

Class 14: Let's Practice Fish



1. Fish Nutrition

- A. Fish is high in protein and relatively low in fat. It's also a source of many vitamins and minerals.
- B. Since the year 2000, the American Heart Association has advised healthy adults to consume at least two servings of fish per week- particularly cold water, oily ones rich in healthy Omega 3 Fatty Acids EPA and DHA.
- C. Virtually all fish provide these two Omega3 Fatty Acids, though the amount depends on many factors, including the species, the diet of the fish, and whether they were farm raised or caught in the wild.
- D. Very good sources of EPA and DHA include herring, mackerel, salmon, sardines, trout, and both bluefin and albacore ("white") tuna.
- E. Catfish, cod, haddock, lobster, scallops, and canned "light" tuna provide only small amounts of EPA and DHA.
- F. Fried fish served in restaurants and fast-food establishments or purchased in the frozen-foods section of the supermarket (like "fish sticks") usually have only tiny amounts of O3FAs and are high in trans fatty acids. Trans fatty acids are dangerous and should be avoided. Read labels!!!
- G. Farm raised fish are typically higher in total fat than their relatives raised in the wild, but their content of Omega 3 Fatty Acids is roughly similar.

2. Is Fish Safe?

- A. Fish can harbor various environmental pollutants and contaminants that they pick up in their watery environment and concentrate in their tissues- poisons like mercury and polychlorinated biphenyls (PCBs).
- B. Exposure to fat-soluble PCBs can be minimized by removing the skin and any surface fat from fish before cooking them.
- C. The U.S. Food and Drug Administration (FDA), which regulates all commercially-caught fish, advises that women who may become pregnant, pregnant and nursing women, and young children not eat fish that may contain high levels of mercury, particularly:

Shark

- Swordfish
 - King mackerel, and
 - Tilefish (also called golden bass or golden snapper),
- D. Fish with the least amount of mercury in their tissues include:
- Salmon
 - Mid-Atlantic blue crab
 - Farmed catfish and trout
 - Non-white croaker
 - Flounder
 - Haddock
 - Shrimp, and
 - Fish sticks.

3. **How to buy, store, prepare and cook fish safely**

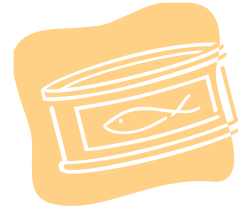
- A. Fish tastes “fishy” when it hasn’t been handled properly. To avoid “fishy” fish, smell and feel it. It should have a fresh and mild odor. It should be firm to touch and “spring back” into place. If you can see your fingerprint or it has a strong odor, the fish is old.
- B. Don’t buy cooked seafood like shrimp, crab or smoked fish displayed in the same case as raw fish. Juices from the raw fish can transfer bacteria onto the cooked or ready-to-eat fish.
- C. For frozen seafood, look for frost or ice crystals. This is a sign that the fish has been stored for a long time or thawed and refrozen.
- D. Fish loses its freshness quickly. Store it into the coldest part of the refrigerator. Allow air to circulate freely around the package. Store uncooked fish below ready-to-eat foods.
- E. To freeze fish, wrap airtight in heavy-duty aluminum foil, plastic freezer wrap, or heavy-duty freezer bags. Freeze at zero degrees or lower for 4-6 months. Never refreeze fish.
- F. Fish cooks more evenly if thawed before cooking. For best quality, thaw overnight in the refrigerator. If you need to thaw fish quickly, place in a sealable plastic bag and put in cold water for about an hour. If you are using a microwave to thaw, put on “defrost” setting. Remove the fish from the microwave while the fish is still icy but pliable. Cook immediately.
- G. If baking or broiling allow 10 minutes per inch of thickness until white and flaky (155 degree F on a food thermometer.) Don’t overcook fish. Cooking fish at too high of a temperature or for too long a time toughens it, dries it out and destroys the flavor.

4. Recipes

Tasty Tuna Loaf

Ingredients

Cooking spray
1 lb. **canned tuna**, not drained
1/2 c. **milk**
1 **egg**, beaten
1/2 c. **rolled oats**
1/2 c. **all bran**
1/2 c. **wheat germ**
1/2 c. **chopped onion**
1/4 c. **sunflower seeds, shelled**
2 tsp. **lemon juice**



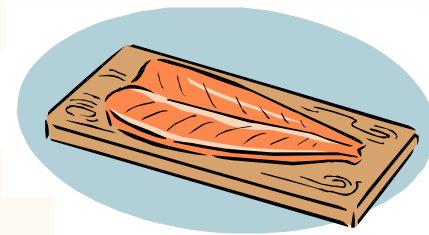
Directions

1. Preheat oven to 350F/175C. Spray loaf pan with cooking spray.
2. Mash the tuna in a bowl. Add the milk, egg, oats, bran, wheat germ, onion, sunflower seeds, and lemon juice. Combine thoroughly.
3. Spoon the mixture into the loaf pan. Bake for 45 minutes or until firm.
4. Serve with creamed peas and new potatoes

