



COOKING

&

KITCHEN TIPS

BUYING SEAFOOD TIPS

Lets face it sea food is expensive even in New England. So how can you tell if your getting the best catch for dinner? The Renegade Gourmet has got some seafood buying tips for you.

Look for the following:

ODOR - FRESH AND MILD SMELLING

EYES - CLEAR, SHINNY, AND BULGING

GILLS- RED OR PINK

FLESH - FIRM

SCALES - SHINNY AND TIGHT

OYSTERS - TIGHTLY CLOSED LIDS OR IF THE LID IS OPEN IT SHOULD SHUT WHEN TAPPED. THEY HAVE A VERY MILD OR SWEET SMELL THEY MUST BE ALIVE TO BE EATEN

CLAMS - SAME AS OYSTERS

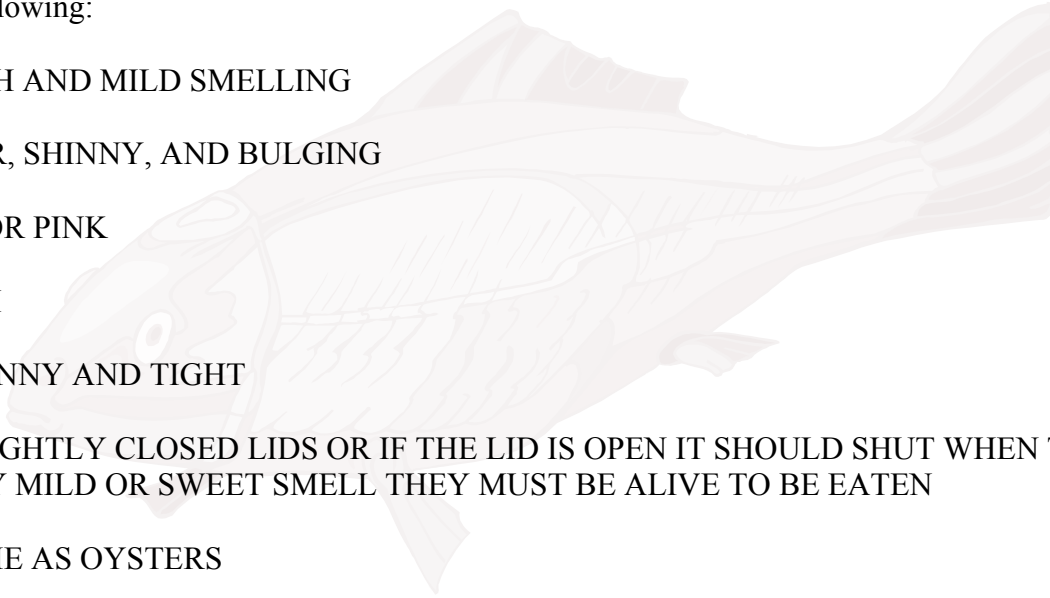
MUSSELS - DISCARD ANY THAT SEEM TOO HEAVY, LIGHT, OR HOLLOW. CHECK FOR TIGHTLY CLOSED SHELLS

SCALLOPS - SWEET CLEAN SMELL AVOID ANY THAT ARE BROWNISH IN COLOR OR HAVE A STRONG FISHY SMELL

LOBSTERS - MUST BE ALIVE TO BE COOKED, THE COOKED MEAT SHOULD BE FIRM AND THE TAIL WILL SPRING BACK WHEN STRAIGHTENED

SHRIMP - FROZEN SHRIMP SHOULD BE SOLIDLY FROZEN, FRESH SHRIMP SHOULD HAVE A FRESH SWEET SMELL

CRABS - THEY NEED TO BE ALIVE WHEN COOKED





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SEA FOOD COOKING TIPS

OYSTERS - COOK JUST ENOUGH TO KEEP THE OYSTERS PLUMP AND JUICY OVER COOKING WILL DRY THEM OUT

CLAMS - COOK JUST ENOUGH TO HEAT THROUGH, WHEN STEAMING STEAM ONLY UNTIL THE SHELLS OPEN

SCALLOPS - COOKED THE SAME WAY AS FISH

LOBSTERS - THE MEAT WILL BECOME VERY TOUGH IF THE TEMPERATURE IS TOO HIGH FOR TOO LONG WHILE COOKING WHEN BOILING COOK FOR 5 - 6 MINUTES PER POUND

SHRIMP - LOW TO MEDIUM HEAT WORKS BEST TO PREVENT SHRIMP FROM GETTING TOUGH AND RUBBERY

CRABS - SIMMER 10 -15 MINUTES IN SALTED WATER ($\frac{1}{2}$ CUP SALT TO 1 GALLON OF WATER)

MUSSELS - STEAMED OR SERVED IN A COOKING BROTH COOK ONLY UNTIL SHELLS OPEN DISCARD ANY MUSSELS IF THE SHELLS REMAIN CLOSED AFTER COOKING





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TIPS**

THAWING FROZEN FISH

ALWAYS THAW FISH IN THE REFRIGERATOR AND NEVER AT ROOM TEMPERATURE

IF YOUR PRESSED FOR TIME PLACE FROZEN FISH IN A CONTAINER AND THAW UNDER COLD RUNNING WATER. (THIS WORKS QUICK AND FAST)

SMALL PIECES SUCH AS 8 OZ OR BELOW CAN GO DIRECTLY FROM FREEZER TO FRYING PAN HOWEVER THIS IS NOT RECONMENDED

DO NOT REFREEZE

HANDLE THAWED FISH AS YOU WOULD FRESH FISH

