

Cooking fish thats been in the freezer

Here is aÂ trick to cooking fish that has been in the freezer for a while.Â After thawing the fish in the sink or refrigerator, drain off any excess water and place the fish in a pan or bowl.Â Cover the fish with club soda or milk and let stand for a while.Â Rinse the fish off periodically and the fish will get more mild.