

## Amount of Fish to Buy and to Serve

### TIPS FROM THE KITCHEN

Fish recipes generally call for a number of fillets or steaks rather than weight. The reason for this is simple. Countless people look at fish and ask for a certain number of pieces. They are deciding the size that will be served to each person.

If you plan to cook for six people, buy six small fillets, three medium fillets or two large ones that can be cut into six serving-size pieces. Most people can visualize how many pieces will be needed to feed a certain number of people, but they can't visualize the size of one-fourth or one-third of a pound.



Recipes usually state the number of servings. One hundred grams (about 3.5 ounces) is considered a serving. But in reality, people usually eat more than this. In our recipes we have allowed one-fourth to one-third pound per person. Make them smaller or larger so that they meet your needs.

The following suggestions are based on approximately 3.5 ounces per serving:

- Whole or Round Fish –  $\frac{3}{4}$  pound
- Dressed Fish –  $\frac{1}{2}$  pound
- Fillets and Steaks –  $\frac{1}{3}$  pound
- Oysters and Clams, shucked –  $\frac{1}{6}$  pint
- Scallops –  $\frac{1}{4}$  pound
- Crab, cooked meat –  $\frac{1}{4}$  pound
- Crabs, live – 1 to 2 pounds
- Shrimp, headed –  $\frac{1}{2}$  pound
- Shrimp, cooked and peeled –  $\frac{1}{4}$  pound

From: [\*Mariner's Menu: 30 Years of Fresh Seafood Ideas.\*](#)

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