

Fish and Seafood

Coastal Fish Suppers

Clear methods for fish, vegetables, and bright sauces



Three featured recipes from this collection

PUBLIC SAMPLE - 2 RECIPES

The complete edition has 12 recipes. This sample contains the first two.

Development edition 1.2.0 - recipes not kitchen tested.

Junction Table by CrownThrive, LLC

AI-generated realistic food artwork; not a photograph or tested result.

Contents

PUBLIC SAMPLE - this file includes two recipes, not the complete twelve-recipe cookbook. The full edition adds the remaining ten recipes, techniques, menus, shopping list, and planning pages.

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Make this kitchen yours

Fish suppers can be straightforward when the method suits the thickness and shape of the portion. Thin fillets need quick heat and close attention; thick pieces have more room for a sauce, packet, or gentle simmer. This collection uses several methods so you can choose a meal that fits both the fish available and the evening ahead. Buy fish from a source you trust, keep it cold, and use refrigerated raw fish within one to two days. Thaw frozen fish in the refrigerator, or in a sealed bag under cold water when cooking immediately afterward. The first menu shopping list covers baked cod and a warm vegetable salad. The second menu pairs crisp fish tacos with a simple slaw. These original recipes are a recipe development edition and have not been kitchen-tested. Cook raw fish to 145°F in the thickest part; flakes and opaque flesh are useful supporting cues, but a thermometer gives a clearer endpoint. Refrigerate food within two hours at 40°F or below, and keep raw fish and its utensils separate from ready-to-eat ingredients.

Recipe development edition 1.2.0 - October 30, 2026. Original editorial recipes; not kitchen tested. Timing is an estimate. Check appliance instructions, package directions and safe internal temperatures. No nutrition or medical benefit is claimed. Allergen notes are ingredient based and do not certify freedom from cross contact. Check every label and substitution.

AI-generated photorealistic culinary artwork interprets the listed recipes. These are not documentary photographs, kitchen-test evidence, or a guarantee of finished appearance. Follow the measured recipe and safety checks.

Food safety and ingredient labels

Use a food thermometer: poultry 165°F; ground beef, pork and lamb 160°F; whole beef, pork and lamb cuts 145°F followed by a 3 minute rest; fish 145°F. Reheat leftovers to 165°F. Keep the refrigerator at 40°F or below. Refrigerate perishables in shallow containers within 2 hours, or 1 hour above 90°F. Most cooked leftovers keep 3 to 4 days; follow a shorter recipe limit. Thaw in the refrigerator, cold water or microwave, never on the counter. A freezer keeps food cold; it does not sterilize it. Wash produce under running water and keep raw meat and its tools away from ready to eat food.

Use standard US cups and spoons unless a weight is given. Oven temperatures are Fahrenheit. One tablespoon equals 3 teaspoons; one US cup equals 16 tablespoons. Spoon flour into a cup and level it.



Lemon Parsley Baked Cod - AI-generated realistic food artwork, not a photograph or tested result.

Lemon Parsley Baked Cod

4 servings | Prep: 15 minutes | Cook: 15 minutes

Ingredients

- 1 1/2 pounds cod fillets, cut into 4 portions
- 2 tablespoons olive oil
- 1 lemon, thinly sliced
- 2 tablespoons chopped parsley
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper

Method

1. Heat the oven to 425°F. Pat fish dry and arrange portions in a lightly oiled shallow baking dish, folding thin tail ends underneath so the thickness is more even.
2. Brush fish with oil and season with salt and pepper. Place two or three lemon slices over each portion; keep remaining slices alongside rather than completely burying the fish.

3. Bake 10–15 minutes, depending on thickness, until the thickest part of every portion reaches 145°F. The flesh should be opaque and separate easily into flakes. Begin checking at 10 minutes.
4. Use a wide spatula to transfer portions to plates. Sprinkle with parsley and spoon a little of the cooking juice over the top.

Cook's tip

A shallow dish retains flavorful juices while allowing the top to cook evenly. Leave room between portions.

Substitution

Use haddock or pollock of similar thickness. Their cooking window may be shorter, so check early.

Storage

Refrigerate at 40°F or below within 2 hours. Use within 2 days; reheat leftovers to 165°F.

Ingredient allergen notes

fish

Warm Potato and Green Bean Salad

4 side servings | Prep: 15 minutes | Cook: 20 minutes

Ingredients

- 1 1/2 pounds small potatoes, halved
- 12 ounces green beans, trimmed
- 3 tablespoons olive oil
- 2 tablespoons red wine vinegar
- 1 teaspoon Dijon mustard
- 1 small shallot, finely diced
- 1/4 teaspoon kosher salt, plus 1 tablespoon for potato water
- 1/4 teaspoon black pepper

Method

1. Put potatoes in a saucepan and cover with cold water by 1 inch. Add the tablespoon of salt, bring to a boil, and simmer 12–16 minutes until a knife slides through without resistance.
2. In a second saucepan, boil green beans in water for 4–5 minutes until tender with a slight bite. Drain and cool briefly under running water, then drain thoroughly.
3. Whisk oil, vinegar, mustard, shallot, remaining salt, and pepper in a wide bowl. Drain potatoes and let steam escape for 2 minutes.
4. Add warm potatoes to dressing and turn gently. Fold in green beans and serve warm or at room temperature within the safe serving window.

Cook's tip

Halve larger potatoes again so the pieces finish together. Dress them warm to help the flavor enter the centers.

Substitution

Replace green beans with asparagus cut into 2-inch pieces; boil 2–3 minutes, depending on thickness.

Storage

Refrigerate at 40°F or below within 2 hours. Use within 3 days; serve chilled or reheat cooked portions to 165°F.

Ingredient allergen notes

mustard

Edition, use and support

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Safety references

FoodSafety.gov • safe cooking temperatures

<https://www.foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures>

USDA FSIS • leftovers and food safety

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety>

Sources checked October 4, 2026. Original recipes are separate from these safety references.

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Cook the fish with a clear finish in mind

Fish suppers become easier to plan when thickness, heat, and finishing ingredients are considered together. Coastal Fish Suppers offers lemon parsley baked cod, crisp oven fish tacos, ginger sesame trout, and other preparations ranging from packets to stews and fish cakes. Learn to even out thin portions, maintain a gentle simmer when fish cooks in sauce, and keep crisp toppings separate until serving. Measured recipes include temperature endpoints and practical checks for individual portions. Vegetable accompaniments and suggested menus help shape the meal around the fish you choose. This Junction Table collection by CrownThrive, LLC gives home cooks several approaches to a bright, varied seafood table.

- Fold thin cod ends under for more even baking and check each portion.
- Coat fish strips in flour, egg, and panko before baking them for tacos.
- Brush trout with ginger soy seasoning and finish with sesame seeds and scallions.

PUBLIC SAMPLE: two recipes only; the full edition has twelve.



Ginger Sesame Trout Plate

AI-generated realistic food artwork