Easy Home Cooking with Seafood

Stop&Shop®
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Many of us enjoy seafood for its unique taste and texture and also value its many health benefits. The FDA recommends eating seafood twice a week, and this recommendation is also reflected in our own Healthy Ideas program.

Making seafood a bigger part of your diet is easier than you think! See inside for quick and easy seafood recipes, tips for choosing, cooking and storing fish and shellfish and answers to your commonly asked questions about making good seafood choices.

**Our Commitment to Seafood Sustainability**

We’re committed to providing seafood that has been caught or farmed in an environmentally responsible way. Since 2000, our partnership with the New England aquarium has helped us develop purchasing policies that keep ocean health in mind. Based on these policies, we made the decision to discontinue selling Chilean sea bass, any species of shark, orange roughy, Atlantic halibut, bluefin tuna, hoki, parrotfish, skates, rays, grouper and wild Atlantic salmon until those overfished species have recovered and are once again healthy.

We continue to work with our suppliers and the New England Aquarium to develop improvement plans so that the seafood we buy is caught or farmed in an increasingly environmentally responsible way. Our goal is to inspire fisheries and farms to improve their practices and increase demand for ocean-friendly seafood.

**Sustainable Choice Seafood**

Our Sustainable Choice symbol helps you easily shop for sustainable, ocean-friendly seafood. Developed using strict criteria for sustainability, our Sustainable Choice symbol helps you quickly identify seafood that has been farmed or fished responsibly. For even more recipes and information about our sustainable seafood policy, visit stopandshop.com.
When shopping, pick up meat, poultry, seafood, dairy and other refrigerated or frozen items last.

Always keep cold foods cold (40° F or below) and hot foods hot (140° F or above).

Never keep perishable foods at room temperature for longer than two hours – including time to prepare, serve and eat.

Store seafood in the coldest part of the refrigerator.

Wash hands thoroughly with hot soapy water before and after handling any raw seafood.

Avoid cross-contamination! Never allow cooked or prepared foods to come in contact with raw, perishable foods.

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**Allergens / Mercury**

**Facts on Allergens and Seafood**

- Food allergies are not as common as people believe. According to the U.S. Food and Drug Administration, only 2% of adults and 5% of children experience a true food allergy. The following points can help you understand food allergens and seafood, but we recommend consulting the FDA's website at: www.cfsan.fda.gov/~dms/wh-alrgy.html

- If you have an allergy to one type of seafood - either fish or shellfish - you may not necessarily be allergic to the other type. But if you have an allergy, it is critical to check with your physician before consuming any fish or seafood products.

- To avoid seafood allergens, check ingredient labels carefully. Many foods may have hidden sources of fish or fish products.

- Many physicians agree that it is safe and appropriate to begin introducing seafood gradually for children age 3 and older.

- Remember: seafood is an essential part of a healthy lifestyle! In fact, in its 2005 Dietary Guidelines, the U.S. Government prominently featured recommendations for Americans to maintain a healthy weekly serving of fish in their diets.

**Mercury**

Nearly all fish and shellfish contain traces of methylmercury. The risks depend on the amount and type of fish and shellfish eaten.

The Food and Drug Administration and the Environmental Protection Agency (EPA) state the following safe recommendations for women and young children so they can receive the benefits of eating fish and shellfish and be confident that they have reduced their exposure to the harmful effects of mercury:

- Eat up to 12 ounces, a week of a variety of fish and shellfish that are low in mercury. Five of the most commonly eaten fish that are low in mercury are shrimp, canned light tuna, salmon, pollock and catfish.

- Albacore (white) tuna has more mercury than canned light tuna. Safe consumption would be 6 ounces a week, or two average meals.

- Follow these same recommendations when feeding fish and shellfish to your young child, but serve small portions.

Source: http://www.fda.gov/Food/ResourcesForYou/Consumers/UCM110591.htm

**Consumer Advisory**

Consuming raw or uncooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have a medical condition.
Selecting, Preparing & Cooking

Selecting Seafood

Fresh Fish
- Fresh fish smells like a fresh sea breeze. If it smells “fishy,” don’t buy it!
- Eyes should be bright, clear and shiny.
- Scales should be shiny and cling tightly to the skin. Gills should be bright pink or red.
- Steaks and fillets should be moist with no drying or browning around the edges.

Frozen Fish
- Make sure the packages are not damaged.
- Frozen fish should not be freezer burned, off-color, partially thawed or covered with ice crystals.

Fresh Shellfish
- Shrimp and freshly shucked scallops and oysters should have a fresh odor.
- A clear, slightly milky or light grey liquid should surround freshly shucked oysters.
- Only buy fresh shellfish that are alive. Shells of live clams, mussels, and oysters will close tightly when tapped.
- Live crabs and lobsters will show some leg movement. Live lobsters will curl their tails tightly beneath them when handled.

Frozen Shellfish
- Be sure that shellfish are packed in close-fitting, moisture-proof containers.
- Buy solidly frozen prepared items, such as crab cakes or breaded shrimp, with no freezer burn or unpleasant odor.

Preparing Seafood
- Defrost seafood in the refrigerator, in cold running water in airtight packaging, or in the microwave. Never thaw at room temperature. Cook microwave-thawed seafood immediately.
- Rinse seafood in cold running water to help remove any surface bacteria.
- Marinate seafood and store in the refrigerator until ready to cook.
- Avoid cross-contamination! Never allow cooked or prepared foods to come in contact with raw, perishable foods.

