

Going Healthy: How to Cook Fish in Your Dishwasher

Description

Hi there!

Happy Easter to those of you that celebrate, and Happy Just-another-Sunday to those of you that donâ€™t!

So, guess what I did yesterday? You give up? I cooked a big batch of wild-caught cod.

Who cares, right? Well, I cooked the fish in our dishwasher if that interests you.



Hi, I cook your food and wash what you eat it on!

No, its not taking the “clean eating” fad literally (hmm, or maybe it is!), its simply as it sounds. Take your fish, put in dishwasher, and run a cycle.

This was my first time to cook with the dishwasher and I was unsure of how things would turn out. So, I obviously had my concerns. Will my washer smell like fish forever, will the fish just get shred to pieces, and will it even be fully cooked?

But, the end result was perfectly cooked fish! Tender, moist, and still intact; awesome! The dishwasher did smell a little like fish, but nothing overwhelming and it went away after a while.

The prep was quick and easy, and cleanup was a wash! Ha ha, I love laughing at my own corny puns!

Anyway, even Going Mom tried and approved of the dishwashed (steamed or poached?) fish. Good thing since it will be in her meals I prepare for her work lunches!

Why cook food in the dishwasher? No good reason, just because you can and itâ€™s fun to say you did. Will I do again? Maybe, but not anytime soon.

That said, give it a shot and join the dishwashed food club. You could cook with a washer full of dirty dishes as long as your tightly seal your foil pouches, but I prefer not to.

You see this compartment to fill with dishwashing fluid?



Donâ€™t!



Hereâ€™s what you need:

- fish of choice (I used cod but heard salmon works well too)
- salt and pepper
- herbs and spices (this is optional, but I used paprika, cumin, basil, and dill)
- I didnâ€™t use any, but you could add a little olive oil and lemon juice inside the foil.
- aluminum foil
- a dishwasher

Hereâ€™s what you do:

1. Pre-heat your oven to 350°F.

2. Place your fish on a piece of foil large enough to fold over and seal tight.



3. Season fish with salt and pepper and any additional seasonings you prefer.
4. Turn off your oven since you donâ€™t even need to use it and I just wanted to annoy you. Sorryâ€¦
5. Tightly seal the foil around your fish.
6. Place foil pouches in the top rack of your dishwasher and run on normal cycle with the sanitize option if you have it.



Sealed tight and ready for a wash!

7. Let your dishwasher do its thing and do not open until the full cycle, including the drying cycle, is complete.



8. Remove fish from dishwasher and enjoy your "clean eating" fish with a side of quinoa and roasted Brussels sprouts, or whatever sides you like.



Have you ever cooked anything in your dishwasher? If not, would you?

Ever cooked food using another unconventional method?

Date Created
2014/04/20

default watermark