

A

alaska pollock

Citrus Alaska Pollock Lettuce Wraps [thailand]

SERVES 10

Alaska Pollock fillets, 6-oz. portions, each cut into 3 strips	10 ea.	1. Rub pollock with citrus zests and ginger. Season to taste with salt and pepper; sauté.
Orange and lime zest, grated	2 tsp. ea.	2. Divide fish among lettuce leaves; drizzle with sauce.
Ginger, grated	2 Tbsp.	3. Garnish with peanuts.
Lettuce leaves (romaine, butter or iceberg)	30 ea.	
Thai sweet chili sauce	1 cup	
Peanuts, toasted and chopped	¼ cup	

SUGGESTED ACCOMPANIMENT: Mango and Coriander Salsa

Γ

alaska pollock

Alaska Pollock Asado [cuba]

SERVES 10

Alaska Pollock fillets, 6 to 8 oz.	10 ea.	1. Season pollock to taste with salt and pepper. Combine olive oil, cumin, garlic, oregano and coat fillets.
Salt and pepper	to taste	2. Broil fish until cooked through.
Olive oil	2 Tbsp.	
Cumin powder	1 Tbsp.	
Garlic, chopped	¼ cup	
Dried oregano	2 tsp.	

SUGGESTED ACCOMPANIMENT: Jicama-Orange Slaw

Σ

alaska pollock

Pesto-Infused Grilled Alaska Pollock [italy]

SERVES 10

Basil pesto	1 cup	1. Marinate pollock in pesto.
Alaska Pollock fillets, 6 to 8 oz.	10 ea.	2. Grill to desired doneness.

SUGGESTED ACCOMPANIMENT: Sun-Dried Tomato and Pine Nut Compote



Alaska Pollock with Garlic, Tomatoes and Rosemary [france]

SERVES 10

Alaska Pollock fillets, 6 to 8 oz.	10 ea.	1. Season pollock to taste with salt and pepper. Toss fish with olive oil and rosemary.
Olive oil	2 Tbsp.	2. Arrange red onions, tomatoes and garlic in small baking dishes.
Rosemary, chopped fine	1 Tbsp.	3. Nestle fish into vegetables.
Red onions, sliced	2 cups	4. Bake to order; 375°F is best if using convection oven.
Cherry tomatoes	50 ea.	
Garlic cloves, roasted	2 cups	

SUGGESTED ACCOMPANIMENT: Pine Nut Polenta