



# SPADAFORA'S SEAFOOD MARKET

## Cooking Instructions & Tips

Cooking times may vary according to variations in temperatures of cooking equipment.  
When in doubt separate the flesh slightly to ***take a peek*** at the doneness.

### OVEN READY SEAFOOD

#### **STUFFED FLOUNDER, STUFFED SHRIMP & FLOUNDER ROLL-UP**

Preheat oven to 400°, add butter, broil 2-3 minutes until top browns, finish baking at 400° for 12 -15 minutes

#### **DEVILED CRAB & CRAB CAKES**

Pan fry in oil or butter over medium heat, flipping once until golden brown or coat in oil or butter and bake in preheated 400° oven for 12 to 15 minutes turning once.

#### **DEVILED CLAMS**

In preheated 350° oven, baste clams with oil or butter and bake for 15 - 18 minutes or until hot.

#### **CRAB IMPERIAL**

Coat with butter and bake in 400° preheated oven, for 10 -12 minutes.

#### **CLAMS CASINO**

Bake in preheated 350° oven for 10- 12 minutes. Check towards end to make sure bacon does not overcook.

#### **LOBSTER TAILS**

Coat tails with butter, lemon juice and paprika. Broil 2 -3 minutes until lightly browned and finish by baking in preheated 400° oven for 6-8 minutes for 4 ounce tails and 10-12 minutes for 8 ounce tails.

### COOKING METHODS

**BROILING** : This preferred method can be used on all fish fillets and shellfish like scallops and lobster tails. Sprinkle paprika, squeeze fresh lemon, pat of butter and white wine to coat bottom of pan. Place under broil until lightly browned. Watch closely so top doesn't burn. Remove from broiler and bake at 400° ,Until thickest part of fish is white and flaky. TIP; *Remove little muscle from side of scallop before cooking, it's tough and not too good to eat.*

**On The Grill** :Use a clean grill, preheat on high and oil lightly (not too much to avoid flare-ups)

**Steak Fish**— . Med. high heat 10 mins.per inch of thickness. Turning after 1/2 the time. Do not turn too early or fish will stick.

**4 oz Lobster Tails**— split tails, place on hot grill belly side down 6-8 mins. Flip. Finish 2-4 mins.

**STEAMING** : Can be used for clams, mussels, king-snow-dungeness crab, blue crabs, and lobsters. Place about an inch of water in bottom of pot with lid and bring to boil.( Old bay seasoning, beer, or garlic can be added) **Clams** remove when opened. 2-4 minutes. Discard unopened clams.

**Live Crabs** 20-25 minutes

**King, Snow, Dungeness** 6-7minutes

**Live Lobsters** 1.5 # steam 12 mins. 1.75# steam 14 mins. 2.0 # steam 16 -18 mins. All cooking times depend on how many lobsters and how big the pot.

**Shrimp** 4-5 mins. Chill in ice bath immediately

**Deep Frying** **Breading** Dredge fish in white flour, season with salt, pepper or spices. Shake off excess flour. Dip fish in an egg wash. ( Beaten eggs and milk ). Let excess drain off and dredge into either seasoned Italian bread crumbs for Flounder or cracker meal or panko bread crumbs for scallops or other fish. Deep fry or pan fry until golden brown.