

# SEAFOOD COOKING INSTRUCTIONS

**ZUPAN'S**  
— MARKETS —



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## SEAFOOD

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### MARINATED FISH FILLETS

#### Grill:

- Grill over medium-high heat, turning once, until nicely browned and the Marinated Fish Fillets register an internal temperature of 145° (until just opaque) (about 8 minutes).

#### Oven:

- Preheat broiler.
- Place Marinated Fish Fillets on a rack over a sheet pan (or in an otherwise low-sided oven-safe dish or pan) and place on the top rack of the oven.
- Cook, watching closely, until nicely browned and the Marinated Fish Fillets register an internal temperature of 145° (until just opaque) (about 7 minutes).

#### Stove-Top:

- Heat a heavy skillet on the stove until hot.
- Add 1-2 tablespoons of neutral cooking oil to the skillet and swirl pan to coat.
- Reduce heat to medium-high and place the Marinated Fish Fillets in the pan. Let cook until browned on the first side (about 4 minutes).
- Turn the Marinated Fish Fillets over and continue to cook until the Marinated Fish Fillets register an internal temperature of 145° (until just opaque) (about 3 minutes).

### PROSCIUTTO WRAPPED SCALLOPS

#### Grill:

- Grill over high heat, turning once, until nicely browned and the Scallops register an internal temperature of 130° (for medium-rare) (about 4 minutes).

#### Oven:

- Preheat broiler.
- Place Scallops on a rack over a sheet pan (or in an otherwise low-sided oven-safe dish or pan) and place on the top rack of the oven.
- Cook, turning once and watching closely, until nicely browned and the Scallops register an internal temperature of 130° (for medium-rare) (about 4 minutes).

#### Stove-Top:

- Heat a heavy skillet on the stove until hot.
- Add 1-2 tablespoons of neutral cooking oil to the skillet and swirl pan to coat.
- Place the Scallops in the pan and let cook until browned on the first side (about 1 ½ minutes).
- Turn the Scallops over and continue to cook until the second sides of the Scallops are nicely browned and they register an internal temperature of 130° (about 2 minutes).



## SEAFOOD

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### CEDAR WRAPPED STEELHEAD

#### Oven:

- Heat oven to 350°.
- Place Cedar Wrapped Steelhead on a baking tray and cook in the oven until done (about 12 minutes).

### BANANA LEAF WRAPPED HALIBUT

#### Oven:

- Heat oven to 350°.
- Place Banana Leaf Wrapped Halibut on a baking tray and cook in the oven until done (about 20 minutes).

## SEAFOOD

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### CRAB CAKES

#### Stove-Top:

- Heat a pan on the stove over high heat.
- Add two tablespoons of neutral cooking oil to the pan, swirl to coat, and reduce heat to medium high.
- Place the Crab Cakes in the pan and cook until the breading has turned a rich golden brown (about 3 minutes).
- Turn the Crab Cakes over, drizzle in an additional one tablespoon of oil, and reduce the heat to medium.
- Continue to cook until the second side has browned and the Crab Cakes are warmed through (about 3 minutes).

#### Oven:

- Preheat oven to 400°.
- Place the Crab Cakes on a lightly oiled sheet pan and place on the middle rack of the oven.
- Cook, turning once, until golden brown on both sides and warmed through (about 9 minutes).

### HALIBUT & SALMON PATTIES

#### Grill:

- Grill over medium-high heat, turning once, until nicely browned and the Patties register an internal temperature of 145° (until just opaque) (about 9 minutes).

#### Oven:

- Preheat oven to 425°.
- Place Patties in a low-sided oven-safe dish or pan and place in the oven.
- Cook, turning once, until nicely browned and the Patties register an internal temperature of 145° (until just opaque) (about 10 minutes).

#### Stove-Top:

- Heat a heavy skillet on the stove until hot.
- Add 1-2 tablespoons of neutral cooking oil to the skillet and swirl pan to coat.
- Reduce heat to medium-high and place the Patties in the pan. Let cook until browned on the first side (about 4 minutes).
- Turn the Patties over and continue to cook until they are well browned on the second side and register an internal temperature of 145° (until just opaque) (about 4 minutes).

## KABOBS

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### MARINATED TUNA KABOBS

#### Grill:

- Grill over high heat, turning once, until nicely browned (about 4 minutes).

#### Oven:

- Preheat broiler.
- Place Kabobs on a rack over a sheet pan (or in an otherwise low-sided oven-safe dish or pan) and place on the top rack of the oven.
- Cook, turning once and watching closely, until nicely browned (about 4 minutes).

#### Stove-Top:

- Heat a heavy skillet on the stove until hot.
- Add 1-2 tablespoons of neutral cooking oil to the skillet and swirl pan to coat.
- Pull tuna off stick, place in the pan and let cook until browned on the first side (about 1 ½ minutes.)
- Turn and continue to cook until tuna is nicely browned and (about 2 minutes).

### FISH KABOBS

#### Grill:

- Grill over high heat, turning once, until nicely browned (about 6 minutes).

#### Oven:

- Preheat broiler.
- Place Kabobs on a rack over a sheet pan (or in an otherwise low-sided oven-safe dish or pan) and place on the top rack of the oven.
- Cook, turning once and watching closely, until nicely browned (about 6 minutes).

#### Stove-Top:

- Heat a heavy skillet on the stove until hot.
- Add 1-2 tablespoons of neutral cooking oil to the skillet and swirl pan to coat.
- Pull fish off stick, place in the pan and let cook until browned on the first side (about 3 minutes.)
- Turn and continue to cook until fish is opaque (about 3 minutes).

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### Temperature Guide:

Always use thermometer to check for doneness.

130° - Tuna Kabobs (medium-rare)

145° - Fish Kabobs (medium)