

Weight Range	Type of Fish	Cooking Method						
		Grill (pre-heated)	Shallow Fry (1tbsp oil)	Poach (water/wine/milk/stock)	Oven Bake (190°C/gas mark 5)	Steam	Microwave (750 watt)	Deep Fry
80-150g	Cod Fillet	10 mins	9 mins	8 mins	20 mins	12 mins	2-3 mins	4-6 mins
80-120g	Cod Fillet, smoked	8 mins	*	8 mins	20 mins	12 mins	2-3 mins	*
80-120g	Cod Loin	8 mins	9 mins	8 mins	20 mins	10 mins	2-3 mins	4-6 mins
80-150g	Colly fillet	10 mins	9 mins	8 mins	20 mins	10 mins	2-3 mins	4-6 mins
80-150g	Haddock Fillet	10 mins	9 mins	8 mins	20 mins	12 mins	2-3 mins	4-6 mins
80-120g	Haddock Fillet, smoked	8 mins	*	8 mins	20 mins	12 mins	2-3 mins	*
100-150g	Halibut Fillets	12-14 mins	6-8 mins	8 mins	20 mins	12 mins	2-3 mins	*
90-120g	Herring - milts	*	4 mins	*	*	*	*	2-4 mins
150-300g	Herring - whole	15-20 mins	*	*	25 mins	*	*	*
150-200g	Huss	*	*	15-20 mins	20 mins	15 mins	*	6-8 mins
200-350g	kipper - whole	15-20 mins	*	*	20 mins	*	*	*
100-120g	kipper fillet	5 mins	*	3 mins	10 mins	*	2 mins	*
340-450g	lemon sloe fillet	5 mins	4-5 mins	5 mins	15-20 mins	10 mins	1-2 mins	4-6 mins
140-170g	lemon sloe - whole	10 mins	*	*	30 mins	*	*	*
200-350g	Makeral	15-20 mins	*	*	30 mins	*	*	*
90-150g	Monkfish tails	*	15-20 mins	*	25 mins	*	*	*
80-150g	Plaice	15-20 mins	4-5 mins	4 mins	15 mins	10 mins	1-2 mins	4-6 mins
130g	Salmon, smoked	12 mins	12-15 mins	10 mins	20 mins	10 mins	1-2 mins	*
130-160g	Salmon fillet	15-20 mins	8-10 mins	10-12 mins	20-30 mins	12-15 mins	1-2 mins	*
140-180g	Salmon steak	12-15 mins	8-10 mins	10-12 mins	25-30 mins	12-15 mins	2-3 mins	*
80-100g	Scallops	*	4-6 mins	*	*	*	*	*
300g	Seabass - whole	*	*	*	30 mins	*	*	*
170-220g	Skate wing	*	8 mins	10-15 mins	20 mins	*	*	6-8 mins
80-100g	Squid	*	3-4 mins	*	*	*	*	2-3 mins
70-100g	Tiger prawns - raw	*	3-4 mins	*	*	*	*	*
250-300g	Trout - whole	20 mins	*	*	25 mins	*	*	*
80-120g	Trout fillet	8-10mins	5 mins	*	10-12 mins	10 mins	2-3 mins	*
100-140g	Tuna Steak	8 mins	6-8 mins	*	*	*	2-3 mins	*

This is only a guide. Seafood Direct accepts no responsibility