



Cooking Guide to All Fresh Seafood

All Fresh Seafood has been providing customers with the highest quality sustainable seafood shipped right to their homes for the past 22 years.



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Our story

Adam Licht, Glenn Licht, and Jerry Bocchino have been in the business together for over 30 years and have perfected their process of buying and selling fresh seafood. Adam, professional chef and fishmonger, started his career when he was given the opportunity to run a fish company at just nearly 3 decades old right out of culinary school at The Culinary Institute of America. Glenn then joined Adam and took on the role of doing the backend work, along with marketing and implementing new ideas and items. Jerry joined the team as well and became a fish broker, and with their combined skills and experience, they made All Fresh Seafood one of the best seafood retailers in the nation. During their time in the industry, Adam, Glenn, and Jerry discovered that there is a dramatic difference between restaurant-quality fish and supermarket-quality fish, and their determination to only sell the best and freshest seafood is one reason that customers nationwide trust and order from All Fresh Seafood.

Here at All Fresh Seafood, we have seen the magic that comes from incredible chefs using superior quality ingredients to craft seafood delicacies, but we've also seen how impactful it is to deliver this high quality seafood to individuals to cook with. This led us to realize that we could provide people all over the country with the unique, pristine selection of seafood that we have to offer. No matter where you are in the United States, you can now get the highest quality seafood delivered straight to your door.

**CONGRATULATIONS ON MAKING AN
AWESOME PURCHASE!**

**WE WANT TO MAKE SURE YOUR GOODIES
FIND THEIR WAY TO YOUR REFRIGERATOR
OR FREEZER ASAP!**

**IF YOU PLAN ON ENJOYING ITEMS IN THE
NEXT 2 DAYS OUR SUGGESTION WOULD
BE TO REFRIGERATE. ANYTHING LONGER
THAN 2 DAYS, BECAUSE PLANS DO
CHANGE, PRESERVE THE FRESHNESS BY
FREEZING AND LOCKING IN THE OCEAN
TODAY!**

THANK YOU FOR YOUR SUPPORT

TEAM ALL FRESH SEAFOOD

AFS Supports Our Troops

Did you know we have a great discount program for the Military, First Responders, Teachers, Healthcare Workers, and more...

We use a third party to manage this for us called Verify Me. It is especially important to us that all the people asking for discounts are certified and are part of the proper group. Verify Me does an excellent job and will offer you many fantastic offers you will not want to miss once you sign up.

Here is the link to get started – once you are verified the discount code will be sent to your email address. You will then copy and paste that into the discounts section of our checkout page for our deep discount.

<https://allfreshseafood.com/pages/military-discounts>

Unfortunately, we cannot help you go through this sign-up process, but we are told it is not hard to do once you enter your information.

We want to thank everyone who has served, our first responders, and our hometown heroes.

We appreciate all that you do

A close-up, high-angle shot of a variety of fresh seafood. In the center, a large, dark-colored fish (likely a sea bream or similar) is the focal point, resting on a bed of crushed white ice. To its left and right are several bright orange lobsters and large shrimp. In the foreground, there are several pieces of squid with their tentacles visible. A single yellow lemon is placed on the ice near the top center. The background shows more fish and seafood, creating a rich, colorful display of fresh catch.

**HOW TO HANDLE YOUR
DELIVERY**

The Do's and Don'ts of Defrosting Frozen Fish

Stocking up on your favorite fresh fish from All Fresh Seafood is the first step in crafting a delicious and nutritious meal. But what's the protocol for storing your fish once it arrives? Follow our do's and don'ts of defrosting fish to make your meals from All Fresh Seafood even more delicious!

Do: Place fish in wrap before freezing: When you receive trays of fish, remove from tray and wrap in film wrap and place in a zip lock airtight bag for up to 3 months.

Do: Defrost in the refrigerator: Typically it will take fish a full day to defrost before you will be ready to cook. The safest way to defrost fish is by placing it in the refrigerator.

Do: Label your fish with the date before freezing: After your order arrives, be sure to label the packages of any fish you plan on freezing for a later date to ensure the best quality possible. We recommend freezing your fish for no longer than 3 months, which is accordance with USDA recommendations. <https://ask.usda.gov/s/article/How-long-can-you-store-fish>

Don't: Defrost in the microwave: We recommend avoiding the microwave, if at all, possible when thawing any seafood, you may have put in the freezer for another day. Defrosting fish in the microwave can alter the texture of your fish and due to the uneven heat distribution in some microwaves, some parts of your fish may cook while in the microwave. While other parts remain raw.

