



SUMMER IS A GREAT TIME TO TRY COOKING SEAFOOD if you haven't before. Outdoor grilling can be an easy way to prepare great-tasting seafood.

Purchasing Seafood

Select fresh fish that has little or no odor. Flesh should be firm yet elastic, and fillets should be translucent. Live clams, oysters, or mussels should have shells that are tightly closed. Frozen fish, when properly thawed, is comparable in quality to fish that was never frozen. It should be frozen solid with no signs of freezer burn, such as discoloration or drying, and have no objectionable odor. Seafood is more perishable than meat or poultry and should be the last purchase you make at the grocery store. It should be stored in the refrigerator (at 40°F or lower) immediately and used within a day, or frozen. In the fridge, it will keep best on ice. And reusable grocery bags should not be used for raw meat, poultry, or fish, to avoid cross-contamination.

Preparing & Cooking

One challenge in outdoor cooking, particularly away from home, is keeping uncooked food cold in transit. Be sure to pack perishables just before leaving the house in a cooler with adequate ice, and keep the cooler out of the sun. Marinating fish in the refrigerator in a glass or plastic container can add great flavor. You may use the marinade for a sauce, too, as long as it has been immediately cooked to at least 165°F. Don't put cooked fish back on a plate that held raw fish, and never thaw frozen fish on the counter; thaw it in the fridge or under cold running water.

Cook seafood to an internal temperature of 145°F (use a food thermometer in the thickest part of the fish) for 15 seconds until the flesh is opaque and flaky. When fully cooked, scallops and shrimp will turn firm and opaque. Clams, mussels, oysters will become plump and opaque and their shells will open. Lobster and crab shells will turn bright red with a pearly opaque flesh.

Notes from

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Storing

Be sure to carefully wrap and store leftovers in the refrigerator within two hours of cooking. ■

For more information on seafood safety and nutrition, including custom recommendations about your seafood consumption, visit seafoodhealthfacts.org.

JULY 10: LEARN & EAT

A Seafood Cooking Demonstration

LOCAL CHEF AND COOKBOOK AUTHOR NORMAND LECLAIR will demonstrate mouthwatering preparations for mahi, calamari salad, and mushroom caps stuffed with scallops, with samples for the audience. His book, *Culinary Expressions*, will be available for purchase, or visit www.culinaryexpressionscookbook.com.

Tuesday, July 10
5:30 p.m.

Westerly Public Library, 44 Broad Street, Westerly

Free, but space is limited. You **must** reserve your seat by contacting Tracy Kennedy at (401) 874-6800 or e-mailing tkennedy@gsour.edu. This lecture is part of the annual Community Lecture Series sponsored by Rhode Island Sea Grant, the URI Nutrition and Food Sciences Program, the URI College of the Environment and Life Sciences, and the R.I. Coastal Resources Management Council. This lecture is also sponsored by the Westerly Public Library.

For information on all the lectures in this series as well as other upcoming events, please visit seagrantgsour.edu/news.

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