



“There’s only one temperature for fish, and that’s perfection.”

NOTES

- When buying a fish, make sure the gills are bright red and the eyes are not sunken. These indications mean the fish is fresh.
- Never leave a scallop in water. If you do, it'll never develop color while roasting.
- Run clams, cockles, and mussels under cold water before cooking to get rid of any sand that might still be in and around the shellfish.
- Never cook a cracked or open shellfish.
- Always hold a lobster before buying one. It should feel firm and weighty, compact and solid.

- Gordon believes salmon shouldn't be on a menu every month of the year, but rather offered seasonally. Research other varieties of fish and learn when they are in season. Plan your dinners and lunches around their availability using [this fish calendar](#), and utilize the “fish finder” search engine to the left of the fish calendar. The Monterey Bay Aquarium's Seafood Watch program provides [printable consumer guides](#) for each state that organize seafood by best choices, good alternatives, and items to avoid. Print the guide for your state and bring it to the market or fishmonger when you go shopping for seafood.
- Read what Gordon has to say about illegal overfishing in [this article](#).

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10. MASTERING INGREDIENTS: FISH & SHELLFISH, CONTINUED

ASSIGNMENT

While a whole, live lobster can be expensive, Gordon calls it a proper investment. In this lesson, he breaks down the individual parts and identifies a main course, an appetizer, and soup all in a single lobster. Gordon recommends a main dish of lobster tail, an appetizer of tortellini (included in this cookbook) or ravioli, and a bisque made of lobster shell. Buy a live lobster and attempt these three dishes yourself. For your main course, make an aioli by blending egg yolks, garlic, saffron, mustard, lemon juice, and olive oil. [Watch Gordon](#) make this sauce. Try [this recipe](#) used at Gordon's restaurants of lobster and Cornish crab bisque.

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