

Fresh Fish

STORE: If you plan to enjoy your fresh fish within 2 days, store in your refrigerator; otherwise, store in your freezer for up to 2 months. To defrost, move to the refrigerator for 4 to 6 hours.

PREP: Fresh fish can be prepared a variety of ways. Refer to the chart below for the recommended cooking methods for each type of fish. Suggested cooking methods per fish type are listed in orange; a general rule is to cook fish about 7 to 10 minutes per inch of thickness.

Fresh Fish	Note	Grill	Broil	Bake	Pan Fry	Steam	Poach	Smoke	Deep Fry
King Salmon		✓	✓	✓	✓	✓			
Swordfish		✓	✓	✓	✓			✓	
Yellowfin Tuna		✓	✓		✓			✓	
Halibut		✓	✓	✓	✓	✓	✓		✓
Red Snapper		✓	✓	✓	✓	✓			
Striped Bass		✓	✓	✓	✓				
Mahi Mahi		✓	✓	✓	✓				
Arctic Char		✓	✓	✓	✓		✓	✓	
Chilean Sea Bass		✓	✓		✓	✓	✓	✓	
Atlantic Cod			✓	✓	✓	✓			✓
Bronzini		✓		✓	✓				
Dorade		✓	✓	✓	✓	✓			
Black Sea Bass		✓	✓	✓	✓	✓	✓		
Spanish Mackerel		✓	✓		✓	✓	✓	✓	
Sea Scallops		✓	✓	✓	✓				

! WARNING: ANYONE WITH A SHELLFISH ALLERGY SHOULD NOT TOUCH OR CONSUME LOBSTER.

Live Lobster

STORE: Immediately upon arrival, remove lobsters from the cooler and place them in the coldest part of your refrigerator. Do not put lobsters in a plastic bag or sealed container, and avoid putting your lobsters in water or covering with ice. It is recommended to enjoy your lobsters within 24 hours of delivery.

PREP: Lobsters can be grilled, broiled, or steamed/boiled. Recommended Cook Times for 1 1/4 pounds = 9-10 minutes, and for 1 1/2 pounds = 11-12 minutes.

If grilling, first submerge the lobsters in boiling water for 5 minutes; remove and chill with cold water, place on a cutting board belly up, and using a sharp knife, slice the lobster down the middle. Remove the black vein from the tail, the greenish tomalley from the body, and the sand sac located near the head. Baste the lobster meat with some olive oil or melted butter. Grill the lobsters flesh side down for 5 to 6 minutes, or until the flesh is just beginning to look opaque. Turn the lobsters over, baste with more olive oil or butter and continue to cook for 4 to 5 minutes longer.