

Fish Cooking Times

170g/6oz Portions	Grill	Shallow Fry	Poach	Bake	Steam	Microwave	Deep Fry
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Steaks

Cod	10	8	6	20	15	2	
Hake	13	8	7	20	15	2	
Halibut	8 - 10	6 - 8	8	20	12	1.5 - 2	
Shark	8 - 10	6		22	15	1.5 - 2	
Swordfish	8 - 10	6 - 8		22	15	2	
Tuna	8	6 - 8		20	15	2	

Fillets

Cod	8	9	8	20	15	2	4 - 6
Coley	10	10	8	20	15	2.5	4 - 6
Huss	8	8	7	25	18	1.5 - 2	6 - 8
Haddock	10	10	8	20	15	2	4 - 6
Salmon	10	6 - 8	6	18	15	2	4 - 6
Snapper	10	6 - 8	8 - 10	20	18	3	

Whole Oil-Rich Fish (Cleaned)

Herring (340g/12oz)	6 - 8	7 - 8	8 - 10	20 - 25		2	
Mackerel (340g/12oz)	8 - 10	10 - 12		20 - 25		3	
Sardines	6	8		12 - 15			
Sprats		4		10 - 15*			
Trout	8 - 10		10	15	15	3	

Oil-Rich Fillets

Herring	4 - 5	4-5		10		1.5 - 2	4 - 6
Kippers	5		3	10		1.5	4 - 6
Mackerel	5	7 - 8		15 - 20		1.5 - 2	4 - 6
Trout	4-5	4-5	6	12	12	1.5-2	4 - 6

Whole Flat White Fish (Cleaned)

Lemon Sole (340g/12oz)	10	8 - 10	8 - 10	20 - 25	15	3	
Plaice (340g/12oz)	8 - 10	6 - 8	8 - 10	20	15	3	

Flat White Fillets

Halibut	10	8	10	25	15	3	
Lemon Sole	5	4 - 5	5	15 - 20	10	2	4 - 6
Plaice	5	4 - 5	4	15	9	2	4 - 6

Smoked Fish Fillets

Cod	8	8 - 10	6	20	15	2.5 - 3	4 - 6
Haddock	8	8 - 10	6	20	15	2.5 - 3	4 - 6

Other Fish

Monkfish Tail (340g/12oz)	7 - 9	6 - 8		30		2 - 3	
Mussels			4 - 6		4 - 6		
Scallops	2 - 3	2		6 - 8	4 - 6		2 - 3
Skate Wings	7 - 8	7	6	20	15	2	

*-Not recommended for this cooking method *200° C/ 400° F/ Gas Mark 6*
All timings are given in minutes and are to be used as a guideline, as thickness of fish and cooking appliances vary.

Cooking Tips

Grill	Preheat grill to a medium setting. Some fish will need to be turned during cooking time. Baste white fish during grilling.
Shallow Fry	Dust the fish with seasoned flour. Heat the oil and fry the fish turning halfway through cooking.
Poach	Using 70ml of water and a few drops of lemon juice; add the fish, simmer gently for the recommended time.
Bake	Preheat oven to 190°C/375°F, Gas Mark 5, (unless otherwise stated). Place the fish in a suitable dish, sprinkle with lemon juice, cover and place in the centre of the oven. (Refer to manufacturers instructions if using a fan oven).
Steam	Place the fish between two plates or in a steamer over a large pan of boiling water.
Microwave	The cooking times (left) are based on a 800 Watt microwave (refer to manufacturers instructions). Place fish in a suitable container, add 2 x 15ml spoon (2 tablespoons) liquid. Cover and cook. Standing time 2-3 minutes after cooking.
Deep Fry	Heat the oil to 180-190°C/350-375°F. Coat the fish in batter or breadcrumbs and fry until golden brown.
Additional Information	To check when the fish is cooked, insert a skewer into the thickest part of the flesh. The skewer should pierce the flesh easily and the flesh should begin to flake. Cooked white fish loses its translucent appearance and becomes white and opaque.



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