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## *Seafood Profiles*

### **Mild Flavor and Delicate**

Plaice, Smelt, Rainbow Trout & Littleneck Clams

### **Moderate Flavor and Delicate**

Orange Roughy, Ocean Perch

### **Mild Flavored and Medium Texture**

Cod, Haddock, Red Snapper, Tilapia, Turbot, Snow Crab

### **Moderate Flavored and Medium Texture**

Atlantic Salmon, Norwegian Salmon, Coho Salmon, Dungeness Crab, King Crab, Blue Mussels

### **Full Flavored and Medium Texture**

Pacific Salmon

### **Mild Flavor and Firm Texture**

Arctic Char, Catfish, Grouper, Halibut, Monkfish, Wahoo

### **Moderate Flavored and Firm Texture**

Mahi Mahi, Opah, Mako Shark, Yellowfin Tuna

### **Full Flavored and Firm Texture**

Chilean Sea Bass, Blue Marlin, Sockeye Salmon, Bluefin Tuna

## Shellfish Preparation

### PEEL THE SHRIMP

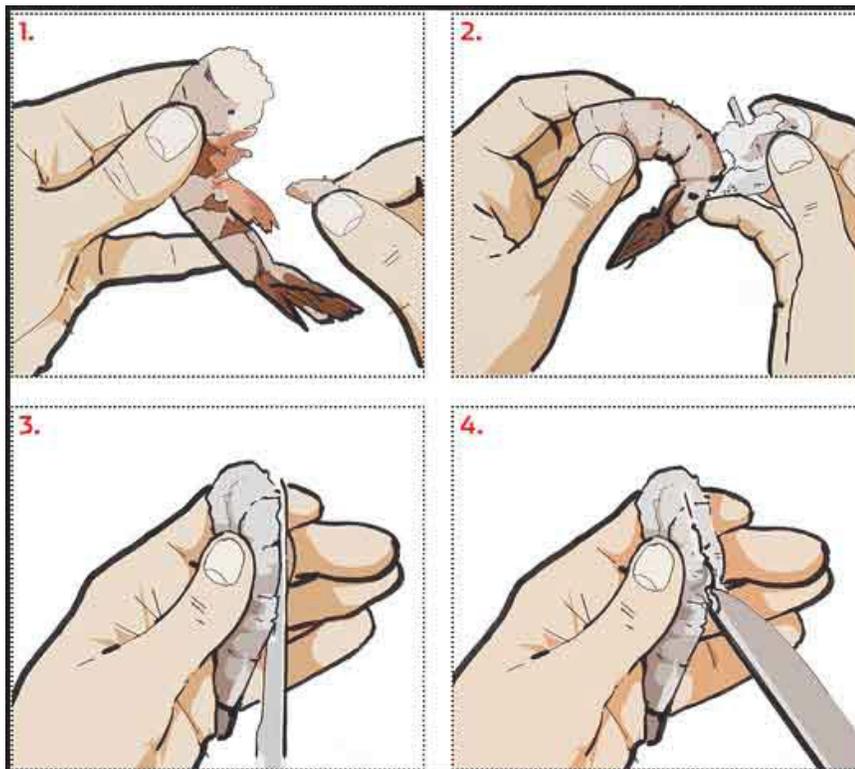
Open the shell lengthwise down the body on its belly side (the inside curve). Starting at the head end, peel back the shell. Gently pull on the tail to remove it, or, if you prefer, leave the tail intact.

### CUT A SLIT ALONG THE BACK

Use a sharp knife to make a shallow slit along the back of the shrimp from the head to tail end.

### DEVEIN THE SHRIMP

Using the tip of your knife, locate the vein. Place the tip of your knife under the vein and lift it out. Rinse the shrimp under cold water. Please note: the vein is the intestinal tract and can impart an unpleasant taste if left in the shrimp.



## How To Cook Shrimp

### BOILING SHRIMP - BEST FOR SHRIMP COCKTAIL

Bring a large saucepan filled with lightly salted water to a boil. Add the shrimp to the boiling water. Cook for 1 to 3 minutes or until the shrimp are pink and opaque. Drain and rinse shrimp in a colander under cold running water.

### GRILLING SHRIMP

Over medium heat, grill shrimp for 6 to 8 minutes, 3-4 minutes per side, or until opaque. Check for a pink color on the outside. Cut into one of the shrimp to make sure the flesh is opaque throughout.

*\*Note: It may be advantageous to use a skewer or grilling basket to ensure shrimp do not fall into the bottom of the grill.*

### BAKING SHRIMP

Preheat the oven to 350°F. Place the shrimp on a baking sheet and toss with the olive oil and season to taste. Roast for 6-8 minutes, or until the shrimp are pink and just cooked through.

### PAN-SEARED SHRIMP

Heat olive oil in a skillet over medium-high heat. Sear shrimp for 3-4 minutes per side or until opaque.



## *How To Cook Scallops*

### **BAKING SEA SCALLOPS**

Preheat oven to 425°F

Bake in preheated oven until scallops become opaque in color, about 11 to 14 minutes.

### **GRILLING SEA SCALLOPS**

Over a medium heat, grill scallops for 6 to 8 minutes, 3-5 minutes per side, or until opaque.

### **PAN- SEARED SCALLOPS**

Heat olive oil in a skillet over medium-high heat.

Sear scallops for 3-4 minutes per side or until opaque.



## *Fin Fish Preparation*

### **BAKING FIN FISH**

Heat oven to 375°F. Grease or use non-stick aluminum foil on a baking sheet. Place fillets, skin side down, on the pan. You may want to fold the thinnest parts of the fillet under, if necessary to ensure even thickness and consistent cooking. Bake uncovered 15-20 minutes or until fish flakes easily with fork.

### **PAN-SEARED FIN FISH**

Heat olive oil in a skillet over medium-high heat. Place the fillets in the heated pan and cook for 4-5 minutes per side.

### **BROILING FIN FISH**

Place fish on a broiler rack coated with cooking spray. Brush tops of fish with

