



Fish Made Easy: Baking, Grilling & Sauteing

Fish is easy - if you can set a timer, you can cook fish.

The Basics

As a rule of thumb, all fish can be cooked at 400 degrees. An "average" piece of fish will cook in about 10-12 minutes. Thinner fish less (6-8), thicker fish more (13-15)

Now just pick a preparation best suited for your fish.

Baking Fish

360 degree heat cooks your fish evenly. Preheat your oven to 400 degrees. See times above.

Why Bake: Easy

Why Not Bake: Boring

Next Level: Crusts, Glazes, Stuffings

Grilling Fish

Temp and times are still the same, but now we are using one-directional heat. Over med-high heat with the lid OPEN, cook the fish 10-12 min (5-6min per side).

Why Grill: Fun, Outside, Healthy

Why Not Grill: Raining, In A Hurry, Fish Too Thin/Delicate

Next Level: Cedar Plank, Kabobs

Sauteing Fish

Same principle as grilling, but now we're using an oiled pan instead of a grill. Use high smoke point (clarified butter, not olive oil). Dust with flour for a little crust.

Why Saute: Flavor, Thinner Fish

Why Not Saute: Messy, Fat/Calories

Next Level: Blackening, Breading, Blend With Baking

*D Magazine "Best Fish Market"
2010, 2011, 2012, 2013 & 2014*

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