

# Seafood



**Thickness  
(In/cm)**

**Temp (F/C)**

**Time  
(minutes)**

**Notes**

**Tender**

**Firm**

**Flaky**

**Min**

**Max**

*Add 15 minutes/half-inch*

*Add 30-60 minutes frozen, depending on thickness*

## Lean Fish

*(Bass, Cod, Flounder, Grouper, Halibut, Mahi Mahi, Pike, Roughy, Bass, Snapper, Sole, Swordfish, Tilapia, Trout, Tuna, etc.)*

0.5-1/  
1.25-2.5

110/44

118/48

126/52

20-30

30-40

## Fatty Fish

*(Anchovies, Herring, Mackerel, Salmon, Sardines, Shad, etc.)*

0.5-1/  
1.25-2.5

106/41

115/46

126/52

20-30

30-40

*Warning! Below pasteurization temp (131F), do not cook for more than 2 hrs!*

## Shellfish

*(Lobster, Scallops, Shrimp)*

1+/2.5+

133/56

140/60

n/a

15  
*(small shrimp, oysters, clams)*

45-60  
*(jumbo shrimp, lobster)*

*Cook lobster claws, mussels, clams, and other "tough" shellfish at higher temps.*