

FISH IS VERY IMPORTANT TO OUR HEALTH:

Fish, especially oily fish that live in cold ocean waters: salmon, mackerel, albacore tuna, sardines, and herring, are excellent sources of Omega-3 Fatty Acid, which are very protective to our health. The oils from fish have a therapeutic role in chronic diseases such as: Chron's Disease or Ulcerative Colitis, Diabetes, Eczema, Lupus, Migraines, Osteoarthritis and Rheumatoid Arthritis, and Psoriasis. Fish oils also have a protective effect on our hearts by possibly helping to slow atherogenesis (), reducing the rate of re-stenosis (re-narrowing) after angioplasty, reducing triglycerides, reducing hypertension, reducing platelet aggregation (clustering - making blood thicker), may help to prevent cardiac arrhythmias and graft blockages in patients who have undergone CABG (coronary artery bypass graft).

By eating at least 2-3 fish meals per week can replace some meat meals high in saturated fat, which is associated with cardiovascular disease. Fish also provides an excellent source of protein, which we know is important for our muscles.

If fish is not your "fancy", you may be tempted to use fish oil supplements. These supplements tend to be very expensive and do not contain the necessary amounts of the Omega-3 Fatty Acids that we need boost our health. Other foods such as soy nuts, walnuts, and flaxseed are also rich sources of Omega-3s, which you will find being used through out this cookbook.

THE OMEGA-3 FATTY ACID CONTENT IN FISH:

<u>SEAFOOD (3.5 oz. cooked serving)</u>	<u>AMOUNT OF OMEGA-3s</u>
Atlantic Herring	2.49 grams
Pacific Herring	2.74 grams
Atlantic Salmon	2.44 grams
Anchovy, canned in oil, drained	.90 grams
Atlantic Mackerel	1.42 grams
Pacific Mackerel	2.19 grams
Sardines	1.94 grams
Salmon, pink, canned	1.57 grams
Salmon, Coho	1.36 grams
Trout	1.24 grams
Swordfish	1.06 grams
Carp	.90 grams
Mussels	.87 grams
Sea Bass	.86 grams
Tuna, canned in water, white, drained	.37 grams
Halibut	.67 grams

Shrimp	.5 grams
Atlantic Cod	.02 grams
Pacific Cod	.27 grams

BUYING FISH:

Fresh fish that has been handled properly, should have no fishy odor - raw or cooked. This odor comes from older, less fresh fish that has been contaminated with bacteria. Be a very smart consumer and ask to smell the fish before buying. If you walk up to the seafood counter at your favorite grocery store and you can smell it before you are even in front of it, this is a good time to keep walking because obviously there products are not fresh!

What to look for in fresh seafood:

- bulging eyes
- reddish gills
- shiny scales that adhere firmly to the skin

Other fish tips:

- when buying commercially frozen fish, be sure that the box is firm and square, showing no signs of thawing or refreezing
- to thaw: defrost fish in the refrigerator or microwave oven - Do not refreeze
- for each serving: allow 1 pound of whole fish (trout, mackerel) or 1/3 - 1/2 pound fillets or steaks (salmon, swordfish, halibut, sole)
- to get rid of that fishy smell on your hands after working with fish, rub lemon juice or vinegar on them
- wash all cooking and preparation utensils with 1 tsp. of baking soda per quart of water

Cooking tips:

- remember to always wash your fish before cooking
- if possible, cook fish in the dish you will serve it in; fish is very fragile; the less handling the better and more attractive your plate will be
- suggested seasonings for your fish: lemon, dill, basil, rosemary, parsley, and paprika for color
- to test for doneness in your fish: stick a fork into the flesh of the fish and pull it apart; if it flakes easy it is done, if it is translucent, it needs more cooking time
- use leftover fish, either warm or cold, in sandwiches as a healthy change of pace

Broiling:

- a) treat your broiling pan lightly with oil or with cooking spray to prevent sticking before adding your fish
- b) sprinkle with seasonings of your choice and a little olive oil (if desired)

- c) place pan 4 - 6 inches from the heat source
- d) cook thin fillets (sole or bluefish) for about 5 minutes, without turning
- e) cook thicker fillets (salmon or swordfish) for about 5 - 6 minutes per side

Baking:

- a) lightly oil or treat with cooking spray a baking dish and add fish
- b) season again as desired, cover (with foil if your dish does not have a cover)
- c) bake at 400° for 15 - 20 minutes (depending on thickness)

Poaching:

- a) place fish in a nonstick skillet
- b) cover fillets with water, white wine, or milk
- c) season as desired, cover and gently simmer on stove top for about 10 minutes

Micro waving:

- a) place the thickest part of your fish fillet toward the outside of the microwavable dish, overlapping thin portions to prevent overcooking
- b) season as desired, cover with waxed paper
- c) whitefish fillets may need about 4 minutes per pound of fish
- d) salmon, or thicker fillet fish may need about 6 - 7 minutes per pound of fish
- e) check doneness of fish before cooking time is done to prevent overcooking and turning the fish tough and dry
- f) allow the fish to stand for 5 minutes (out of the microwave) to finish cooking before serving

Another micro waving technique that you may like to try is:

- a) wash some green leafy lettuce, iceberg, or spinach leaves with cold water, shake off excess water
- b) place washed lettuce leaves to cover the bottom of your microwavable dish
- c) place washed fish on top of your lettuce leaves
- d) season with a lot of minced jarred garlic or roasted garlic to cover the fish, thin slices of raw onion, and thinly sliced lemon
- e) cover the entire fish with more of your prewashed lettuce leaves
- f) microwave for the above times depending on the type and thickness of fish
- g) this works wonderfully with salmon steaks!!