CHAPTER 15
Cooking Fish and Shellfish

his chapter applies the basic cooking techniques to seafood products. Keeping in mind that the structure of fish is quite different from that of meat and poultry, pay special attention to the ways in which cooking fish differs from cooking meats.

After studying Chapter 15, you should be able to:

1. Cook fish and shellfish by baking.
2. Cook fish and shellfish by broiling.
3. Cook fish and shellfish by sautéing and pan-frying.
4. Cook fish and shellfish by deep-frying.
5. Cook fish and shellfish by poaching in court bouillon.
6. Cook fish and shellfish by poaching in fumet and wine.
7. Cook fish and shellfish by mixed cooking techniques.
8. Prepare dishes made of raw seafood.

A. Terms

Fill in each blank with the term that is defined or described.

1. Water containing seasonings, herbs, and usually an acid, used for cooking fish.

2. Trout that was alive until cooking time and that turns blue when cooked in water containing an acid such as lemon juice or vinegar.

3. A dish consisting of chopped raw fish mixed with seasoning.

4. Fish dredged in flour, sautéed in butter, and served with a topping of lemon juice, parsley, and browned butter.

5. A dish consisting of poached fish on a bed of spinach, topped with Mornay sauce.
6. A term referring to fish topped with a rich sauce and browned under a broiler or salamander.

7. Mussels steamed with white wine, shallots, and parsley.

8. A dish consisting of fish or seafood served in a cream sauce flavored with sherry or other fortified wine.

9. A French term meaning “to cook a product in its own juices; to sweat.”

10. Wrapped in paper for cooking so that the food is steamed in its own moisture.

11. Thin, flat items such as fish fillets rolled up into tight rolls, then cooked and served in this fashion.

12. French menu name for poached sole in white wine sauce.

13. Dish similar to the one described in number 11, but with the addition of mushrooms.

14. A dish consisting of trout prepared as described in number 3, but garnished with browned sliced almonds.

15. A dish consisting of cut-up lobster sautéed and then cooked and served in a sauce made with tomato, shallot, garlic, white wine, brandy, fish stock, and herbs.

16. A style of preparation in which a poached fish or seafood item is served “swimming” in a broth made of its poaching liquid.

17. A dish consisting of thin slices of raw fish pounded paper-thin, served with a piquant cold sauce.

18. French term for a cooking liquid.

19. A Japanese deep-fried dish characterized by a very light batter.

B. Review of Shallow Poaching Fish in Wine

The following are the steps in the procedure for poaching fish in wine and fish stock, but they are out of order. Place them in the correct order by writing the number “1” in front of the first step, “2” in front of the second step, and so on.

 ------ Butter the bottom of the pan.
 ------ Reduce the poaching liquid to about one-fourth of its volume.
 ------ Strain the sauce.
 ------ Sprinkle chopped shallots into the pan.
 ------ Add enough fish fumet and white wine to almost cover the fish.
Monter au beurre. Season with salt, white pepper, and lemon juice.

Collect all equipment and food supplies.

Plate the fish and coat with the sauce.

Cover the fish and bring the liquid to a simmer.

Arrange the fish portions in the pan in a single layer. Season them lightly.

Poach the fish, covered, in the oven or on the range at moderate heat.

Add fish velouté and heavy cream. Bring to a simmer and season with salt, white pepper, and lemon juice.

Drain the poaching liquid into another pan. Keep the fish warm.

Add a tempered liaison.

C. Short-Answer Questions

1. When you are sautéing a fillet of fish, which side of the fillet should be browned first?

2. The breading on deep-fried fish serves several purposes. List three purposes.
   (a)
   (b)
   (c)

3. Besides mirepoix and various seasonings, herbs, and spices, the two main ingredients in a court bouillon for cooking fish are and

4. Plain fish steaks to be baked or broiled are usually coated with before cooking.

5. What is the normal oven temperature range for baking fish?

6. The main flavoring ingredient for scampi-style broiled shrimp is

7. Whole fish to be served cold on a buffet are usually cooked by what method?

8. When you are rolling up sole fillets to prepare them for cooking, which side of the fillet should be on the inside of the roll?

9. The preferred fats for sautéing fish are oil and

10. Fish to be sautéed à la meunière is often soaked in before dredging it in . This helps form a crust that browns nicely.
11. List five guidelines for food safety when preparing and serving dishes made of raw seafood.

(a) 

(b) 

(c) 

(d) 

(e) 

12. The main ingredient in sushi is 

13. ____________ is a dish made by marinating raw seafood in ______________ until it has the texture of cooked fish.
**D. Recipe Conversion**

The following ingredients and quantities are for a Baked Clam recipe that yields 10 portions at 3 clams each. Convert the recipe to the yields indicated.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>10 portions, 3 clams each</th>
<th>30 portions, 3 clams each</th>
<th>30 portions, 4 clams each</th>
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</thead>
<tbody>
<tr>
<td>Cherrystone clams</td>
<td>30</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Olive oil</td>
<td>2 oz</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shallots</td>
<td>1 1/2 oz</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Garlic, chopped</td>
<td>1 tsp</td>
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</tr>
<tr>
<td>Lemon juice</td>
<td>5 tsp</td>
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<tr>
<td>Bread crumbs, fresh</td>
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<td></td>
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<tr>
<td>Chopped parsley</td>
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<tr>
<td>Oregano</td>
<td>3/4 tsp</td>
<td></td>
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</tr>
<tr>
<td>White pepper</td>
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<td></td>
</tr>
<tr>
<td>Parmesan cheese</td>
<td>1/2 cup</td>
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<td></td>
</tr>
<tr>
<td>Lemon wedges</td>
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</tbody>
</table>