Don't: Let your fish thaw on the counter: Going from the freezer to room temperature can not only change the texture of your fish, but it can also lead to bacteria growth on your fish.



**CHEF ADAMS
COOKING TIPS**

Cooking Tips By Chef Adam

Ready to Eat Items:

Since our Article in the New York Times, we have been asked many times how we prepare the **SUMMER ROLLS!**

Very easily: They are fully 100% cooked - Simply pan saute until golden brown, about 1/2 minutes on either side, serve hot. Salads, such as Seafood Salad, Thai Curry Shrimp Salad, Asian Cole Slaw, Shrimp Salad, Lobster Salad, Tuna Salad, or Israeli Salad these go great over greens, on the side of some grilled fish or all by themselves!

Poached Salmon - This is ready to eat and enjoy with our dill sauce

Sesame Crusted Tuna Loin - This is ready to eat and enjoy with our #1 selling ginger dressing

Heat - n - Eat Items: We recommend 350 degrees for all items, and to avoid the microwave if at all possible!

All of the cook times are from refrigerated / thawed - if from frozen add 8/10 minutes and check for internal temp of 165

Crab Cakes - mini's.....	10/12 minutes
Crab Cakes - jumbo's.....	14/16 minutes
Waygu Shrimp Egg Rolls.....	12/14 minutes, turn once
Baked Clams.....	12/14 minutes
Lobster Ravioli.....	18/20 minutes covered, top with fresh parmesan cheese
Cauliflower Lobster Cake.....	12/14 minutes
Shrimp or Lobster Dumplings.....	8/10 minutes
Grilled Salmon.....	14/16 minutes
BBQ Chilean Sea Bass.....	12/14 minutes
Roasted Broccoli.....	10/12 minutes
Tuscan Spaghetti Squash.....	12/14 minutes, is a great low carb change from pasta night!
Grilled Balsamic Veggies.....	10/12 minutes
Prepared Soft Shell Crabs.....	10/12 minutes
Grilled Swordfish Bites.....	8/10 minutes, serve over Orzo with Greek Salad
Grilled Shrimp.....	8/10 minutes
Lobster Risotto Puffs.....	4/6 minutes
Stuffed Sole.....	15/17 minutes

Our All Fresh Seafood Signature Raw Crab Cakes:

Method:

Extra ingredients:

- Panko
- Salt and black pepper
- Your favorite frying oil
- Your favorite saute pan, large and wide
- Sheet pan with foil
- Preheat oven to our standard 350
- You need about 1 oz of panko for each cake purchased as a gauge
- Season with salt and pepper to taste
- Place the cakes in the panko and form into nicely shaped crab cakes
- Place 1/8" oil in the pan and get it hot
- Saute til golden on each side, about 2 minutes - max
- Transfer to your sheet pan that is waiting
- Cook for 15 minutes - serve piping hot and enjoy!

This method goes for all Seafood cakes, all styles - it produces the most perfect cake every time!



Our All Fresh Seafood Signature Frozen Crab Cakes:

Method:

Always cook from frozen!

- Preheat oven to 350 degrees
- Add 1/8" of your favorite frying oil to a saute pan
- Heat oil to smoking point
- Add crab cakes and cook until golden brown on both sides, about 1 minute per side
- Line a sheet pan with foil
- Transfer crab cakes to your sheet pan that is waiting
- Cook for 10-12 minutes until internal temperature is 165 degrees-serve piping hot and enjoy!

This method goes for all Seafood cakes, all styles - it produces the most perfect cake every time!



Grilled Swordfish or Tuna - Steak Fish:

Everyone's favorite - the sushi quality Tuna steak - so how do we get that perfect rare inside off the grill! Let us take a deep dive!

Extra Ingredients:

- I personally like to use only a fish spatula when I cook Swordfish and Tuna Steaks, I do not like to use tongs
- Salt and pepper - I also don't like to muck up the flavor of these pristine species - they are so flavorful I typically serve them with a lemony vinaigrette on the side or a simple beurre blanc (white wine butter sauce)
- Grill brush
- Grill oil and rag to wipe down

Method:

- Preheat grill to 425 / 450 degrees, medium HI!
- Clean grill to 100% perfect
- Wipe down the grill with oil till it shines - be careful!
- When the grill is smoking place Tuna down and time 90 seconds and turn 90 degrees
- After the 2nd turn flip over and time 90 seconds and the tuna is done for med-rare!

