

Fish made simple : cooking guidelines / Tesco.

Contributors

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TESCO

FISH MADE

s i m p l e

COOKING GUIDELINES

ALL COOKING APPLIANCES VARY: THE FOLLOWING ARE GUIDELINES ONLY.
 ALL COOKING TIMES ARE BASED ON APPROXIMATELY 450g (1LB) OF FISH.
 ALL COOKING GUIDELINES GIVEN ARE IN MINUTES. N/A: *Not applicable to this fish.*

							
WHOLE FISH	MICRO WAVE*	GRILL	STEAM	POACH	BAKE*	FRY	CALORIE COUNT kcal (Calories) per 150g (5oz) serving (grilled or baked fish)
Sardines	N/A	4-5	N/A	N/A	N/A	3-4	190 kcal
Sprats	N/A	N/A	N/A	N/A	N/A	3-4	325 kcal
Whitebait	N/A	4-5	N/A	N/A	N/A	3-4	190 kcal
Trout	4-5	10-15	N/A	8	25-30	10-15	200 kcal
Salmon	4-5	10-15	10-12	7-8	10-15	N/A	295 kcal
Herring	3-4	10-15	N/A	10-15	25-30	10-15	300 kcal
Mackerel	4-5	10-15	N/A	N/A	25-30	10-15	335 kcal
Plaice	4	4-5	10-12	4-5	10-12	3-5	140 kcal
Sole	4	4-5	10-12	4-5	10-12	3-5	135 kcal

FILLETS							
Trout	4	6-9	N/A	N/A	8-10	8-10	200 kcal
Salmon	4-5	10-15	N/A	10-15	20	8-10	295 kcal
Herring	4	5-10	N/A	N/A	20	8-10	300 kcal
Mackerel	4	5-10	N/A	N/A	20	8-10	335 kcal
Greenland Halibut	4	15-20	15	10-15	20	N/A	195 kcal
Cod	4	5-10	8	8	25-30	8-10	145 kcal

FILLETS	MICRO WAVE*	GRILL	STEAM	POACH	BAKE*	FRY	CALORIE COUNT kcal (Calories) per 150g (5oz) serving (grilled or baked fish)
Haddock	2	4-5	10	5	15-20	5	150 kcal
Coley	4	5-10	10-15	8	20	8-10	110 kcal
Huss	4	5-10	10-15	8	20	8-10	180 kcal
Plaice	3	4-5	10-15	8	20	8-10	140 kcal
Sole	4	5-10	10-15	8	20	8-10	135 kcal
Whiting	4	5-10	10-15	8	20	8-10	140 kcal
Smoked Cod	4	5-10	10-15	8	20	8-10	145 kcal
Smoked Haddock	4	6	10	8	20-25	8-10	150 kcal

STEAKS							
Salmon	4-5	10-15	10-15	10-15	20	N/A	295 kcal
Trout	3-4	10-15	N/A	N/A	15-20	N/A	200 kcal
Cod	4	4-7	10-15	10-15	10-12	5-10	145 kcal
Hake	4	4-7	10-15	10-15	10-12	5-10	115 kcal
Halibut	4	4-7	10-15	10-15	10-12	5-10	195 kcal
Shark	N/A	20	20	15-20	20-30	N/A	130 kcal
Swordfish	N/A	20	20	15-20	20-30	N/A	175 kcal

OTHER							
Skate Wings	3-4	N/A	10-15	8	20-25	10	135 kcal
Conger Eel Steaks	N/A	N/A	20	N/A	15	N/A	350 kcal
Monkfish Tails	3-4	8-10	N/A	6-8	15	8-10	145 kcal

ADJUST TIMES ACCORDING TO YOUR PARTICULAR OVEN.

*Microwave guidelines are for a 750W or category D Microwave.

*For fan assisted ovens cooking times should be reduced.

For best results refer to manufacturers handbook.

CHECK THE FISH IS PIPING HOT BEFORE SERVING.

IDEAL TO BARBECUE

WHOLE FISH - Sardines, Trout, Herring and Mackerel

STEAKS - Swordfish and Shark.

Please ask your Tesco Fishmonger for more handy hints on cooking fish.