



# SEAFOOD COOKING CHART

For customer favorite seafood selections. Cooking times are in minutes.

FROM FROZEN	Pan Sautéed – Covered		Grilled		Steamed	Poached	Baked	Broil	
	Med. Heat		Med. - Low Heat		Boiling Water	Med. Heat	Med. Heat	Low Heat	
	First Side	After Turning	First Side	After Turning	Steamer Insert, Covered	Simmer	400°F Uncovered	First Side	After Turning
Argentine Red Shrimp	3-4	3-4	4-5	4-5	8-10	7-9	10-12	4-5	4-5
Chilean Sea Bass, 5 oz.	6-8	6-8	12-14	12-14	15-17	18-20	20-25	8-10	8-10
Faroe Island Salmon, 6 oz.	8-10	8-10	12-14	12-14	15-17	18-20	25-27	10-12	10-12
Halibut, 5 oz.	8-10	8-10	12-14	12-14	15-17	16-18	20-25	8-10	8-10
Icelandic Cod, 6 oz.	6-8	6-8	12-14	12-14	15-17	18-20	20-25	8-10	8-10
Mahi Mahi, 6 oz.	8-10	8-10	12-14	12-14	16-18	18-20	25-27	8-10	8-10
Scarlett Snapper, 6 oz.	8-10	8-10	12-14	12-14	15-17	18-20	25-27	10-12	10-12
Swordfish, 6 oz.	6-8	6-8	12-14	12-14	15-17	16-18	25-27	8-10	8-10
Wild Salmon, 6 oz.	6-8	6-8	12-14	12-14	14-16	16-18	20-25	8-10	8-10
Yellowfin Tuna, 6 oz.	8-10	8-10	12-14	12-14	16-18	18-20	20-23	8-10	8-10

FROM THAWED	Pan Sautéed		Grilled		Steamed	Poached	Baked	Broil	
	Med. - High Heat		Med. - High Heat		Boiling Water	Med. - Low	Med. Heat	High Heat	
	First Side	After Turning	First Side	After Turning	Steamer Insert, Covered	Simmer	400°F Uncovered	First Side	After Turning
Argentine Red Shrimp	2-3	2-3	2-3	2-3	4-5	3-4	6-8	2-3	2-3
Chilean Sea Bass, 5 oz.	4-5	4-5	4-5	8-10	8-10	12-14	4-5	4-5	4-5
Faroe Island Salmon, 6 oz.	4-5	4-5	4-5	3-4	5-7	7-10	15-17	4-5	3-4
Halibut, 5 oz.	5-6	4-5	5-6	4-5	6-8	6-8	12-14	4-5	4-5
Icelandic Cod, 6 oz.	4-5	4-5	4-5	4-5	8-10	8-10	12-14	4-5	4-5
Mahi Mahi, 6 oz.	6-7	5-6	6-7	5-6	6-8	6-8	10-12	5-6	5-6
Scarlett Snapper, 6 oz.	4-5	4-5	4-5	4-5	8-10	8-10	15-17	4-5	3-4
Swordfish, 6 oz.	4-5	3-4	4-5	3-4	7-9	7-9	10-12	3-4	3-4
Wild Salmon, 6 oz.	4-5	4-5	4-5	3-4	5-7	7-10	12-14	4-5	3-4
Yellowfin Tuna, 6 oz.	4-5	3-4	4-5	3-4	5-7	5-7	10-12	3-4	3-4

All times are approximate. Keep seafood frozen until ready to use. Thaw under refrigeration. Cook fish to 145°F or until flesh is opaque throughout.