

# COOK IT FROZEN!™

## Just Minutes Until Mealtime®

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### EASY TO PREPARE:

**Alaska frozen seafood can be quickly and easily prepared without thawing. Here's how:**

1. Heat a heavy nonstick skillet or ridged stovetop grill pan over medium-high heat.
2. Brush both sides of frozen fish with olive, canola, peanut or grapeseed oil.
3. Place fish in heated pan and cook, uncovered, about 3 minutes, until browned.
4. Turn fish over, season with spices, and cover the skillet tightly.
5. Reduce heat to medium, and cook 6-8 minutes more until opaque throughout.

### QUICK TIPS:

**Equip Yourself with the Right Equipment:** For range-top grilling and sautéing, use a heavy aluminum nonstick skillet or ridged stovetop grill pan.

**Test the Temperature:** Pans, grill and oven/broiler must be hot (around 400°F) before cooking. To test the temperature of a stovetop pan, sprinkle a few drops of water on the skillet; if they immediately pop off the surface, the pan is ready.

**Check the Oil:** Using a pastry brush, lightly brush frozen fish with peanut, grapeseed, canola, soy or safflower oil. These high smoke point oils work best for high heat cooking. (Do not use butter, sunflower or olive oil, as they will burn.)

**Spare the Spices:** When sautéing or stovetop grilling, avoid seasoning the fish with dry spices before it is placed in the pan. (Since the pan is very hot, the spices will burn and stick to the pan.)

**For more cooking techniques, tips, and recipes for frozen Alaska Seafood, please go to: [www.cookitfrozen.com](http://www.cookitfrozen.com)**