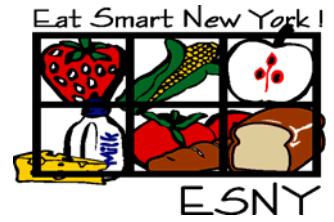




Cornell University Cooperative Extension

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FISHING FOR HEALTH

Choosing a good fishmonger can make your life a lot easier. While you will want to inspect every fish you buy, knowing that your retailer is reliable can take much of the guess work out of the job. Look for clean well-drained ice; whole fish should be stored directly on the ice. There should be no staining or graying areas, indicating that the ice is not changed at frequent intervals. Nor should there be any pools of unidentifiable liquids. If the fish is prepackaged, look for clean, dry materials. Most importantly, there should not be a strong fishy smell. Fresh fish should smell like a sea breeze on an island in the Bahamas.

Spend a little extra time talking to the fishmonger. Find out who the wholesaler is, and where the fish was caught. While modern transportation has made it possible to savor Dover sole in the heartland, local is still your best bet. Ask if the fish has been previously frozen. Flash-freezing techniques have improved to such an extent that texture is hardly if at all affected by freezing, but previously frozen and thawed fish cannot be refrozen: it must be used on the day of purchase. Ask for recommendations on choosing the fish and how it is best prepared. A good fishmonger will know these things and more.

Whole Fish



Your senses are your best tool for choosing fresh fish.

- It should look as if it is about to swim away. The skin should be bright and shiny with close-fitting scales. A layer of transparent mucus allows the fish to glide through the water when alive, and makes the fish gleam on the shelf. Dry, dull flesh is a sign of age, as are loose scales.
- The eyes should be clear and bulging; if the fish has sunken or cloudy eyes, look for a fresher specimen.
- Gills should be reddish and damp, not sticky.
- It may not be possible to poke and prod the fish before purchase, but the feel of the flesh is also an important indication of freshness. The flesh should be firm and elastic: when you press it, the flesh should bounce back, leaving no indentation.
- Smell, as previously noted, is one of the most important indications of freshness. Fish should have a pleasant smell.

Steaks and Fillets

There are many good reasons to buy steaks and fillets. The cleaning is done for you, it is possible to buy just the right amount for your needs, and mealtime preparation is shortened. To choose fish steaks:

- The flesh should be firm. It should appear moist; a whitish film on the surface indicates dehydration.
- The coloring should be even. White-fleshed fish such as cod or bass should be white, with no darkened areas.

Choosing and Using Shellfish

Just like any seafood, the most important thing to remember when buying shellfish is this: **the fresher the better.**

If possible, shop at a fish counter that's always busy—this way, you can be assured the fish you're buying has not had a chance to sit around for long. All seafood should smell fresh and briny, not distinctly “fishy”. Also, look for clean ice surrounding the fish. The care a fishmonger puts into clean fresh ice is a good indicator of his or her commitment to quality seafood.

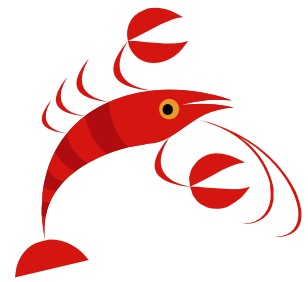
Clams, Mussels and Oysters



Normally bought alive and in the shell, particular care must be taken when choosing and cleaning clams, mussels and oysters. Along with smelling fresh, the shells on these bivalves should be tightly closed. If there is a slight opening, give it a tap: if the shell quickly closes, it is still alive—if not, discard it. Store live shellfish in the refrigerator, covered with a wet towel to keep them moist. Allowing them to breathe will assure they stay alive and fresh until cooking time. Oysters, of course, are often eaten raw, so freshness is even more imperative.

Shrimp and Prawns

Shrimp can be found raw or cooked, peeled or unpeeled, and in a variety of sizes. Normally, the size is expressed by the number of shrimp per pound, such as 18/20 or 12/14. If you're buying raw shrimp, freshness is again the key. Unpeeled shrimp are more work to eat, but the shells impart more flavors to the finished dish. If you purchase unpeeled shrimp, save the shells in the refrigerator or freezer and use them to make a shrimp stock or shellfish court-bouillon.



