

# A GUIDE TO PREPARING DIFFERENT KINDS OF FISH

## Steam

Prepare a bamboo or metal steamer, or wrap fish in parchment and place in the oven at 350. Add aromatics, say ginger, scallions, garlic and lemons. For a 4-pound whole fish steam for about 10 to 12 minutes; fillets no longer than 4.

## Grill

Not recommended, but if you must: spray the grates well or use an old towel soaked in olive oil and really rub the grates to get them as clean as possible. Then make your grill as hot as possible and sear for about 3 minutes total.

## Broil

Rub the fish with olive oil, salt and pepper and place it on a sheet pan. Cook about 3 minutes, then serve with the sauce of your choice. Tomato-caper-olives might be nice. Or maybe Thai chili?

## Bake

Preheat the oven to 375. Make a crust of panko, Dijon mustard and herbs. Season fish with olive oil, salt and pepper and place on a sheet pan. Bake for 5 minutes, then add breadcrumb mixture on top and bake for 2 to 5 minutes more.

## FLAKY

Not recommended, but if you must: choose swordfish or salmon and wrap it in parchment, adding aromatics such as fennel, garlic and lemon. Bake in a 350-degree oven for about 10 minutes. Serve with a salsa, say tomatoes, red onion, jalapeno and avocado.

Spray the grates well or use an old towel soaked in olive oil and rub the grates to get them as clean as possible. Get your grill as hot as it will go. Sear your steaky fish for 30 seconds to 2 minutes per side, depending on how well done you like it.

Rub the fish with olive oil, salt and pepper and place it on a sheet pan. Cook about 2 minutes, then serve with the sauce of your choice. Tomato-caper-olives might be nice.

Place fish in a casserole dish and season it with salt and pepper. Pour a tomato-caper-olive sauce over the fish and bake for about 10 minutes at 375 degrees.

## STEAKY