You should have perfect grill marks like you are a top-notch chef. If you like your fish more well done just let it go.

Swordfish:

Same as above with this change:

- Place Swordfish down, time 3 minutes and turn 90 degrees, then turn again for 3 more minutes.
- Flip Swordfish over and cook 4 / 6 minutes until you have an internal temp of 165



Grilled Salmon: Fillet type fish:

Two schools of thought on this - go straight on the grill or go the foil method

As a chef, I like both methods for different reasons. If I am making a party with non-fish eaters I will be considerate and wrap all the fish in foil and do an en papillote style preparation which is just as delicious where the fish steams with vegetables and make like a one-pot meal on the BBQ. Super easy and fast. No mess what so ever and the guests are always impressed.

Going on the grill is ALL ABOUT TECHNIQUE AND PATIENCE which 99.999999% of home chefs do not have...the heat is on full blast 200,000 btu and after 90 seconds they take beautiful fish and burn it to death. Medium indirect heat is what grilled fish loves the best.

Here is the method to grilling fish

Extra Ingredients:

- Long spatula, long tongs
- Grill brush - vital to start with a sparkling clean grill
- Grill spray or oil, and a kitchen rag - also vital - dry grills = disaster
- Marinade the fish to your liking (we like Olive Oil, Garlic, Cilantro, Parsley, S&P)
- Sizzle platter - ah ha, that's how they do it...and 3 Tbl butter

Method for fish directly on the grill:

- Heat grill to medium heat, 350/375, place sizzle platter on the grill.
- Wipe your grill down with your brush super clean
- Now carefully oil your grill so it has a nice shine, it can't be dry
- Take your fish and let all excess marinade drip off 100%, we don't want flare-ups
- Place down gently, do not push, time 5 minutes for thick fillets like salmon
- After 5 minutes turn 90 degrees but lift very gently, it should come off without sticking...if it sticks at all let it cook more. do not rip off the grill. Let cook 5 more minutes...you will have perfect grill marks.
- Transfer to a sizzle platter that has been heating on the grill with a little butter. Place fish skin side down and cook 7 minutes more. The fish temp should be 165.

Foil method:

AGAIN THIS IS THE METHOD TO USE FOR COOKING FISH
WHEN YOU WANT A CLEAN GRILL

Extra Ingredients:

- Tinfoil
- Veggie Blend (Zucchini, Onions, Corn, Asparagus, Tomato, Herbs)
- White Wine
- Butter or Olive Oil
- Salt and Pepper

Method:

- Heat your grill to medium heat 350
- Make a double layer of foil, double-wide so it is really strong.
- Coat the bottom with butter & olive oil or any combo of the two - we just need something tasty on the bottom - chef's choice.
- Season your fish - again chef's choice - be creative - it is very hard to ruin this - cajun flavors work great on this.
- Add your aromatics (veggies), wine, and seasoning - go wild!
- Wrap it up as tight as you can to seal in all the goodness!
- When it is go time place the packet on the grill and cook for 18/20 minutes. If you are going to go cajun and add rice or potatoes I would suggest cutting your potatoes very small so they are done in 20 minutes.



How to Roast Salmon, Branzino, Trout, Grouper, Red Snapper, Arctic Char, etc....

Species that have thin edible skin that you might want to make super crispy and eat...How do the restaurants do that?

Let's learn together...

First step as always before any chef starts is to preheat the oven to 350, our happy temperature!

Extra Ingredients:

- Salt & Black Pepper
- Wondra Flour (this is great for searing - it is very fine) if you don't have, regular a flour will do, just tap off all excess
- Olive oil/canola oil mix - 50/50
- Large saute pan, your favorite
- 1 sheet pan with foil
- 1 bunch of your favorite herbs
- Soft butter

Method:

- Pat your fish dry and season with salt and pepper.
- Coat with Wondra flour
- Heat up the saute pan with 50/50 oil mix 1/8 inch til smoking
- Place fish skin side down and let cook until the skin is very crisp about 4/5 minutes - it could need more time depending on how hot your range is.
- Flip over and cook 2 more minutes in the pan - if the pan is not looking too bad you can finish in the oven or transfer to your sheet pan - skin side up for 12 more minutes
- In a fresh pan place the fresh butter, herbs, salt n pepper and warm up very slowly - when fish comes out add to this mixture and baste for 1 minute, still skin side up trying not to douse the top of the fish, more on the sides...we want to keep the skin crispy.