Crab and Lobster

Choosing crab and lobster should seem fairly straightforward, because it is. They can be found either alive, for steaming or boiling at home, or already cooked. Whole cooked crab is common, as is lump crabmeat. Live crab and lobster should be kept in the refrigerator, still wrapped from the fishmonger, until ready to cook. For crab, follow the recipe for boiled lobster, but shorten the cooking time to 5-10 minutes depending on the size of the crab.

Scallops

With scallops, the freshness rules still apply, along with determining whether they are “wet packed” or “dry packed”. Wet-packed scallops are treated with a chemical that allows them to retain more water. Try to find fresh, dry-packed scallops. They will taste fresher, cook more easily, and have none of the residual chemical flavor often noticed in the wet-packed variety.



Healthful Ways to Cook Fish

Perfectly cooked fish should flake easily and be opaque with just the faintest amount of translucency in the middle. Fish is so delicate that it dries out quickly and is easy to overcook. To prevent overcooking, you’ll need to pull it out slightly before it’s done. In order to retain its moisture, fish needs to be cooked quickly over high heat (grilling, broiling, or sautéing), or it needs to be cooked with liquid.

Grilled Fish

Grilling fish is tricky without a grill basket, but don’t let that deter you:

- Spray the fish with nonstick cooking spray or brush it very lightly with oil.
- Place the fish around the edges of the grill, away from the hottest part of the fire (Don’t try to lift up the fish right away; it will be stuck to the grill).
- Start checking for color and doneness after a few minutes, once the fish starts to release some of its juices.
- Flip it over when it’s got light grill marks.

Fish on the grill needs to be attended to very closely and only takes a few minutes per side. If the fillets are an even thickness, fish can be cooked thorough by grilling it on only one side.

Poaching Fish

The technique of poaching has been all but forgotten. This gentle cooking method is perfect for seafood, because it imparts lots of moisture and will not mask the delicate flavor of the fish. Traditionally, fish is poached in court-bouillon—broth made from simmering aromatic vegetables and herbs in water together with peppercorns and something acidic such as lemon juice, vinegar or white wine. To poach fish, you can make your own court-bouillon or simply use vegetable or chicken stock.

- Use a pan big enough to lay each piece of fish down flat.
- Pour in enough liquid to just barely cover the fish.
- Bring the liquid to a simmer, and keep it there.
- If you see any bubbles coming up from the bottom of the pan, it's too hot—the liquid should “shimmer” rather than bubble. The ideal poaching temperature is between 165 and 180 degrees.

Steamed Fish

Steaming is another gentle cooking method popular in Asian cuisines.

- Rub the fish with spices, chopped herbs, ginger, garlic and chile peppers to infuse flavor while it cooks.
- Use a bamboo steamer or a folding steamer basket with enough room for each piece of fish to lie flat.
- Pour about 1 ½ inches of water into the pan.
- Place the steamer over the water, cover the pot, and bring the water to a boil.
- Begin checking the fish for doneness after 10 minutes.

Steamed fish is a mild-tasting delicate preparation that is usually accompanied by a flavorful sauce.

Broiled Fish

When the weather's not right for grilling, try broiling instead. Broiling is great when you want a fast, simple, hassle-free preparation with delicious results. It gives fish a nicely browned exterior

with the convenience of a temperature-controlled heat source. For easy cleanup, line the broiler pan with a piece of foil.

Baked Fish

Baking fish allows you to get the satisfying crunch of fried fish without all the fat. Just because it's baked, though, doesn't mean it's healthy: watch the amount of butter, oil, mayonnaise, or cheese called for in the recipe.

- Prepare the marinade, if using one, preheat the oven and pop the fish in for the prescribed amount of time. Be sure to check the fish often to ensure that it doesn't overcook.

