Catch of the Day: Fish

NUTRIENTS
- Iron
- Potassium
- Low in sodium
- Fatty fish like salmon, whitefish and trout are rich in vitamins A & D and omega-3 fatty acids
- Protein
- B vitamins
- Low in calories

BEST BUYS
- Canned tuna
- Canned salmon
- Farm raised Atlantic Salmon
- Alaskan Pollock

BUYING FISH
- Pan-dressed fish: 1/2 pound per person
- Fish steaks or fillets: 1/4 to 1/3 pound per person
- Fish should have a fresh, mild odor
- Feel it, it should be firm and “spring back” into place
- If your finger indentation stays on the fish then it’s too old

FREEZING FISH
- Wrap air-tight in heavy-duty aluminum foil, plastic freezer wrap, or heavy-duty freezer bags
- Freeze small panfish in ice. Place fish in a freezer bag or plastic container. Cover with water and place in freezer until frozen (8-12 hours). Remove block of iced fish from container, wrap and store in freezer
- Write the date it was frozen on the package
- Freeze at 0°F or lower for 4-6 months
- Never refreeze fish

THAWING FROZEN FISH
- Refrigerator - Allow one day for one-pound package
- Cold water - Place the container with the fish in cold water until thawed (1-2 hours)
- Microwave - Thaw the fish in a closed package, glass baking dish or loosely wrapped in waxed paper. Set the oven on defrost. Allow 6-7 minutes for 1 pound of fillets, turn over after 3 minutes
COOKING FISH

Fish is one of the easiest foods to cook. Bring out the delicate flavors by adding basil, curry powder, paprika, rosemary, oregano, dill, season salt or lemon pepper.

**Bake** - Good for lean fish such as sole, flounder, cod
1. Pre-heat oven to 400°F
2. Oil the baking dish with vegetable oil or non-stick cooking spray
3. Place fish in the baking pan and add seasoning
4. Bake 10 minutes per inch of thickness until white and flaky (145°F on a food thermometer)

**Poach** - Good for all types of fish
1. Simmer fish steaks and fillets in just enough liquid to cover the top of the fish in a covered skillet
2. Use broth, water, juice or white wine
3. Bring the liquid to a simmer, and then carefully place the fish in the skillet
4. Start cooking time after liquid returns to a low simmer
5. Cook approximately 5-10 minutes

**Broil/Grill** - Best for thick 1 inch fatty fish like salmon and tuna
Broiling temperatures usually exceed 550°F
1. Marinate fish or coat with a little oil or cooking spray
2. Season to taste
3. Set fish on oiled grill or broiling pan about four inches from the heat
4. Turn once during broiling or grilling
5. Cook 10 minutes per inch of thickness until white and flaky (145°F on a food thermometer)

**Microwave** - Good for most types of fish
1. Place fish in microwave-safe dish
2. Season to taste
3. Cover with plastic wrap
4. Poke a hole to let steam out
5. Cook on high for 3 minutes or until white and flaky
6. Let fish stand covered for 3 to 5 minutes (145°F on a food thermometer)
**SAFE EATING GUIDELINES FOR FISH**

- In Minnesota, mercury, PCBs and dioxin often pollute lakes and rivers
- You can't see, smell or taste mercury or PCBs in fish
- Release large fish and keep smaller fish. They are safer and taste better.
- Perch and crappies are safer than walleye or northern pike
- Eat less big fish at meals and eat them less often
- Remove skin and trim fat. Broil, bake or grill fish to reduce chemicals like PCBs.
- Poaching or deep-frying fish reduces some chemicals
- Throw away broth and oil used to cook fish
- Mercury is in fish meat and you CANNOT remove it by cooking or trimming fat

**GUIDELINES FOR WOMEN OF CHILD-BEARING AGE AND CHILDREN UNDER 15 YEARS OF AGE**

<table>
<thead>
<tr>
<th>Kind of fish</th>
<th>How often can you eat it?</th>
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<tbody>
<tr>
<td>Catfish (farm-raised), cod, crab, flatfish, herring, oysters, pollock, salmon (farm raised or wild, Pacific and Atlantic not Great Lakes), sardines, scallops, shrimp, tilapia and other purchased fish low in mercury</td>
<td>2 meals per week</td>
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<td><strong>OR</strong></td>
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<tr>
<td>Canned “light” tuna</td>
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<tr>
<td><strong>Minnesota caught:</strong> Sunfish, crappie, yellow perch, bullheads</td>
<td>1 meal per week</td>
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<td><strong>AND</strong></td>
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<tr>
<td>Canned “white” tuna, Chilean seabass, grouper, halibut, marlin, orange roughy, tuna steak</td>
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<tr>
<td><strong>Minnesota caught:</strong> Bass, catfish, walleye shorter than 20 inches, northern pike shorter than 30 inches and other Minnesota gamefish</td>
<td>1 meal per month</td>
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**DO NOT EAT**

- Shark, swordfish, tile fish, king mackerel
- **Minnesota caught:** walleye longer than 20 inches, northern pike longer than 30 inches, muskellunge

Taken from A Family Guide to Eating Fish brochure, Minnesota Department of Health, March 2009
GUIDELINES FOR MEN AND FOR WOMEN NOT PLANNING TO BECOME PREGNANT

- Can eat unlimited amounts of Minnesota caught panfish (sunfish, crappie, yellow perch or bullhead)
- Can eat one meal per week of other fish
- Can eat one meal per month of shark, swordfish, tilefish, king mackerel

Source: Minnesota Department of Health website, Safe Eating Guidelines, February 2012

To see how much fish you can eat from your lake or river, contact the Minnesota Department of Health at 800-657-3908 (or visit www.dnr.state.mn.us/lakefind).

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Jeff Gunderson, University of Minnesota, Sea Grant Extension Liaison

Baked Fish and Vegetables

Serves 4
Preparation Time: 25 minutes
Baking Time: 15 minutes

Ingredients

<table>
<thead>
<tr>
<th>4 (16 to 20 oz.) frozen cod, perch, or whitefish fillets</th>
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<tr>
<td>1 (16 oz.) bag frozen mixed vegetables</td>
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<tr>
<td>1 small onion, diced</td>
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<tr>
<td>1 teaspoon lemon juice (or fresh lemon sliced thin)</td>
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<tr>
<td>1 tablespoon parsley (fresh, chopped or flakes), optional</td>
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<td>Paprika, optional</td>
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Equipment

<table>
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<tr>
<th>Sharp knife</th>
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<tr>
<td>Four 10 X 12 inch tin foil squares</td>
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<tr>
<td>Large bowl</td>
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<tr>
<td>Cutting board, optional</td>
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<tr>
<td>Large spoon</td>
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</tbody>
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1. With soap and warm water, wash hands and clean equipment
2. Preheat oven to 450° F
3. Separate and place fish fillets in center of each tin foil square
4. Combine frozen vegetables and diced onion in bowl and mix. Spoon vegetables around fillets.
5. Sprinkle with lemon juice (or top with lemon slice) and add parsley on top. Sprinkle with paprika if desired. Fold ends of tin foil together to form leak-proof seal.

Serving Size: 4 oz. fish and 1/2 cup vegetables
Calories: 340; Fat: 12 g; Sodium: 140 mg; Fiber: 6 g
Excellent source of Vitamin A
Good source of Vitamin C and iron