

## **How Long Should I Cook Fish and How Do I Know When It's Done?**

### **Methods of Preparation**

When cooking fillets, steaks or gutted whole fish, measure the fish at its thickest point. Cook 10 minutes per inch based on the thickest point. Adjust cooking time accordingly if fish is thicker or thinner.



Add up to 5 minutes cooking time when fish is cooked in a sauce or wrapped in foil or parchment.

Always check for doneness before the end of the suggested cooking time. It's better to check and then cook another minute or so than to wait until the time is up, only to find the fish overcooked. Keep in mind that fish cooked just a bit too long will be dry and tough.

To test for doneness, insert a fork or the tip of a sharp knife into the flesh at the thickest part. If the flesh is opaque and flakes easily, it is done.

**Contributed by Joyce Taylor**