Source: Allrecipes.com

Cioppino

A classic seafood stew with a little bit of everything from the sea. Serve with a loaf of warm, crusty bread for sopping up the delicious broth.

3/4 cup butter	1/2 tsp dried oregano
2 onions, chopped	1 cup water
2 cloves garlic, minced	1 1/2 cups white wine
1 bunch fresh parsley, chopped	1 1/2 lb large shrimp, peeled and deveined
2 (14.5 ounce) cans stewed tomatoes	1 1/2 lb bay scallops
2 (14.5 ounce) cans chicken broth	18 small clams
2 bay leaves	18 mussels, cleaned and debearded
1 Tbsp dried basil	1 1/2 cup crabmeat
1/2 tsp dried thyme	1 1/2 lb cod fillets, cubed

Over medium-low heat, melt butter in a large stockpot; add onions, garlic and parsley. Cook slowly, stirring occasionally until onions are soft.

Add tomatoes to the pot (break them into chunks as you add them). Add chicken broth, bay leaves, basil, thyme, oregano, water and wine. Mix well. Cover and simmer for 30 minutes.

Stir in the shrimp, scallops, clams, mussels and crabmeat. Stir in fish, if desired. Bring to a boil. Lower heat, cover and simmer 5 to 7 minutes until clams open. Ladle soup into bowls and serve with warm crusty bread.

Nutrition Information: 315 calories, 13.2g fat, 1.3g fiber, 773mg sodium
Serves: 13
Source: Allrecipes.com

Easy Garlic-Lemon Scallops

¾ cup butter
3 Tbsp minced garlic
2 lb large sea scallops

1 tsp salt (optional)
1/8 tsp pepper
2 Tbsp fresh lemon juice

Melt butter in a large skillet over medium-high heat. Stir in garlic, and cook for a few seconds until fragrant. Add scallops, and cook for several minutes on one side, then turn over, and continue cooking until firm and opaque.

Remove scallops to a platter, then whisk salt, pepper and lemon juice into butter. Pour sauce over scallops to serve.

Nutrition Information: 380 calories, 24.4g fat, .1g fiber, 989mg sodium
Serves: 6
Source: Allrecipes.com



Scallops with White Wine Sauce

½ cup chicken broth
¼ cup white wine
½ lemon, juiced
1 Tbsp minced shallot
1 clove garlic, minced

¼ cup butter
1 lb sea scallops
1 Tbsp olive oil
salt and pepper to taste

Preheat the oven broiler.

In a skillet over medium heat, mix the chicken broth, wine, lemon juice, shallot and garlic. Cook and stir until most of the liquid has been reduced. Stir in the butter until melted.

Brush the scallops with olive oil, and season with salt and pepper. Arrange on a baking sheet.

Broil the scallops in the preheated oven about 2 minutes on each side, or until opaque. Serve with the wine sauce.

Nutrition Information: 278 calories, 16.2g fat, .7g fiber, 3231mg sodium
Serves: 4
Source: Allrecipes.com

Clams Italiano

½ cup butter
5 cloves garlic, minced
2 cups dry white wine
1 Tbsp dried oregano

1 Tbsp tomato paste
1 Tbsp dried parsley
1 tsp crushed red pepper flakes
(optional)
36 small clams in shell, scrubbed

Melt butter in a large skillet over medium heat. Cook garlic in butter briefly. Stir in wine and tomato paste, season with oregano, parsley, and red pepper flakes.

Place clams in the wine mixture. Cover and steam until all the clams have opened: discard any that do not open. Serve in soup bowls, and ladle broth generously over them.

