

Microwave Cooking Guidelines

Shellfish: Hard shell clams or mussels in shell, one dozen.

Preparation: Scrub well, in a 10 in. pie dish or serving plate, arrange shells in a circle, hinge side toward outside of dish. Cover loosely with heavy duty plastic wrap.

Cooking Time: 3 to 4 minutes. Microwave on high (100 %) until shells open.

Standing Time: 1 minute, covered

Shellfish: Oysters in shell, 10 to 12 Eastern, or 8 medium sized Pacific.

Preparation: Scrub well, in a 10 in. pie dish or serving plate, arrange shells in a circle, hinge side toward outside of dish. Cover loosely with heavy duty plastic wrap.

Cooking Time: 4 to 5 minutes, microwave on high (100%) until shells are open.

Standing Time: 2 minutes, covered.

Shellfish: Scallops, one pound

Preparation: Rinse well, cut in half if large. Place in 1 1/2 quart casserole. Season to taste with melted butter or margarine or lemon juice. Cover with lid or heavy duty plastic wrap.

Cooking Time: 2 1/2 to 3 1/2 minutes. Microwave on high (100%) stirring after 1 1/2 minutes.

Standing Time: 2 to 3 minutes, covered

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Shrimp: Shrimp, medium to large (1 pound)

Preparation: Shell and devain, if desired. On a flat 10 - 12 in. plate arrange shrimp in a single layer with meaty portion toward outside fo plate.

Cover with plastic wrap.

Cooking Time: 4 -5 minutes, microwave on high (100%), bringing cooked portions toward inside of plate after 2 minutes.

Standing Time: 3 - 5 minutes covered.

Fish: Fish steaks or fillets (1/2 to 3/4 inch thick), 1 pound.

Preparation: Rinse and pat dry. In a greased 7 x 11 in. baking dish, arrange fish in an even layer, with the thick portions toward the outside of the dish. Season to taste with melted butter or margarine, paprika, dill weed or lemon juice. Cover with heavy duty plastic wrap.

Cooking Time: 3 to 5 minutes per pound. Microwave on high (100%), turning after 2 minutes.

Standing Time: 3 minutes, covered.

Fish: 1 or 2 cleaned small fish, 8 to 10 inches each.

Preparation: Rinse and pat dry. Fill cavity with thin lemon or green onion slices, if desired. In a greased 7 x 11 in. baking dish, arrange fish lengthwise, backbones toward outside of dish. Brush with melted butter or margarine. Cover with heavy duty plastic wrap.

Cooking Time: 1 fish - 2 1/2 to 3 1/2 minutes. 2 fish - 5 to 7 minutes.

Microwave on high (100%) turning fish and bringing cooked portion to inside of dish halfway through cooking time.

Standing Time: 3 minutes covered.

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