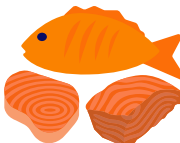

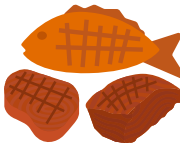


Fish temperature chart

		Portion	Cooking Temp.	Internal temperature	Weight / Thickness	Approximate cooking time*
	Baked	Whole	350°F	145°F	3-5 lbs	Total 25-30 min
		Fillets				Total 35-40 min
		Steaks				
	Pan-Fried	Whole	Med.	145°F	-	Turn once, 8-15 min
		Fillets			.75 in.	Turn once, 7-9 min
		Steaks			1 in.	Turn once, 9-10 min
	Deep-Fried	Whole	350°F	145°F	-	Turn once, 3-5 min
		Fillets			.75 in.	Turn once, 3-5 min
		Steaks			1 in.	Turn once, 4-6 min
	Grilled - 4 in. from the Heat Source	Whole	Med.	145°F	-	Turn once, 10-20 min
		Fillets			.75 in.	Turn once, 7-9 min
		Steaks			1 in.	Turn once, 9-10 min
	Steaming - Over Gently Boiling Water	Whole	N/A	145°F	-	Turn once, 10-12 min
		Fillets			.75 in.	Turn once, 10-12 min
		Steaks			1 in.	Turn once, 10-15 min
 Other seafood (e.g. shellfish, shrimps, scallops, etc)			Med.	145°F	-	

**Cooking time may vary depending on the size and type of fish. Avoid overcooking as this may cause the meat to be tough and rubbery. Aim for opaque and flaky meat characteristics.