Nutrition Information: 210 calories, 15.7g fat, .6g fiber, 169mg sodium
Serves: 6
Source: Allrecipes.com



Microwave Clam Chowder

4 slices bacon, cut into ½ inch pieces
2 (6.5 ounce) cans chopped clams
1 ½ cup diced peeled raw potatoes
1/3 cup chopped onion
2 Tbsp all-purpose flour

1 ½ cup milk, divided
½ tsp salt (optional)
1 pinch pepper
1 tsp butter or margarine
minced fresh parsley

In a covered 2-qt microwave-safe dish, cook bacon on high for 4-5 minutes or until crisp. Remove with slotted spoon to drain; set aside. Drain clam juice into the drippings. Stir in potatoes and onion. Cover and cook on high for 8-10 minutes or until potatoes are tender, stirring once or twice. Stir flour into ¼ cup of milk; add to potato mixture. Stir in salt, pepper and remaining milk. Cover and cook on medium for 6 minutes, stirring once or twice. Let stand for 3-5 minutes. Stir in clams and butter. Garnish with bacon and parsley.

Nutrition Information: 380 calories, 17.61g fat, 1.68g fiber, 328.54mg sodium
Serves: 4
Source: Allrecipes.com

Clams Casino

24 large clams
2 Tbsp olive oil
1 Tbsp butter
½ cup minced onion
¼ cup chopped green bell pepper
2 cloves garlic, minced
1 cup dried bread crumbs

4 slices bacon
½ tsp dried oregano
2 Tbsp grated Parmesan cheese
2 tsp dried parsley
¼ tsp paprika
2 Tbsp olive oil

In a small skillet, cook bacon until crisp over medium heat. Crumble, and set aside. Wash clams. Place on a baking sheet. Heat in a preheated 350 degree oven for 1 to 2 minutes, or until clams open. Discard any that do not open. Remove meat from shells. Chop and set aside.

Add 2 Tbsp oil and butter to a small skillet, and place pan over medium heat. Add onion, pepper and garlic; sauté until tender. Remove from heat and cool.

In a medium bowl, combine bread crumbs, bacon, oregano, cheese, sautéed vegetables and chopped clams. Mix well. Fill clam shells with mixture, and place on baking sheet. Sprinkle with parsley and paprika. Drizzle with olive oil.

Bake at 450 degrees for 7 minutes. Serve.

Nutrition Information: 351 calories, 23.5g fat, 1.4g fiber, 474mg sodium
Serves: 4
Source: Allrecipes.com



Lemon and Cilantro Shrimp

20 jumbo shrimp, peeled and deveined
6 lemons, zested
2 cups chopped fresh cilantro

¼ cup extra virgin olive oil
salt to taste (optional)
1 lemon, juiced
ground black pepper to taste

In a bowl, toss shrimp with lemon zest and cilantro to coat. Heat the oil in a skillet over medium heat. Sprinkle oil with salt, then stir in the shrimp, lemon zest and cilantro. Cook, stirring, 5 minutes, or until shrimp are opaque. Transfer to a serving bowl, drizzle with remaining oil, lemon zest and olive oil from the skillet. Squeeze lemon juice over shrimp, season with pepper, and serve immediately.

Nutrition Information: 278 calories, 15.7g fat, 3g fiber, 900mg sodium
Serves: 4
Source: Allrecipes.com

Honey Ginger Shrimp

2 Tbsp olive oil
1 Tbsp red pepper flakes
1 tsp chopped garlic
¼ yellow onion, chopped

1 tsp ground ginger
1 tsp honey
1 lb medium shrimp, peeled and deveined
salt and pepper to taste

Heat the olive oil and red pepper flakes in a large skillet over medium heat. Add the onions, garlic, ginger and honey; cook and stir until fragrant. Add the shrimp, and cook for 5 minutes, stirring as needed, until shrimp are pink and opaque. Serve immediately.

Nutrition Information: 166 calories, 8.1g fat, .8g fiber, 297mg sodium
Serves: 4
Source: Allrecipes.com



Quick Shrimp Scampi Pasta

8 ounces uncooked spaghetti
½ cup butter
2 cups dry white wine

2 lb large shrimp, peeled and deveined
1 tsp dried basil

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In a large saucepan, melt butter and add white wine. Over medium heat, add shrimp and basil. Cook until pink all over; about 3 to 5 minutes. Serve over pasta.

