

Vapor Cooking Directions: Fish & Shellfish



Use 3 Qt. (2.8 L) Sauce Pan with 2.5 Qt. (1.49 L) Culinary Basket for small quantities of food (2 - 4 servings); and for larger quantities of food, use 10 Qt. (9.5 L) Roaster and 6 Qt. (5.67 L) Culinary Basket (6 - 8 servings).

Whole Fish (bone-in):

Select a size fish that will fit proportionally in the bottom of the Culinary Basket. Some grocery stores will even scale and clean the fish for you.

Pat fish dry with head and tail intact. Rub the fish with a little seasoning inside and out. Let it sit for 5 minutes.

Layer dried corn husks on the bottom of the Culinary Basket. Place fish over the corn husks in the center of the Culinary Basket. The corn husks make it easy to remove the fish from the Culinary Basket when done.

Add 2 cups (500 mL) water to 3 Qt. (2.8 L) Sauce Pan. Turn heat to medium temperature and bring water to a slight boil. Holding the handles of the Culinary Basket, place Culinary Basket with corn husks and fish in sauce pan over boiling water. Cover.

Vapor cook fish for 20 - 30 minutes or until fully cooked. Cooking time may vary according to the size and thickness of the fish. Use a fork to poke into center of the fish to check for doneness. Fully cooked fish will flake with a fork.

Using spatula/turner, remove corn husks with fish from Culinary Basket. Serve.

Fish Filets:

Follow same directions as for whole fish, but alter the cooking time. Vapor cook filets for 5 - 7 minutes or until fully cooked. Cooking time may vary according to the size and thickness of the fish filet. Fully cooked fish will flake with a fork.

For added flavor, add 2 green onions, diced, 1 tablespoon (6g) fresh ginger, diced, and 1 red bell pepper, diced and place mixture over fish. Squeeze half of a lemon over fish. Drizzle 2 tablespoons (30 mL) soy sauce and 1/2 teaspoon (2.5 mL) sesame oil over fish prior to cooking.

Shellfish:

For shellfish, such as clams and mussels, try this very simple technique. Before you start to cook clams or mussels, make sure they are alive and unbroken. To check whether they are alive, tap the open ones on a hard surface and see if they will close. Assume the closed ones are alive, and discard any dead ones.

Using the 2.5 Qt. (1.49 L) Culinary Basket, wash clams or mussels under cool tap water. Let drain.

Using Saladmaster 3 Qt. (2.8 L) Sauce Pan, add 2 cups (500 mL) of water and cover. Place on stove burner and position temperature to medium heat. When the Vapo-Valve™ begins to click, remove cover and add Culinary Basket with shellfish (holds up to 2 pounds). Place cover over Culinary Basket and turn temperature to low heat. Vapor cook shellfish for approximately 5 - 7 minutes; check to see if shellfish have opened. If unopened shellfish remain, toss gently with a spoon to reposition any unopened shells to the bottom of the Culinary Basket. Cover and cook an additional 3 - 4 minutes or until most of the shells have opened. Do not overcook. Discard any unopened shellfish. This technique may also be used for crabs and lobsters.

Boost the flavor of vapor cooked seafood by simmering ingredients such as lemon juice, white wine, onions, shallots, seafood spices, or fresh herbs in the cooking liquid for a few minutes before vapor cooking. These ingredients will scent the vapor and add a subtle, but delicious flavor that cooks directly into the seafood.

Rating:

