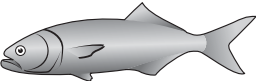
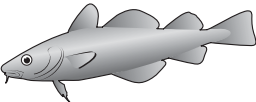

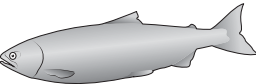
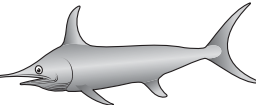
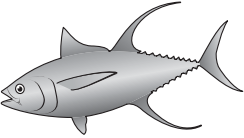


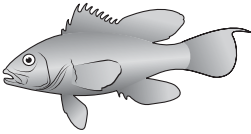
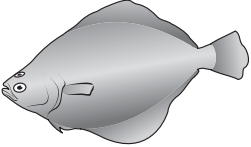
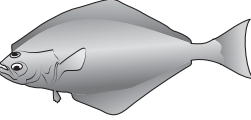
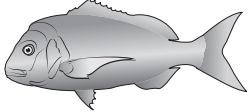
Fish Primer

These fatty fish are best for broiling, baking, and grilling. Meatier than flatfish, they can be cut into steaks or thick fillets. Use these fish in chowders and pasta sauces, as they won't flake and dissolve into the liquid.

	Description	Sold as	How Dad likes to cook it
Bluefish 	Dark flesh; oily; distinctive, slightly fishy flavor	Whole fish; fillets	Broil fillets topped with thinly sliced onion, bell pepper, and chopped bacon. Or cut fillets into chunks and use in tomato-based pasta sauces.
Cod 	Sweet; slightly fishy; firm flesh	Fillets; steaks	Cod can be bland on its own, so bake fillets or steaks smothered with Basic Tomato Sauce (page 182) or favorite store-bought sauce.
Mackerel 	Oily, grayish flesh; slightly fishy flavor	Fillets	Simple preparation suits mackerel well. Marinate fillets in soy sauce marinade (page 248) for 1 hour before broiling.
Salmon 	Firm; pink to red flesh; distinctive flavor	Steaks; fillets	Bake fillets or steaks on a bed of thinly sliced onion, celery, and chopped garlic that has been sautéed until soft. Leftover salmon makes for a great lunch.
Swordfish 	Dense; fatty; slightly dark flesh	Steaks	Marinate in a soy sauce marinade (page 248) for 1 hour before grilling or broiling.

	Description	Sold as	How Dad likes to cook it
Tuna 	Fatty; dark flesh; strong, distinctive flavor	Steaks	Because tuna is very fatty and has a pronounced flavor, it takes well to a marinade of garlic, olive oil, and lemon juice; apply 1/2 hour before broiling.

These fish are lean and delicate and yield thin fillets that are best poached, cooked in foil, baked whole, or gently sautéed. They cook up quickly and their mild flavor makes them family favorites.

	Description	Portion	How Dad likes to cook it
Black Sea Bass 	White flesh; mild flavor	Whole fish; fillets	Broil or bake whole in pan, filled to 1/8 inch with white wine or water. Brush with soy sauce during last 2 minutes of broiling.
Flounder & Sole 	White flesh; mild flavor	Whole fish; fillets	Flounder and sole are usually interchangeable in recipes. Dip fillets in milk, then dredge in bread crumbs. Gently sauté in butter and serve with a sprinkling of fresh lemon juice.
Halibut 	White flesh; mild sweet flavor	Fillets	Bake, smothered with sautéed shallots and mushrooms (button or wild or a combination). Halibut cooks very quickly; watch carefully.
Red Snapper 	White, firm, slightly sweet	Whole fish; fillets	Sprinkle fillets with fresh lemon juice, chopped parsley, and chives, and then bake in foil.