Nutrition Information: 675 calories, 25.8g fat, 1.4g fiber, 646mg sodium
Serves: 4
Source: Allrecipes.com

Pirate's Delight

4 tsp dry white wine or chicken broth
12 ounces fresh or frozen cod fillets
thawed and cut into 1 inch pieces
1/3 cup crushed saltine crackers

1/2 tsp Italian seasoning
1/8 tsp garlic powder
1/8 tsp paprika
2 tsp olive or canola oil
2 tsp grated Parmesan cheese

Pour wine or broth into a 13-inch x 9-inch x 2-inch baking dish coated with nonstick cooking spray. Place fish on top. Combine cracker crumbs, Italian seasoning, garlic powder and paprika; sprinkle over fish. Drizzle with oil. Top with cheese. Bake, uncovered, at 400 degrees for 12-15 minutes or until lightly browned and fish flakes easily with a fork.

Nutrition Information: 120 calories, 3.88g fat, .2g fiber, 193.60mg sodium

Serves: 4

Source: Allrecipes.com



Microwave Tilapia

1 lb tilapia fillets
1 Tbsp butter
1 garlic clove, minced

1 tsp chopped fresh tarragon
1/4 cup apple cider vinegar

In a microwavable baking dish, arrange tilapia fillets in a single layer. Dot with pieces of butter, and minced garlic. Sprinkle with fresh tarragon. Cover with waxed paper and microwave on high for 2 minutes.

Turn fillets over, recover and continue to microwave on high for a further 2 minutes. Remove immediately, sprinkle with apple cider vinegar and serve.

Nutrition Information: 143 calories, 4.4g fat, 102mg sodium

Serves: 4

Source: Allrecipes.com

Grilled Halibut with Mustard Dill Sauce

1/3 cup fat-free plain yogurt	2 tsp Dijon mustard
2 Tbsp reduced-fat mayonnaise	4 (6 ounce) halibut steaks
2 Tbsp snipped fresh dill	1/4 tsp salt (optional)
	1/8 tsp pepper

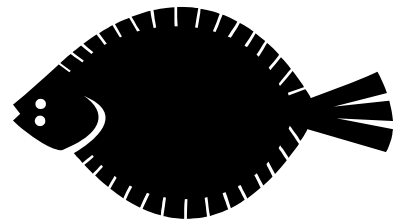
In a small bowl, combine the yogurt, mayonnaise, dill and mustard; cover and refrigerate.

Sprinkle halibut with salt and pepper. Coat grill rack with nonstick cooking spray before starting the grill. Grill halibut, covered, over medium heat for 4-6 minutes on each side or until fish flakes easily with a fork. Serve sauce with halibut.

Nutrition Information: 229 calories, 6.91g fat, .06g fiber, 374.56mg sodium

Serves: 4

Source: Allrecipes.com



Skillet Sole

1 cup chopped onion	1 tsp salt (optional)
1/3 cup chopped green pepper	1 tsp dried oregano
1 cup tomato juice	1 lb sole or flounder fillets
1 Tbsp dried parsley flakes	

In a large nonstick skillet coated with nonstick cooking spray, sauté onion and green pepper until tender. Stir in the tomato juice, parsley, salt and oregano. Cook for 5 minutes or until heated through. Add fillets. Cover and cook over medium heat for 12-15 minutes or until fish flakes easily with a fork.

Nutrition Information: 133 calories, 1.45g fat, 1.23g fiber, 890.59mg sodium

Serves: 4

Source: Allrecipes.com

Curried Red Snapper

1 ½ lbs fresh or frozen red snapper,
cod, haddock or flounder fillets
2 medium onions, chopped
2 celery ribs, chopped

1 Tbsp butter
1 tsp curry powder
¾ tsp salt (optional)
¼ cup milk

Place the fish in a greased 13-inch x 9-inch x 2-inch baking dish. In a skillet, sauté onions and celery in butter until tender. Add curry powder and salt; mix well.

Remove from the heat; stir in milk. Spoon over fish. Bake, uncovered, at 350 degrees for 25 minutes or until fish flakes easily with a fork.

