

STEAMING TIMES FOR FISH FILLETS AND STEAKS

Although I have found the cooking times listed here to be very reliable (seven minutes has been perfect for every one-and-one-quarter-inch-thick salmon fillet I have ever steamed, for example), keep in mind that because the heat, thickness, and perhaps the quality of the fish affects the steaming time, these times should be used as guidelines. I prefer to err on the side of undercooking; check the fish for doneness early and continue steaming it if it isn't cooked enough for your taste. You can always cook it a little longer, but once fish is overcooked, it's overcooked.

If you are steaming a fish not listed on the chart, find a fish on the chart that has a similar texture and thickness and use the time shown for it.

Species	Type of Cut	Time
Arctic Char	Fillet (1 inch thick)	5 minutes
Bluefish	Fillet ($\frac{3}{4}$ to 1 inch thick)	7 to 8 minutes
Cod	Steak (1 inch thick) Fillet (1 inch thick)	6 to 8 minutes 6 minutes
Flounder and Gray Sole	Fillet ($\frac{1}{4}$ to $\frac{1}{2}$ inch thick, folded in half so the tail end is under the wide end)	4 to 6 minutes
Grouper	Fillet (1 to 1½ inches thick)	10 to 12 minutes
Halibut	Steak (1 inch thick)	6 minutes
Monkfish	Fillet (1 inch thick)	10 to 12 minutes
Pompano	Fillet ($\frac{1}{2}$ to $\frac{3}{4}$ inch thick)	6 to 8 minutes
Salmon	Steak (1¼ to 1½ inches thick)	7 to 8 minutes for medium-rare 8 to 9 minutes for medium
	Fillet (1½ inches thick)	7 to 8 minutes for medium-rare 8 to 9 minutes for medium
Snapper	Fillet ($\frac{3}{4}$ inch thick)	5 minutes
Swordfish	Steak ($\frac{3}{4}$ to 1 inch thick)	6 minutes
Tilefish	Steak (1 to 1¼ inches thick)	6 to 8 minutes
Tuna	Steak ($\frac{3}{4}$ to 1 inch thick)	2 minutes for rare 4 minutes for medium-rare
Wolfish	Fillet ($\frac{1}{2}$ to $\frac{3}{4}$ inch thick)	5 minutes