Salmon Patties

Ingredients

1 (14.75 ounce) can salmon, undrained and flaked
1 slice of whole wheat bread, shredded **or** ~ 1/4-1/2 c. dry potato flakes
3 Tbsp. chopped green onion, including the green parts
1 medium garlic clove, minced
1 tsp. dried dill weed
3 Tbsp. minced green bell pepper
1 Tbsp. flour
1 egg
1/2 tsp. paprika
1 tsp. salt
1/2 tsp. black pepper



3 Tbsp. canola oil

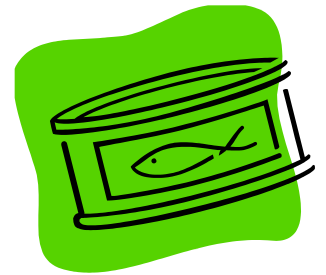
Directions

1. In a large bowl, gently mix together the salmon, green onion, garlic, dill, bell pepper, flour, egg, paprika, salt and pepper. Add shredded bread or enough potato flakes to form a mixture that sticks together.
2. Form into 8 patties; each about 1/2 inch thick.
3. Heat oil over medium high heat in a large skillet. Cook the patties until nicely browned on both sides, about 3-4 minutes per side.
4. Can be served with salad and rice pilaf or on a bun as a sandwich.

Tuna Noodle Casserole

5. Ingredients

- Cooking spray
- 6 oz. egg noodles, cooked
- 1 5-6 oz. can of tuna, drained and flaked with a fork
- 1 can (10 oz.) low-fat cream of mushroom soup
- 1/2 cup skim milk
- 1 c. frozen peas
- 1 c. fresh mushroom slices
- 1/2 c. chopped onion
- 1/2 c. chopped celery
- 1/2 c. diced green pepper
- 1/2 cup grated low-fat cheddar cheese
- 1/2 cup Italian bread crumbs
- 1/2 c. grated parmesan cheese



Directions

1. Preheat oven to 350 degrees. Spray casserole dish with cooking spray.
2. In a large bowl, stir together tuna, noodles, vegetables, soup and milk until well combined.
3. Spread into greased casserole dish then sprinkle bread crumbs and parmesan cheese evenly over the top.
4. Bake uncovered in a preheated 350 degree oven for 30 minutes and serve warm.

Cheesy Baked Fish

Ingredients

1/2 c. Cheddar cheese, shredded
2/3 c. bread crumbs
1/2 tsp. dried basil
1/2 tsp. salt
1/4 tsp. nutmeg
1/4 tsp. pepper
1 lb. firm fish fillets (sole, flounder, haddock, or cod)
1 tsp. lemon juice

Directions

1. Preheat oven to 450F. Spray pan with cooking spray.
2. Combine the cheese, bread crumbs, basil, nutmeg, salt and pepper. Spread half of the crumb mixture evenly in a greased baking dish.
3. Place the fish on top of the crumbs. Sprinkle the lemon juice over the fish. Sprinkle the remaining crumbs evenly over the fish.
4. Bake until the fish flakes easily with a fork. (About 10 minutes per inch of thickness) Cooking time will vary depending on the thickness and variety of your fish. It's done when it's no longer opaque, and when it flakes easily with a fork.

Savory Creole Fish Fillets

Ingredients

1 can (14 oz.) **diced tomatoes**, drained
1 fresh **green bell pepper** cut in strips
1 fresh **onion**, diced
4 stalks **celery**, sliced
1 lb. **fish fillets**
1/2 tsp. **salt**
1/4 tsp. **pepper**
12 Tbsp. **dried parsley**
2 cloves **garlic**



Directions

1. Preheat oven to 450F.
2. Spoon half of the tomatoes into a baking dish. Arrange the fish on top of the tomatoes. Sprinkle the fish with the salt and pepper.
3. Place bell pepper strips, diced onion and sliced celery over top of fish. Spoon the rest of the tomatoes over the fish & vegetables.
4. Bake until the fish is opaque and flakes easily with a fork (about 20 minutes).

Fish Tacos

Ingredients

1 lb. white fish, such as sole, flounder, haddock or cod
¼ c. canola oil
¼ c. lime juice
1 Tbsp. Chili powder
1 jalapeno, seeded and coarsely chopped
¼ c. chopped fresh cilantro leaves + ½ c. chopped fresh cilantro leaves
8 whole wheat tortillas
2 cups finely shredded cabbage
½ cup thinly sliced green onions
1 medium fresh tomato, chopped
Salsa



Directions

1. Preheat grill to medium-high heat.
2. Place fish in a medium size dish. Whisk together the oil, lime juice, chili powder, jalapeno, and ¼ c. cilantro and pour over the fish. Let marinate for 15 to 20 minutes.
3. Remove the fish from the marinade place onto a hot grill, flesh side down. Grill the fish for 4 minutes on the first side and then flip for 30 seconds and remove. Let rest for 5 minutes then flake the fish with a fork.
4. Place the tortillas on the grill and grill for 20 seconds. Divide the fish among the tortillas and garnish with cabbage, green onions, ½ c. cilantro, and tomatoes. Top with salsa.