Nutrition Information: 98 calories, 2.68g fat, 1.10g fiber, 375.35mg sodium

Serves: 6

Source: Allrecipes.com

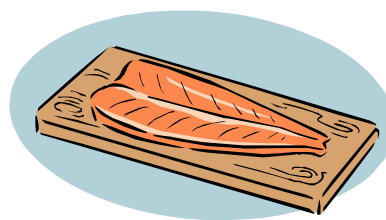
Crusty Dill-Garlic Salmon

1 lb salmon fillet, cut in 4 pieces
vegetable oil spray

Crusty topping:

½ cup bread crumbs
¼ tsp cayenne pepper
¼ tsp dill weed

¼ tsp garlic sauce
1 Tbsp olive oil
1 Tbsp lemon juice



Preheat oven to 400 degrees. Coat baking pan with cooking spray. Place fish in a pan. In a small bowl, mix Crusty Topping. Spread topping evenly over fish. Bake for 10 minutes or until internal temperature of thickest part of fish reaches 140 degrees. Serve and enjoy

Nutrition Information: 250 calories, 11g fat, 1g fiber, 220mg sodium

Serves: 4

Source: Cornell Cooperative Extension Saratoga County.

Thai-Style Curried Sautéed Scallops

1 lb scallops
2 tsp canola oil
1 Tbsp red curry paste
1 Tbsp ginger, fresh grated
1 (8 ounce) can unsweetened coconut milk
juice of one lime
2 tsp sugar
4 stalks green onions, chopped

Sauté oil, paste and ginger over medium heat in 4-qt saucepan for 1 minute. Add coconut milk, lime juice and sugar. Bring to a boil, then reduce heat and add scallops. Simmer for 2 minutes. Stir in onions.

Nutritional Information: 240 calories, 16g fat, 1g fiber, 190mg sodium
Serves: 4
Source: Cornell Cooperative Extension Saratoga County

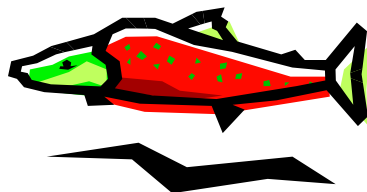
Poached Haddock with Herb Couscous

1 Tbsp olive oil
¼ cup red onion, diced
½ cup red pepper, diced
1 clove garlic, crushed
juice of ½ a lemon
1 ¼ cup water
½ lb haddock fillet, cut in bite-size pieces
1 box herb couscous

Heat olive oil in skillet, add onion and red pepper; cook until onion is transparent. Add garlic, sauté for 1 minute. Add water and lemon juice, simmer. Add haddock pieces, poach until no longer transparent, about 5 minutes.

Add couscous and half of herb packet, stir together. Cover pan and remove from heat. Let sit five minutes.

Nutrition Information: 410 calories, 11g fat, 278mg sodium
Serves: 4
Source: Cornell Cooperative Extension Saratoga County



Grilled Salmon and Corn Quesadillas

4 oz Monterey Jack cheese, grated
(1 ½ cups)

1 ½ cup flaked canned salmon

1 cup frozen corn, thawed

2 Tbsp mayonnaise

2 scallions, thinly sliced crosswise

2 Tbsp chopped fresh cilantro

1 Tbsp chopped canned chipotle chiles
in adobo

6 (8-inch) flour tortillas

1 Tbsp vegetable oil

Stir together cheese, salmon, corn, mayonnaise, scallions, cilantro, and chiles in a small bowl. Spread ½ cup filling over half a tortilla then fold other half over to form a half-moon. Assemble more quesadillas in same manner. Heat lightly oiled grill pan over moderate heat until hot, then cook quesadillas, 2 at a time, turning over once, until cheese is melted, about 4 minutes total per batch. Transfer to a cutting board and cut in half.

Nutrition Information: 390 calories, 18.36g fat, .9g fiber, 504.87mg sodium

Serves: 6

Source: Cornell Cooperative Extension Saratoga County



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