Fresh fish is a tasty protein that has a relatively short shelf life. Any fish you are not planning on eating within a few days must be frozen. Properly freezing a fish does not mean tossing it into the freezer. Here's what you need to know to have top-quality fish for months:\n

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Air is your enemy. Any air that touches your fish will destroy it. It's that simple. So you must prevent air from contacting the fish by vacuum-sealing it, glazing it or wrapping it tightly. (This is in order of preference.)\n

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If you catch a lot of fish or buy lots of fresh fish from the market, buy a vacuum sealer. They're worth every penny and you'll use them frequently.\n

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If you choose not to vacuum seal, you can glaze the fish by dipping them in cold water and putting the dipped fish on a sheet pan in the freezer. Let that water freeze, then repeat the process several more times to get a 1/4 inch thick ice glaze on the fish. You can then put your glazed fish into a plastic bag and place in the freezer for storage.\n

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You can wrap your fish in plastic wrap, then put the wrapped fish into a plastic bag. This method is not as effective at preventing moisture loss and freezer burn like the other methods.\n