Buying and cooking seafood can be very intimidating, but it just takes a little care to do it properly. Use all your senses to buy the freshest seafood. Here are some tips to help you be smarter about buying seafood and cooking it.

**Cooking Seafood**

Do not overcook!
Check the proper cooking technique: grilling, poaching, steaming, etc.

**Doneness - Fish:**
- Final cooking temperature for seafood is 145°F.
- Fish that is done flakes easily when tested with a fork.
  Use this technique for thinner filets.

**Tip:** You can use a meat thermometer for thick fish like tuna steak or salmon filet.

**Doneness - Crustaceans:**
- Look for bright red color of shell
- The meat of the shellfish should be white, firm, and not transparent.
- When tugged, the antennae of the lobster should come off easily
- Cooked crabs will start to float in boiling water

**Tip:** Smaller crustaceans, like shrimp, cook quickly and should be cooked or added last in dish to avoid over-cooking.

**Doneness - Clams and mussels:**
- All shells have opened

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**Choosing Seafood**

**Leaner fish:** Cod, flounder, red snapper, drum, halibut

**Fattier fish:** Salmon, tuna, mackerel, blue fish, herring

Buying at the store - Fish:
- Smells like the body of water it comes from (No fishy smell!)
- Look for clear eyes on whole fish, NOT cloudy eyes
- Look for a bright color, with no brown/gray spots
- Touch of the fish should be firm, NOT mushy or slimy

**Tip:** Wild-caught fish is generally healthier than farm-raised fish! (But farm-raised fish is better than none.)

Buying at the store - Crustaceans: (i.e., lobster, crab, shrimp, crawfish)
- Shrimp should have harder shell
- Younger/smaller lobsters have a sweeter, fresher taste

**Tip:** You may need live crustaceans depending on the application.

Buying at the store - Clams and mussels:
- Always buy alive, with a closed shell. Open-shelled clams or mussels that do not close when you tap them are dead. Don't buy them.