

Good Housekeeping April 2007

home cooking/recipes

Taste test: The best frozen and canned fish



The GH Food Department conducted a marathon tasting of prepared seafood products, both shelf stable and frozen, sold at supermarkets or health food stores. Here are our top picks:

FROZEN

Wild Alaskan Halibut with Chermoula Marinade from EcoFish (\$15) is flavored with a wonderful blend of North African spices. We loved the fact that you control the length of time the fish is in the marinade because the two are frozen separately.

EcoFish's Wild Alaskan Salmon with Asian Ginger Marinade (\$7) is also excellent.

Wild Alaskan Halibut Steak (\$7.50), from Whole Foods Market's Whole Catch line, has a fresh-fish market quality.

Lightly Breaded Fish Sticks (\$4.50), also from Whole Foods, are hand-cut strips of

New Zealand hoki fillets, perfect for kids.

Omega Foods Wild Salmon Burgers (\$6) tasted best cooked on a grill or in a grill pan—they were a little watery when prepared in a skillet.

CANNED

Bumble Bee Sensations Easy Peel Tuna Medleys in Thai Chili (\$2.50): A 5-ounce can (1 serving) of chunk light tuna with a spicy kick that would make a great change of pace.

Chicken of the Sea Tuna Cups (\$3), two 2.8-ounce single servings of premium chunk white tuna in water, are also good—with one proviso: See "How Safe Is Seafood?" (page 192).

