

MYLAR® COOK

Fish & Seafood

Salmon Filet

1. Use fresh, thawed or frozen salmon filets
 - Skin-on or skinless
 - If using frozen, rinse off ice from exterior of filet. Pat dry.
2. Coat salmon in spreadable seasoned butter mixture
3. Package frozen and pull a tight vacuum
4. Bake from frozen in a convection or home oven at 350-375°F to an IT of 145°F



Salmon Filet Meal

1. Use fresh, thawed or frozen salmon filets
 - Skin-on or skinless
 - If using frozen, rinse off ice from exterior of filet. Pat dry.
2. Topically season
3. Package with blanched broccoli florets and par-cooked rice such as Uncle Ben's® Ready Rice® rice pilaf
4. Bake from frozen in a convection or home oven at 350-375°F to an IT of 145°F



Salmon Meal

1. Use skinless salmon trimmings or filets and cut into uniform chunks
 - Use fresh or thawed fillets
2. Topically season
3. Packaged with blanched green beans and par-cooked rice such as Uncle Ben's® Ready Rice® brown & wild rice mix
4. Bake from frozen in a convection or home oven at 350-375°F to an IT of 145°F



Cod Filet

1. Use fresh, thawed or frozen cod filets
 - Skin-on or skinless
 - If using frozen, rinse off ice from exterior of filet. Pat dry.
2. Coat cod in spreadable seasoned butter mixture
3. Package frozen and pull a tight vacuum
4. Bake from frozen in a convection or home oven at 350-375°F to an IT of 145°F



Fish Tacos

1. Use skinless cod trimmings or filets and cut into strips
 - Use fresh or thawed filets
2. Coat each fish strip topically with a taco seasoning
3. Package frozen and pull a tight vacuum
4. Bake from frozen in a convection or home oven at 350-375°F to an IT of 145°F



Shrimp

1. Use fresh or thawed jumbo shrimp. Remove shell, except for tail. Rinse in cold water and strain.
2. Typically season
3. Freeze seasoned shrimp
4. Package frozen with two pats of butter on top of the shrimp, pull as tight of vacuum as possible
5. Bake from frozen in a convection or home oven at 350-375°F to an IT of 145°F



Seafood Bake

1. Purchase frozen: corn on the cob halves, lobster tails, crab claws, mussels and shrimp
2. Fill formed pocket with seafood, top with butter and topically season as desired
3. Always package seafood frozen, pull vacuum (as much as possible)
 - Potential for puncturing with seafood shells, etc.
4. Bake from frozen in a convection or home oven at 350-375°F to an IT of 145°F



Salmon Wellington

1. Salmon filet wrapped in puff pastry
2. Package frozen with a tight vacuum
3. Bake frozen in an electric home oven at 425°F or convection oven at 400°F to an IT of 145°F



Cooking Guidelines: Fish & Seafood

- Both skinless and skin-on fillets work well in MYLAR® COOK.
- For most fish and seafood products and meals:
 - Bake from frozen in a convection or home oven at 350-375°F, adjust temperature up or down as needed
- A minimum internal temperature of 145°F (63°C) is recommended (USDA-FSIS) when cooking fish and shellfish.
 - The internal temperature should always be measured at the thickest section.
- Carry over cooking is common with fish.
 - Pulling the fish early (125-130°F; 52-54°C) from the oven and allowing it to rest 3-5 min should bring the fish up to the safe IT (145°F; 63°C). Always confirm temperature after resting and continue cooking if needed.

Always store and cook fish from frozen

MYLAR® COOK Notes

- Allow packaged product a minimum of 24 hours before cooking to maximize the flavor
- Always store fish and seafood frozen when packaged in MYLAR® COOK!
- Measure internal temperature and follow USDA's recommended safe minimum internal temperature guidelines
- Allow products to rest after they are removed from the oven
 - Note: A product can be pulled early and rested to allow carry-over cooking to bring the product to its safe internal temperature (IT)

USDA Recommended - Safe Minimum Internal Temperatures for Cooking

- Cook all raw beef, pork, lamb and veal steaks, chops, and roasts to a minimum internal temperature of 145°F
- Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 160°F
- Cook all poultry (whole or ground) to an internal temperature of 165°F
- Cook raw intact fish and shellfish to 145°F or above for 15 seconds
 - Cook items such as crab cakes or stuffed fish to 165°F

Disclaimer

- The information provided herein is offered as a possible helpful suggestion in experimentation you may care to undertake along these lines. It is subject to revision as additional knowledge and experience is gained. DuPont Teijin Films makes no guarantee of results and assumes no obligation or liability whatsoever in connection with this information.
- Note: the cooking instructions provided herein are based off electric home ovens and combi-convection ovens, oven temperatures and performance may vary.
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