



Better Homes and Gardens

Cooking Fish

Cooking Method:

Preparation:

Fresh or Thawed Fillets or Steaks:

Dressed:

Bake

Place in a single layer in a greased shallow baking pan. For fillets, tuck under any thin edges. Brush with melted butter or margarine.

Bake, uncovered, in a 450 degree F oven for 4 to 6 minutes per $\frac{1}{2}$ -inch thickness.

Bake, uncovered, in a 350 degree F oven for 6 to 9 minutes per 8 ounces.

Broil

Preheat broiler. Place fish on greased unheated rack of a broiler pan. For fillets, tuck under any thin edges. Brush with melted butter or margarine.

Broil 4 inches from the heat for 4 to 6 minutes per $\frac{1}{2}$ -inch thickness. If fish is 1 inch or more thick, turn once halfway through broiling.

Not recommended.

Microwave

Arrange fish in a single layer in a shallow baking dish. For fillets, tuck under any thin edges. Cover with vented plastic wrap.

Cook on 100 percent power (high). For $\frac{1}{2}$ pound of $\frac{1}{2}$ -inch-thick fillets, allow $1\frac{1}{2}$ to 2 minutes; for 1 pound of $\frac{1}{2}$ -inch-thick fillets, allow $2\frac{1}{2}$ to 4 minutes. For 1 pound of $\frac{3}{4}$ - to 1-inch thick steaks, allow 3 to 5 minutes.

Not recommended.

Poach

Add $1\frac{1}{2}$ cups water, broth, or wine to a large skillet. Bring to boiling. Add fish. Return to boiling; reduce heat.

Simmer, uncovered, for 4 to 6 minutes per $\frac{1}{2}$ -inch thickness.

Simmer, covered, for 6 to 9 minutes per 8 ounces.