Cooking Seafood
- Cooked fish should be opaque and flake easily when tested with a fork.
- Raw shrimp should turn pink and firm when done. Depending on the size, it takes from three to five minutes to boil or steam one pound of medium-sized shrimp in the shell.
- Shucked shellfish such as clams, mussels, and oysters become plump and opaque when ready for eating. The edges of the oysters start to curl. Overcooking causes them to shrink.
- Clams, mussels and oysters in the shell should open. Remove them as they open and continue cooking until all are done.
- Scallops turn milky white or opaque and firm. Scallops take three to four minutes to cook through, depending on the size.
- Boiled lobster turns bright red. Allow five to six minutes per pound, starting the timer when the water comes back to a boil.
**Crispy Tilapia Tacos**

**INGREDIENTS**
- 1 lb tilapia fillets, cut into 2–3 oz portions
- 1 cup all-purpose flour
- 2 Tablespoons cornstarch
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 egg
- 1 cup beer
- ½ cup plain yogurt
- ½ cup mayonnaise
- 1 lime, juiced
- 1 jalapeno pepper, minced
- 1 teaspoon minced capers
- ½ teaspoon dried oregano
- ½ teaspoon ground cumin
- ½ teaspoon dried dill
- 1 teaspoon cayenne pepper
- 1 qt oil for frying
- 1 12 oz package corn tortillas
- ½ medium head cabbage, finely shredded
- Salt and pepper

**Spinach Stuffed Tilapia**

**INGREDIENTS**
- 1 package (10 oz) frozen chopped spinach, thawed
- ¼ cup grated Parmesan cheese
- ¼ teaspoon Tabasco sauce
- 2 tablespoons grated onion
- 1 lb tilapia fillets
- 1 Tablespoon butter
- 1 clove garlic, minced
- Paprika
- Parsley flakes

**Lemon–Rosemary Grilled Salmon**

**INGREDIENTS**
- 1 lb salmon fillets salt to taste
- 2 Tablespoons olive oil
- 2 Tablespoons lemon juice
- 1 clove garlic, minced
- 1 tablespoon fresh rosemary, minced
- ¼ teaspoon coarsely ground black pepper
- Lemon zest strips
- Fresh rosemary sprigs (optional)

Makes 4 servings
DIRECTIONS
In a large bowl, combine flour, cornstarch, baking powder and salt. Blend egg and beer, then quickly stir into the flour mixture (don’t worry about a few lumps). In a medium bowl, mix together yogurt and mayonnaise. Gradually stir in fresh lime juice until consistency is slightly runny. Add jalapeno, capers, oregano, cumin, dill and cayenne. Heat oil in deep fryer to 375º F. Dust fish lightly with flour. Dip into beer batter and fry until crisp and golden brown. Drain on paper towels. Season with salt and pepper while fish is still hot. Lightly fry tortillas. To serve, place fried fish in a tortilla and top with shredded cabbage and white sauce.

DIRECTIONS
Squeeze spinach dry and combine with Parmesan cheese, onion and Tabasco sauce. Mix well. Wash fillets and pat dry. Divide spinach mixture among fillets and spread evenly over the surface. Roll up and place, seam side down, in baking pan. Melt butter, remove from heat and stir in garlic. Brush fish with garlic butter and sprinkle with paprika and parsley. Bake at 350º F for 20 minutes or until internal temperature registers 145º F.

Per serving: Calories: 180 | Total fat: 7g | Sat. Fat: 4g | Cholesterol: 70mg
Sodium: 240mg | Fiber: 2g | Total Carbohydrate: 4g | Protein: 27g

Per serving: Calories: 200 | Total fat: 11g | Sat. Fat: 2g | Cholesterol: 60mg
Sodium: 210mg | Fiber: 0g | Total Carbohydrate: 1g | Protein: 23g

Recipe by Tim Ridge, former chef, New England Aquarium
Storing Seafood

Fresh Fish
• Store fresh fish in its original wrapper.
• Keep it in the coldest part of the refrigerator (40° F or slightly below), which is usually under the freezer or in the “meat drawer.”
• Cook fresh fish within one to two days.
• Never refreeze previously frozen products.

Fresh Shellfish
• Live shellfish should be refrigerated in containers covered with clean, damp cloths – not airtight lids. Discard shellfish that have died.
• Live mussels, oysters and clams may open their shells even in the refrigerator. Give them a tap; they will close if alive. If not, discard.
• Cook fresh shellfish within one to two days.

Frozen Fish and Shellfish
• Frozen fish and shellfish should be used within three to six months. The longer these foods are frozen, the more likely they are to lose flavor, texture and moisture.

Canned Fish or Shellfish
• Never buy or use dented, bulging, rusted or leaking containers.
• Store canned seafood in a cool, dry place.
• Observe the “use-by” date on pasteurized products which are stored in the refrigerator.

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<th>Storage Chart</th>
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<td>Product</td>
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<td>Fresh Fish</td>
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<td>Lean fish</td>
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<td>Fatty fish</td>
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<td>Caviar, fresh, non-pasteurized</td>
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<td>Caviar, pasteurized, vacuum packaged</td>
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<td>Fresh Shellfish</td>
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<td>Shrimp, scallops, crawfish, squid, shucked clams, mussels and oysters</td>
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<td>Live in shell</td>
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<td>Canned Seafood</td>
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<td>Pantry 5 years</td>
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Frozen within hours of harvest for the freshest, most flavorful shrimp available!

Stop & Shop Brand Shrimp is cooked in the shell for exceptional flavor and texture.

For more information and great recipes, visit aboutseafood.com

Learn more about ocean-friendly seafood at www.neaq.org/seafood

Information courtesy of:

NATIONAL FISHERIES INSTITUTE

New England Aquarium

Protecting the blue planet

For more recipes visit: stopandshop.com