

Buying and Preparation Tips

Be sure to purchase your seafood from a retailer that displays a valid license.

- Look for these signs of quality when purchasing shark steaks or fillets: flesh that is firm and not separating; no discoloration.
- When you are grocery shopping, purchase seafood last and keep it cold. Ask your seafood specialist to pack your seafood on ice for the trip home. Remove from ice prior to refrigerating.
- Store fresh shark in the coldest part of your refrigerator (usually the lowest shelf at the back or in the meat keeper) at 32° F for up to two days.
- To freeze shark, wrap tightly to prevent freezer burn, write date on package and store at 0° F for up to four months. Thaw in the refrigerator or under cold running water.
- Try rubbing shark fillets or steaks with your favorite Italian seasoning. Shake the seasoning directly onto the fish and gently rub into the flesh.
- Shark is cooked when its meat flakes easily with a fork, and loses its translucent or raw appearance. All fish should be thoroughly cooked.

- The general rule for cooking fish is 10 minutes per inch of thickness at the thickest part of the fillet or steak at 400° - 450° F. If fish is cooked in parchment, foil or a sauce, add 5 minutes to the total cooking time.
- Keep raw and cooked seafood separate to prevent bacterial cross-contamination. After handling raw seafood, thoroughly wash knives, cutting surfaces, sponges and your hands with hot soapy water.

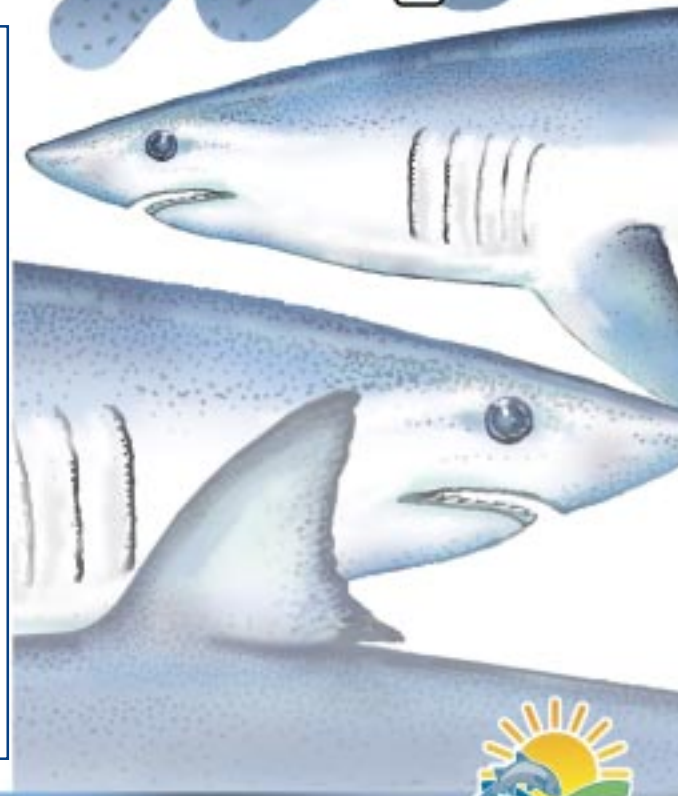
Focus on Fish, Shellfish and Mercury For Women of Child Bearing Age and Small Children

Fish and shellfish are good sources of high quality protein, are low in fat and have other health benefits. Health experts recommend we include 2 servings a week in our diet. However, FDA advises that pregnant women, women who may become pregnant and small children not eat king mackerel, swordfish, shark or tilefish as they may contain high levels of mercury. The FDA and EPA advise this group to eat a variety of other fish and shellfish to enjoy the health benefits of seafood.

For additional information go to these web sites:
FDA at: www.cfsan.fda.gov/seafood1.html
EPA at: www.epa.gov/ost/fish



SHARK Recipes



www.fl-seafood.com

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and Aquaculture Marketing**
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**Florida Department of Agriculture
and Consumer Services**
CHARLES H. BRONSON, Commissioner



Shark and Broccoli



- 2 10-ounce packages frozen broccoli spears
- 1 1/2 pounds Florida shark
- 2 teaspoons olive oil
- 1 teaspoon salt
- 1/2 teaspoon savory
- 1/2 teaspoon marjoram
- 1/2 teaspoon garlic powder

Place broccoli in a shallow microwave-safe dish. Cover with waxed paper and microwave on high for 3 minutes. Separate spears; place shark over broccoli. Brush with oil and season with salt, savory, marjoram and garlic. Cover with waxed paper. Microwave 4 to 5 minutes or until fish flakes easily, when tested with a fork, and broccoli is tender. Rotate dish twice during cooking. Yield: 4 servings.

Per serving: calories 242, calories from fat 27, total fat 3g, saturated fat .38g, cholesterol 0mg, total carbohydrate 8g, protein 45g.

**Seafood alternative:
grouper or tilefish**

Seafest Sandwich



- 1 cup cooked, flaked Florida shark
- 1/2 cup drained sauerkraut
- 1/4 cup dill pickles, cubed
- 1/4 cup mayonnaise
- 1 tablespoon horseradish mustard
- 8 slices rye bread
- 4 slices processed Swiss cheese
- 2 tablespoons margarine

Combine fish, sauerkraut, pickles, mayonnaise, and mustard in 2-quart mixing bowl; mix well. Spread mixture on each four slices of bread; cover each with cheese slices and top with remaining bread. Melt margarine in skillet; grill sandwiches on each side until golden brown. Yield: 4 servings.

Per serving: calories 410, calories from fat 220, total fat 24g, saturated fat 9g, cholesterol 60mg, total carbohydrate 28g, protein 21g.

Batter-Fried Shark

- 2 pounds Florida shark fillets
- 1 cup all-purpose flour
- 1 tablespoon salt
- 1 teaspoon baking powder
- 1 cup water
- 1 tablespoon vinegar
- vegetable oil for frying

Cut fish into 1-inch cubes. Combine flour, salt, and baking powder. Slowly add water and vinegar; mix well. Dip fish cubes into batter and drop in oil heated to 375°F. Cook about 2-3 minutes or until golden brown. Drain on a paper towel. Yield: 6 servings.

Per serving: calories 290, calories from fat 90, total fat 10g, saturated fat 2g, cholesterol 55mg, total carbohydrate 18g, protein 31g.

**Eat Seafood
Twice a Week...
It's Good For Your Heart**

SHARK

More recipes at www.fl-seafood.com