HOORVIA — AIR FRYER FISH & SEAFOOD COOKING TIMES CHEAT SHEET

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Quick Reference Cheat Sheet • Salmon, White Fish, Shrimp, Scallops & Crab Cakes • US Letter (8.5" × 11")

■ FISH FILLETS & STEAKS (FRESH / THAWED — 6 OZ PORTIONS)

Fish Species & Cut	Temp (°F / °C)	Cooking Time	Skin & Flake Doneness Note
Salmon Fillet (1-inch thick, 6 oz)	400°F / 200°C	7–9 min	Skin-side down; no flip • Pull at 135°F–145°F
Thin Wild Sockeye Salmon (1/2-inch)	400°F / 200°C	5–7 min	Cooks very fast; brush top with maple/mustard
Cod / Haddock Loin (Thick, 1-inch)	380°F / 195°C	9–11 min	No flip needed • Flakes easily at 145°F / 63°C
Tilapia / Swai Fillet (Thin)	380°F / 195°C	6–8 min	Light oil spray + paprika; no flip
Mahi-Mahi / Halibut (1-inch steak)	390°F / 200°C	8–10 min	Brush with melted butter; pull right at 140°F
Tuna Steak (Ahi, 1-inch thick)	400°F / 200°C	4–5 min (Seared)	Preheat 5 min; flip at 2 min for rare center
Whole Trout / Branzino (1 lb gutted)	390°F / 200°C	13–15 min	Score skin 3 times; stuff cavity with lemon

■ SHRIMP, SHELLFISH & CRAB CAKES

Seafood Item	Temp (°F / °C)	Cooking Time	Texture & Visual Cue
Jumbo Shrimp (Raw, Peeled 16/20 ct)	400°F / 200°C	5–7 min	Shake at 3 min; done as soon as pink 'C' shape forms
Shell-On Shrimp (Raw)	400°F / 200°C	7–9 min	Toss with Old Bay & oil; shake halfway
Sea Scallops (Jumbo U-10, Dry-Packed)	400°F / 200°C	5–6 min	Pat bone-dry! Flip at 3 min • Pull at 125°F
Maryland Crab Cakes (4 oz patties)	375°F / 190°C	10–12 min	Chill 20 min before cooking; no flip needed
Lobster Tails (4–5 oz, Butterflied)	380°F / 195°C	6–8 min	Piggyback meat over shell; brush w/ garlic butter
Calamari Rings (Fresh Breaded)	400°F / 200°C	5–7 min	Spritz generously with oil; shake at 3 min

■ FROZEN SOLID FISH FILLETS (DIRECT FROM FREEZER)

Frozen Fish Cut	Temp (°F / °C)	Cooking Time	No-Thaw Cooking Method
Frozen Salmon Fillet (Unbreaded)	390°F / 200°C	12–15 min	Cook 5 min plain, then brush oil/seasoning & cook 8 min
Frozen Cod / Tilapia Fillet (Raw)	380°F / 195°C	12–14 min	Season halfway through once surface ice melts
Frozen Raw Shrimp (Unbreaded)	400°F / 200°C	8–10 min	Shake at 4 min to drain melted ice water

PRO TIP: Look at the shape of your shrimp: a loose 'C' shape means perfectly cooked and snappy; a tight 'O' shape where the tail touches the head means it is overcooked and rubbery!
USDA SAFE MINIMUM INTERNAL TEMPS: Poultry: 165°F (74°C) • Ground Beef/Pork: 160°F (71°C) • Whole Steaks, Chops & Seafood: 145°F (63°C)

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