

Fish cooking temperatures are important to monitor in order to insure meat is safely cooked to the proper temperature. When preparing fish, use the chart below as a guide to check doneness when the fish is oven baked, pan fried, deep fried, grilled, and steamed.

FISH Cooking Temperatures and Times			
Baked			Approximate Cooking Time
Portion	Temp.	Weight / Thickness	Total Time
Whole	350°F	3-5 lbs	25-30 min
Fillets	350°F	3-5 lbs	25-30 min
Steaks	350°F	3-5 lbs	35-40 min
Pan Fried			Turn Once
Whole	Med.		8-15 min
Fillets	Med.	.75 in.	7-9 min
Steaks	Med.	1 in.	9-10 min
Deep Fried			
Whole	350°F		3-5 min
Fillets	350°F	.75 in.	3-5 min
Steaks	350°F	1 in.	4-6 min
Grilled - 4 in. from the Heat Source			Turn Once
Whole	Med		10-20 min
Fillets	Med	.75 in.	7-9 min
Steaks	Med	1 in.	9-10 min
Steaming - Over Gently Boiling Water			
Whole			10-12 min
Fillets		.75 in.	10-12 min
Steaks		1 in.	10-15 min
<p>Note: Cooking times are estimated times and will vary depending on the type and thickness of the fish. Fish is done when meat turns opaque white and has a flakey texture. Overcooking will cause the fish to be tough and lose flavor and moisture.</p>			