

Tips For Broiling Fish

1. Turn on broiler about 10 min. ahead of time to fully preheat your oven.
2. Line bottom of broiler pan with foil for easier clean up.
3. Spray the top of the broiler pan with spray oil good for high heat such as avocado oil or grapeseed oil.
4. Pat your fish filet dry with clean paper towel and sprinkle with salt and pepper and other desired seasoning.
5. Place fish on center of broiling pan.
6. Position fish accordingly with proper distance from heating element:
 - a. 1" thick fish filet – 3" from heating element
 - b. 1 ¼" thick fish filet – 4" from heating element
 - c. 1 ½" thick fish filet – 5" from heating element
 - d. 1 ¾" thick fish filet – 6" from heating element
 - e. 2" thick fish filet – 7" from heating element