Serve immediately!

Time to break out the Grill in time for the summer grilling season!

Many home chefs are afraid to grill fish because of...

- the mess
- the mess
- the mess

I am going to teach you that grilling seafood and fish is so simple that you will be the envy of all your friends.....

Fluffy Lobster Tails: or any lobster tails

So what is a fluffy lobster tail - you have all seen this...this is when the lobster meat sits on top of the shell and it looks really nice. I am going to walk you through how to do this.

Extra Ingredients:

- Skewers
- Scampi Butter (Butter, lemon juice, garlic, salt, pepper, and parsley)
- Kitchen scissors
- Tin foil

Method:

- Preheat grill to medium heat, try to hit 350
- Defrost tails and with kitchen scissors cut the top of shell all the way to the tail so you can pull the meat up on top. It will take a couple to get used to this...be strong, it is not easy.
- Once all the tails are prepped put the skewers in the long way to hold the tails nice and straight - we want them to stay straight during cooking.
- With a paring knife butterfly the top just a bit to open them up and wash them out.
- Paint on the scampi butter with a heavy hand
- Wrap the tail in foil tight!
- Place all the tails on the grill and cook for 8 minutes and flip over at 4 minutes.
- Remove the foil at 8 minutes and cook 6/10 minutes more depending on the size of your tail.
- Baste with more scampi butter the whole way.
- A 5 oz tail will need about 7 more minutes
- A 9 oz tail will need 10 minutes more.
- Serve with more scampi butter!

A close-up photograph of a hand holding a single, golden-brown pan-fried dumpling. The dumpling has a slightly crispy, browned top edge and a translucent, white bottom edge. In the background, a black frying pan is visible, containing several other similar dumplings. The lighting is bright, highlighting the texture of the dumpling's skin and the hand holding it.

**DUMPLING COOKING
INSTRUCTIONS**

Gyoza Dumpling Cooking Instructions

****PLEASE KEEP FROZEN UNTIL READY TO COOK****

Traditional Method - (PAN-SEAR)

- Heat pan on high heat
- Add 2-3 oz of water to the pan to coat the bottom of the pan
- Add the frozen dumplings cover and cook until most of the water is absorbed
- Reduce heat and add 1/2 oz of corn oil, cover and let simmer 3-4 minutes until golden brown - turning once to brown two sides.

Deep Fry

- Pre-heat oil to 350 degrees
- Place frozen dumplings in oil for 2-3 minutes or until golden brown
- Drain on paper towels

Steam

- Lightly coat some oil on a rack or if you have a bamboo steamer that is best
- Place in pot of boiling water, but do not submerge the rack or steamer
- Take frozen dumplings and steam for 12-14 minutes

Soup

- Place frozen dumplings in boiling water
- Cook for 3 minutes on high heat and then immediately reduce heat to medium for 2 minutes more
- You can now add this to your favorite soup base with garnishes and serve

****Cook all Gyoza Dumplings to an internal temperature of 165 degrees****



**GUIDE TO HANDLING
MAINE STEAMER
CLAMS**

Please Read This First Before Opening Or Handling Product

- We send extra clams so please discard the few that might have been broken in transit – Ups doesn't understand these are super fragile - we apologize on behalf of Fedex
- Steamer Clams are ALIVE and need to BREATHE so please do not PANIC if you see the shells gaping – this is very NORMAL for this variety of shellfish!
- Unpacking the product best practices:
- If you are going to eat immediately transfer to a glass or stainless steel bowl remove and broken clams – those have to be tossed, but like we mentioned we overpack this product so not to worry, we have you covered.
- If you are going to eat later, simply cover the clams with moist paper towels and eat within 24 hours

To prepare:

- Once clams are in a glass bowl they need to be purged with fresh water to remove any residual sand within the clams. This will also wake up the clams and you will see some movement - the shells typically close.
- To purge fill the bowl up with fresh water 5 or 6 times allowing a few minutes inbetween each filling. When there is no sand at the bottom of the bowl you are good to start cooking.

