



Friends frequently ask what is the "best" way to cook Halibut and Ling Cod? We eat white fish twice a week at home and it really doesn't matter how we cook it. It's how to prep it, that does.

The regulations require that the skin be left on all fish for transportation. The skin can be the "culprit" when it comes to fish not tasting as good as it should.

These simple steps will ensure your catch tastes fantastic each time, even when approaching a year in the freezer! Vacuum pack using heavy packaging. This prevents freezer burn, which will ruin any fish.

Thawing: Cut open the bag in a corner or slot on the top and thaw completely in a refrigerator. For us this means taking it out the night before use.

Rinsing: (Key Step) Rinse the fish thoroughly with cold water. Use a piece of paper towel to wipe it off and pat it nearly dry again. If you smell the fish before and after rinsing you will notice a big difference.

Dealing with the skin: With a sharp knife remove the skin before cooking. If you find that it is too much of a battle and you lose good meat, it's ok! ***You can cook with the skin on*** but, there is a trick.

Cooking with skin on:

- ✓ Season the pan with a layer of olive oil. Use a little paper towel to make sure the pan or barbeque grill is nicely covered. If you're using a pan, this is when you add your seasoning and spices. Anything goes! Rosemary, garlic, seasoning salt, etc.
- ✓ Heat the pan up so it's hot, we use 3/4 on the electric stove top.
- ✓ Place the fish skin side up (meat side down) in the pan and sear for about 2 minutes. This makes a bit of a crust on the meat with the seasoning, so it holds in the moisture and flavors.
- ✓ Now add a little water, just enough to cover the bottom of the pan, and cover with a lid. Continue to add a little water as it evaporates. This steaming/grilling really adds the seasoning to the meat and helps cook it all the way through.
- ✓ Soon you will notice the skin on the top has started to shrink from the edges of the filet and curl at the corners, this is the time to remove it. Peel it back easily and discard!
- ✓ Rub in a little olive oil the top of the filet and season it as well.
- ✓ Now turn the filet over and cook the other side. It will be ready when you see the striations in the meat easily flake apart when pried lightly with a fork.
- ✓ How long to cook depends on the filet size. Total of 10-20 minutes we find.

Our own general rule, is we avoid having the meat touch the cooking surface after the skin has been on it. Enjoy!