HOORVIA ? SEAFOOD COOKING TIME & TEMPERATURE CHART: PRINTABLE FISH & SHEL

Quick Reference Cheat Sheet · US Letter & A4 Printable

Kitchen & Cooking · Sheet #007

Seafood	Thickness / Size	Cook Time	Internal Temp & Doneness
Salmon fillet	1 inch thick	10 min per inch at 425°F	125?130°F medium-rare; 145°F FDA safe
Tuna steak	1 inch thick	2?3 min per side, hard sear	115?125°F rare center
Cod / white fish	1 inch thick	10?12 min at 400°F	145°F; flesh flakes easily
Halibut steak	1 inch thick	10?12 min at 400°F	135?140°F; moist and just opaque
Shrimp (large)	16?20 count	2?3 min per side	Pink and C-shaped (tight O = overcooked)
Sea scallops	U-10 size	2?3 min per side, sear	Golden crust, translucent center
Lobster tail	6?8 oz	12?15 min at 425°F	140?145°F; meat opaque white
King crab legs	Thawed	6?8 min steaming	Heated through (sold pre-cooked)
Mussels	Fresh, debearded	5?7 min covered steam	Shells open; discard any that stay closed
Littleneck clams	Fresh	7?10 min covered steam	Shells open wide; discard closed ones
Oysters (baked)	On half shell	10 min at 450°F	Edges curl and liquor bubbles
Calamari rings	Fresh	2?3 min fry or 30+ min braise	Tender; anything between = rubbery

PRO TIP: The 10-Minute Rule: Measure fish at its thickest point and cook about 10 minutes per inch of thickness at 400?450°F. This classic rule works for nearly every finfish fillet and steak.