To cook: (for 2 lbs)

- 3 Tbl Butter, 3 Tbl White Wine, 1/2 Tsp Salt, 1/2 tsp Black Pepper, 1/2 lemon's juice, 1 Tbl Parsley
- Melt 3 oz of butter on the side for dipping
- Combine all Ingredients and bring to a simmer, adjust seasoning to taste
- Add clams and cover for 5-7 minutes
- Reserve steaming liquid to dip in as the first dip
- Then dip into the straight butter as the second dip



HOW TO COOK LOBSTERS



Lobster Tail Cooking Guide

Lobster Tails:

Ingredients for all Lobster Tail Recipes (enough for 4 tails)

- 4 Tbl Butter, softened – not runny melted – we are making a paste so it sticks to the tails
- 1 Tbl Freshly Chopped Garlic
- 1/8 tsp ea Salt & Black Pepper or To Taste
- 1 Tbl Fresh Parsley
- Dry White Wine To Taste, about 2 Tbl
- Fresh Lemon Juice to Taste, about 1/2 a lemon
- Optional – Smoked Paprika, Cajun Spice, Old Bay - to taste – Chef's choice

Roasted:

- Preheat oven to 375 degrees
- Defrost tails in cold running water or overnight in fridge for ease
- With kitchen scissors split the top of the shell from the thick end to the tail so you can expose the meat. With a paring knife butterfly the tail and wash out the vein.
- You have an option - you can pull the meat on top of the shell and make what we call – fluffy lobster tails or cut out the top of the shell to simply expose about a 2 inch channel of lobster meat and leave the meat in the shell.
- If you want a wow presentation pull the meat on top.
- With your Scampi Butter coat all liberally
- Wrap all the shells with a foil skirt to give them stability
- Cook the 5 oz tails 10 minutes and if you have a broiler, or air fryer finish by switching for 2 more minutes under the broiler

Lobster Tail Cooking Guide

to crisp up – check internal temp - 160 is done - let rest 5 minutes - enjoy

- FOR THE 9 OZ TAILS YOUR INITIAL COOK TIME WILL BE 14 MINUTES, THEN 2 MINUTES UNDER THE BROILER TO CRISP UP, CHECK INTERNAL TEMP FOR 160, REMOVE LET REST FOR
- 5 MINUTES - ENJOY
- If you do not have a broiler continue roasting until you reach 160

Grilled:

- Same ingredients for the topping
- Set Grill to Medium High
- Once tails are marinated in the Scampi Butter Wrap tails completely in foil
- Cook Meat side up for 5 oz tails 5 minutes, 9 oz tails 7 minutes, then flip over and repeat the same exact time and check for doneness - 160 degrees – meat should be golden – cover and let rest 5 minutes - enjoy

Our Cooked Lobsters:

Cooking Options:

- Steam 3/5 minutes
- Pan saute 3/5 minutes after splitting, meat side down
- BBQ wrapped in foil 3/5 minutes or grill split



HOW TO COOK MEAT

The Reverse Sear Technique For All Proteins

This technique is ideal for the home chefs that don't want to be a slave to the grill!

This technique is also ideal if you like to prep your product in advance - it makes for an easy time the day of the party - Let's get grillin.

- Take your meat, chicken, pork, lamb, or any roast and season to your liking. I keep it super simple because our meat speaks for itself. Salt, pepper, and a simple rub of fresh garlic are all that it needs.
- Preheat the oven, grill, or smoker to 225 degrees and place a meat thermometer in the thickest part of the protein. I like the Meater as my thermometer - it is built for BBQ's and high heat. Since we are talking steak - I like to set the alarm on my meater to 115, so it comes out very rare.
- Now, I can hold it till party time or simply remove it from the heat source, and you have two options. You can finish in a cast iron, or you can finish on the grill - this is why we call it "reverse sear."
- If we are doing cast-iron - place the cast iron pan on the fire and crank it up till smoking with your favorite fat - I like a touch of Avocado oil - it has the highest smoke point. You can add in some aromatics like rosemary and more garlic for the last minute with some fresh butter. You will sear for about 2 minutes on each side to form a nice crust and cook til Med-Rare - follow the meat doneness guide and cook to your likeness.
- If you are going on the grill - preheat the grill to 500 degrees. Lightly coat steaks with your favorite oil. Again, I like avocado oil. Grill for 2-3 minutes on each side for Med-Rare - follow the meat doneness guide and cook to your likeness.
- **THE MOST IMPORTANT STEP** - remove from the cast iron or the grill and allow to rest for 10 -15 minutes - I typically will tent with foil very loose.
- Then slice against the grain and serve immediately - reserve juices and serve alongside!
- Finishing salt is a nice touch too!

From salmon to halibut and everything in between, All Fresh Seafood's large selection of fresh fish is the perfect weeknight meal or weekend treat.

Bon appetite!

