

Cooking Seafood

SEAFOOD IS SAFE TO EAT

- Rinse raw seafood under cold, running water to remove bacteria.
- Always marinate your seafood under refrigeration, never at room temperature.
- Cook seafood thoroughly with a continuous heat source because interrupted cooking could promote bacterial growth. Keep hot foods at 140⁰ F or higher and cold foods at 41⁰ F or lower.
- Never leave cooked seafood at room temperature for more than 30 minutes.
- Cook seafood for 10 minutes per inch of thickness, and measure at the thickest point. If baking, cook at 450⁰ F and deep fat fry at 375⁰ F. Add five minutes to your total cooking time if your fish is cooked in a sauce or is wrapped in foil or parchment. The U.S. Food & Drug Administration (FDA) recommends fish reach an internal temperature of 145⁰ F for 15 seconds.
- The FDA recommends that in-shell oysters be steamed four to nine minutes or broiled three to five minutes after gaping. Shucked oysters should be fried for three minutes at 375⁰ F; broiled, three minutes three inches from the heat source; baked, 10 minutes at 475⁰ F; or boiled, three minutes.
- Clams should be steamed for four to nine minutes.



Source: *Mariner's Menu: 30 Years of Fresh Seafood Ideas*

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