

THE MICRO WAY LANI BLOOMER



Microwaving Seafood and Fish
During Lent, many of us serve fish or seafood more often than at other times of the year. Fish and seafood cook easily and quickly in the microwave. For perfect results with fish and seafood in your microwave, read today's tips. Try these easy microwave recipes to add variety to your meals.

Always thaw fish completely before cooking, or you will end up with dried out edges and raw middles. Don't try to get the fish entirely defrosted in the

microwave, though, or the edges will start cooking.

Defrosting Seafood:

1. Run water over frozen package and remove wrappings. Place fish on a plate and cover with waxed paper or a lid.

2. Microwave for 3 minutes per pound on defrost (30,3). Turn fish over, and recover. Microwave for 3 to 4 minutes per pound on defrost, or just until you can separate the pieces.

3. The fish should be partially thawed but still icy in places. Run

under cool water to remove ice crystals. Then let stand for 5 to 10 minutes to finish thawing at room temperature. If the pieces are separate, but still very frozen, thaw on defrost for 1 to 2 minutes longer, turning fish over after 1 minute. Then run under water and let stand.

Cooking Tips For Seafood:

-For cooking, arrange the fish in a single layer, with the thicker portions to the outside. Overlap or shield very thin area. Halfway through the cooking time, rearrange the pieces, if necessary, for even cooking. Turn large whole or stuffed fish over once during the cooking time.

-Microwave fish on high for 5 to 6 minutes per pound. Fish should flake easily after a standing time of 2 to 5 minutes. It is easily overcooked, so time it carefully.

-If your fish "pops" a lot during cooking, or gets dried out on the edges, a lower power will cook it more evenly. Use medium power (50,5) and microwave for 10 to 11 minutes per pound instead of using high power.

-Arrange shrimp, clams, scallops, etc. in a single layer in a flat casserole or glass pie plate

Cover tightly with lid or plastic wrap. Microwave on high for 4 to 5 minutes per pound. Let stand 3 to 4 minutes.

-Sprinkle a little lemon juice over the fish before cooking. This gives fish a delicate flavor without such a fishy odor or taste.

-Fish cools quickly, so cook it just before serving. If you have other foods (potatoes, vegetables, etc.) to cook in the microwave, cook them first, and cook the fish last, while they stand.

-To remove strong odors from you microwave, combine 1/2 cup water, 1 tablespoon lemon juice and 2 to 3 whole cloves in a one cup measure. Boil for 2 to 3 minutes. Wipe moisture from inside oven and let door stand open for a short time.

Here are two quick and easy ways to vary fish fillets. These can be made with any white fish, so choose your favorite.

Haddock Provencale (don't let the name scare you away) means the fish is cooked with onions, peppers, and tomatoes, as in the style of Provence, France) Using a ready-made spaghetti sauce makes it a snap to fix! Or, use your own homemade sauce, if you prefer.

Haddock Provencale

1 pound haddock fillets, thawed (or use other unbreaded, white fish fillets if desired)

1 cup gardenstyle spaghetti sauce

2 chopped green onions

1/2 cup chopped green pepper

1. Combine green onion, pepper and spaghetti sauce in microsafe loaf pan or small flat casserole dish (8 x 8 inch square or 9 inch round pan). Cover with plastic wrap or lid. Microwave on high 5 minutes, stirring once, until very hot and peppers start to cook.

2. Arrange fish on top of the hot vegetables with the larger pieces in the corners or to the outside of the pan. Recover dish.

3. Microwave on high for 5 to 6 minutes, until the fish is white and almost cooked in the center. Let stand, covered, for 2 to 3 minutes to finish cooking in the center. Makes 4 servings.

Tip: The exact cooking time in step 3 will depend on the thickness and shape of your fish fillets.

Mustard Baked Fish Fillets

1/2 cup mayonnaise
1 tablespoon dijon-style mustard
1 teaspoon lemon rind
1 teaspoon lemon juice
1 pound fish fillets

1. Combine mayonnaise, mustard, lemon rind and juice in small bowl.

2. Arrange fish in a single layer with the thicker edges to the outside of the dish. Spread sauce over fish. Do not cover.

3. Microwave on high for 5 to 6 minutes. Cover and let stand for 3 to 4 minutes. Serves 4.

NOTE: The cooking times above are for 600-700 watt microwaves. For 500-600 W, 10 seconds to each minute; for 400-500 W, add 20 seconds to each minute.

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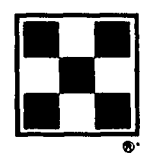
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