

## DIRECTIONS FOR COOKING FISH AND SEAFOOD BY MICROWAVE

Clean fish before starting the recipe. Arrange fish in a single layer; do not overlap edges. Place thicker pieces toward outside edge of dish. Shrimp and scallops should be placed in a single layer.

**To Microwave:** Cover the dish with plastic wrap. Cook on the power level and for the minimum time recommended in the chart. Halfway through cooking, rearrange, stir shrimp or scallops and turn fish steaks over. Let stand, covered, 5 minutes.

Test for doneness before adding extra cooking time. Fish and seafood should be opaque in colour. If undercooked, return to the oven and continue to cook for 30 - 60 seconds.

### Microwave Cooking Chart for Fish and Seafood

Fish or Seafood	Amount	Power	Approximate Cooking Time (in minutes)
Fish fillets	1 lb. (500 g)	P7	5 - 7
Fish Steaks	4 [8 oz. (225 g) ea.]	P4	6 - 8
Scallops (sea)	1 lb. (500 g)	P6	6 - 8
Shrimp, medium size (shelled and cleaned)	1 lb. (500 g)	P6	4 - 5 <sup>1</sup> / <sub>2</sub>
Whole fish, (stuffed or unstuffed)	1 <sup>1</sup> / <sub>2</sub> - 1 <sup>3</sup> / <sub>4</sub> lb. (680 - 790 g)	P7	6 - 8

## Inverter Turbo Defrost

Turbo Defrost can be used to defrost many cuts of meat, poultry and fish by weight.

To use, simply press the Inverter Turbo Defrost Pad and enter the weight of the food. Items that can be defrosted, are meat (chops, ground or roasts), poultry (whole or pieces) and fish or seafood.

Place meat on a microwave safe rack in an appropriate sized dish.

Remove ground meat from its tray.

Place roasts fat-side down and whole poultry breast side down on a microwave safe rack in an oblong dish.

The rack helps prevent the food from sitting in its own juice.

The juice will get hot during defrosting and if the food is sitting in the juice, the bottom will cook.

Place small items, such as chops, chicken pieces, shrimp, scallops and fish on a microwave rack set in an oblong dish.

Break apart small pieces, turn over roasts and remove thawed portions of ground meat.

Should "shielding" be required, do it when the two-beep signal is heard. The oven will not stop operating and some items may not require attention.

Follow the times and information given in the meat, poultry and fish sections.

Disinfect all surfaces that have come in contact with thawed meat, fish and poultry.

To prevent over-defrosting, thin areas or edges can be shielded with strips of aluminum foil. (see picture) However, when using foil, allow at least one inch (2 cm) of space between the foil and the interior oven walls. Also, if using two or more small pieces of foil to shield, place at least one inch (2 cm) apart from each other. This is to avoid arcing.



The oven beeps during the defrosting cycle to signal that the food needs to be turned or rearranged.

Follow the directions given in the chart below for the best results.

Remember, according to the USDA, defrosting in a microwave should be part of the cooking process, so once a product is defrosted, it's best not to put it back in the 'fridge – go right to getting it cooked.