

## *Fin Fish Cooking Hints*

### **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

