipes to inspire you.

Seafood - What to choose?

Seafood is a name that includes both fish (white and oily varieties) and shellfish such as mussels, crustaceans such as prawns, crabs, lobsters, and also squid. For further details on individual seafood species, go to www.fish.gov.au

Fish can be purchased whole or cut. As with meat, there are a number of different fish cuts, e.g. fillet, cutlet, goujon (or fingers), which lend themselves to a variety of cooking methods. If you prefer to fillet the fish yourself go to www.fish.gov.au for step-by-step advice.

SEAFOOD PURCHASING TIPS

What to look for when purchasing fresh:

- Whole Fish**
- Bright and lustrous eyes, skin or scales.
 - Firm flesh that springs back when touched.
 - Bright pink-red gills.
 - Pleasant fresh sea smell.

- Fillets and Cutlets**
- Flesh should be bright, lustrous and firm.
 - Any dark muscle should be pink-red colour.
 - Pleasant fresh sea smell.
 - No discolouration, gaping or bruising.

- Crustaceans and Molluscs**
- Brightly coloured, lustrous shells or flesh.
 - Firm and intact shells, heads, tentacles or flesh.
 - Shells closed or closes when tapped or squeezed.
 - Pleasant fresh sea smell.
 - No discolouration, particularly at joints.

When purchasing frozen seafood, it is important that you maintain it in its frozen state. Refreezing seafood can result in toughening or softening the texture and diluting the flavour. Refreezing will also increase the chances of microbiological spoilage.

Seafood will stay fresh longer if it's kept cold. When shopping for fresh seafood use a chiller bag/esky or you can ask your fishmonger to pack some ice with your purchase.

How much to buy?

As a main meal, allow around 300-500g whole fish per person and for cut fish allow approximately 120-150 g per portion. For shellfish allow about 150g flesh e.g. prawn flesh or 250g prawns in shell.

To get the best value for money and quality, remember to choose seafood in season – ask your fishmonger for their recommendations. For more information about the availability of seafood varieties throughout the year go to www.fish.gov.au

Confused about how best to cook seafood? Different varieties and cuts of seafood can be more suited to particular cooking methods. Here's a few examples to help you choose.

	BAKE	FRY	GRILL / BBQ	STEAM	POACH	MICROWAVE
WHOLE FISH	✓	✓		✓	✓	✓
FISH FILLETS/ STEAKS	✓	✓	✓	✓	✓	✓
FISH CUTLETS			✓	✓		✓
SHELLFISH			✓	✓	✓	

Excessively high temperatures will break down the oils and overcooking will also strengthen the “fishy” flavours and reduce the health benefits of omega fatty acids. Temperatures below 180°C will result in increased fat absorption, particularly when heavy coatings are used.

SEAFOOD STORAGE TIPS

Fresh Fish and Shellfish Storage

- Scale, clean, gut and rinse, place in plastic bag on a plate or tray or in a covered container.
- Use fish within 2-3 days.
- Live crustaceans and shells such as mussels, should be consumed as soon as possible after purchase. Place in a container, cover with damp paper towel and keep in the warmest part of the refrigerator (optimum 5°C) e.g. in the crisper.



Freezer Storage

Fish

- All fish should be scaled, gutted, filleted and rinsed prior to freezing.
- Place in an airtight freezer bag, label and date.
- Fish can be frozen for up to 6 months (oily fish, fillets/cutlets 3 months) providing your freezer operates at -18°C or less.

Shellfish

- Gut and clean squid, cuttlefish and octopus before freezing.
- Place prawns unpeeled in a plastic container appropriate to the volume of prawns. Cover with water, seal and freeze. This forms a large block which insulates the prawns. Do not add salt as it draws out the moisture.
- Wrap in plastic, label, date and freeze for up to 3 months, providing your freezer operates at -18°C or less.