

Seafood Cooking Instructions



From Frozen	Temp	Cooking Time
Wild Pacific Salmon Filets	350°	20- 25 Minutes
Swordfish <i>(recommend to pan sear then broil or grill)</i>	Broil	3 to 4 Minutes each side
Tilapia <i>(season to taste and bake from frozen)</i>	375°	20-25 Minutes
Tortilla Crusted Tilapia	375°	28-30 Minutes
Parmesan Crusted Tilapia	375°	28-30 Minutes
Cajun-Style Tilapia	375°	From Frozen: 20-25 Minutes
Tuna Steaks <i>(recommend to pan sear then broil or grill)</i>	Broil	3 to 4 Minutes each side
Maryland Style Crab Cakes <i>Delicious crab meat, breaded with lemon & mustard flavor</i>	375°	15-20 Minutes (or lightly pan fry)
Boneless Haddock Filets	400°	30 Minutes
Breaded Haddock Filets	400°	30 Minutes
Beer Battered Haddock Filets	400°	30 Minutes
Fresh Frozen Sea Scallops	Lightly pan fry until golden brown.	
Extra Large Frozen Shrimp	Comes fully cooked, delicious, just thaw and serve with your favorite sauce.	

Lobster Tails (See Reverse Side For Detailed Directions)

WEIGHT	3 oz.	6 oz.	9 oz.
Broiling	3-4 Minutes	5-6 Minutes	8-10 Minutes
Steaming	3-5 Minutes	5-7 Minutes	10-12 Minutes

Lobster Tails Cooking Instructions

Recommended Cooking Methods – Steaming or Broiling
Thaw Lobster Tails (As they are more tender than those cooked from frozen)

Broiling Lobster Tails

Insert point of kitchen shears between meat and hard shell on back. Clip shell down center, leaving the fan tail intact. Do not remove the underside membrane. Gently open shell, separating it from the meat. Lift raw tail meat through split shell. Arrange lobster tails, membrane side up in shallow pan with small amount of water in the bottom of the pan to prevent drying. Broil 4 inches from the heat regardless of the size. Turn, brush with melted butter and broil according to chart. The same method can be used for outdoor grilling, except place directly on a well greased grill rack, cook membrane side first, turn, baste & cook according to chart.

Steaming Lobster Tails

Bring about 1 inch water to a boil over high heat in a large soup kettle set with a wire rack, pasta insert or seaweed bed. Add lobsters, cover and return to a boil. Reduce heat to a medium-high and follow the chart for appropriate cooking times. Serve immediately with warm butter, if desired, and lemon wedges.

WEIGHT	3 oz.	6 oz.	9 oz.
Broiling	3-4 Minutes	5-6 Minutes	8-10 Minutes
Steaming	3-5 Minutes	5-7 Minutes	10-12 Minutes