

Gone Fishin'




Getting the fish you want is no easy task. Fish may be sold in small pieces and called "fillets," or they may be sold by the whole side and still be referred to as "fillets." Armed with a little knowledge, you can pick out the right catch of the day with ease. Here are descriptions of the white fish (appropriate for our recipe) that you are likely to encounter at the market, along with tips for buying them.













The Cut If possible, have the fishmonger cut out the fillets from the whole side. Usually, the center part of the side will yield at least 4 fillets. Most markets will cut and weigh fillets to your specifications.

The Thickness To ensure evenly cooked fillets, order and buy fillets that are the same thickness. A panful of thin fillets will cook more evenly than a pan containing a mix of thick and thin.

About Thin Fillets If the fish selection is limited, you can "cheat" by folding paper-thin fish fillets (often flounder or sole) in half. Their larger girth will cook more evenly alongside thicker fillets.

Flavor Key Flavor can run from mild to downright fishy. Here's how to buy fish that matches your personal preference.

mild 
 medium 
 assertive 

FISH	THICKNESS	FLAVOR
Catfish	1 – 1 1/2"	
Cod	3/4 – 1 1/2"	
Flounder	1/4 – 1/2"	
Grouper	3/4 – 1 1/4"	
Haddock	3/4 – 1 1/2"	
Hake	3/4 – 1 1/2"	
Monkfish	1 – 1 1/2"	
Orange Roughy	3/4 – 1 1/2"	
Perch	1/4 – 3/4"	
Red Snapper	3/4 – 1"	
Sea Bass	3/4 – 1 1/2"	
Sole	1/4 – 1/2"	
Tilapia	3/4 – 1"	