How Much Seafood Do I Need To Buy?

How much fish should you buy per person? These are estimates of the amount of seafood to buy. The exact amount will depend on whom you are feeding. Also, if the seafood will be in a sauce or mixed with several other ingredients, you will probably need less per person than is indicated here.

- For whole fish, figure ¾ to 1 pound (12 to 16 ounces) per person.
- Dressed fish has been gutted, scaled, and had the gills removed. A dressed fish is ready to cook. You'll need ½ pound (8 ounces) per person.
- Fillets are boneless sections of flesh cut from either side of the fish. Steaks are crosswise cuts of fish that include a small portion of the backbone. For either fillets or steaks you'll need ¼ to 1⁄3 pound (4 to 6 ounces) per person.
- For crab, figure on ¼ pound of cooked meat and 1 to 1 ½ pounds of live meat per person.
- For cooked lobster meat, you'll need 1⁄3 pound per person; for live lobster figure on 1 to 1 ½ pounds per person.

Here are some additional buying guidelines:

- Mussels, in the shell: 1 dozen
- Soft-shelled clams: 6 to 12 per person depending on the size
- Oysters, in the shell: 6 to 12 depending on the size
- Clams in the shell: ½ dozen
- Oysters, clams, or mussels, shucked: ½ to 1⁄3 pint
- Scallops: ¼ to 1⁄3 pound
- Whole shrimp: 1 pound
- Headless, unpeeled shrimp: ½ pound
- Headless, peeled shrimp: 1⁄3 pound
- Whole squid: ½ pound
- Cleaned squid: ¼ pound

Reference: Seafood at its Best, University of Idaho Extension,
http://www.uidaho.edu/extension/twinfalls/seafoodatitsbest
http://howmuchfish.com/
http://www.deseagrant.org/outreach/seafood-technology-faq-how-much-seafood-should-i-buy
http://www.seafood.nmfs.noaa.gov/Purchasing_Seafood.html