



SEAFOOD DEPARTMENT ITEMS COOKING INSTRUCTIONS

Our dishes are designed for easy cooking on the stove or on the grill. Oven times may vary depending on the type of oven, temperature accuracy, and the quantity of food being cooked.

SEAFOOD	SALMON BURGERS	Preheat a skillet over medium-high heat. Add 2 tablespoons of oil to the pan. Cook the burgers 7-8 minutes, flipping them halfway, until they reach 145°F internal temperature
	MARINATED CATFISH FILLETS	Bake at 350°F on a lined baking sheet for 15-18 minutes, until the fish reaches 145°F internal temperature
	MARINATED SALMON SKEWERS	Grill on medium-high heat for approximately 6-8 minutes, rotating to cook evenly, until the salmon reaches 145°F internal temperature
	MARINATED SALMON FILLETS	Grill on medium-high heat for about 7-9 minutes per side until the internal temp reaches 145°F
	MARINATED SALMON STEAK	Bake at 400°F on a lined baking sheet for 12-15 minutes or until the internal temperature reaches 145°F
	SALMON KABOBS	Grill on medium-high heat for approximately 6-8 minutes, rotating to cook evenly, until the salmon reaches 145°F internal temperature
	CRAB STUFFED SALMON	Bake at 350°F on a lined baking sheet for 15-20 minutes, until the salmon reaches an internal temperature of 145°F
	SALMON PINWHEELS	Bake at 425°F on a lined baking sheet for 18-20 minutes, until the salmon reaches an internal temperature of 145°F
	CRAB STUFFED LOBSTER TAILS	Bake at 425°F on a lined baking sheet for 15-18 minutes, until the lobster meat is opaque and reaches 145°F internal temperature
	MARINATED TILAPIA	Bake at 350°F on a lined baking sheet for 15-18 minutes, until the Tilapia reaches 145°F internal temperature
	BACON WRAPPED SEA SCALLOP SKEWERS	Bake at 350°F on a lined baking sheet for 15-18 minutes, until the Scallops reach 145°F internal temperature
	MARINATED SHRIMP	In a skillet, heat 2 tablespoons of oil on high heat. Cook 5-6 minutes until the shrimp reaches 145°F internal temperature
	MARINATED SHRIMP SKEWERS	Grill on medium-high heat for approximately 3-4 minutes per side or until the shrimp are slightly firm and opaque in the center and reach 145°F internal temperature
	CRUSTED TUNA STEAKS	Grill on medium-high heat for about 5-7 minutes per side until the internal temp reaches 145°F
	SOLE ROLLS	Heat oven to 350°F. Brush lightly with melted butter or oil, and bake in an oven safe dish for 15-20 minutes, until the fish reaches an internal temperature of 145°F
MARINATED SWORDFISH STEAKS	Grill on medium-high heat for about 5-7 minutes per side until the internal temp reaches 145°F	