ALASKA.
The natural state of sustainable seafood.

Americans are concerned about their own health and, increasingly, they’re also concerned about the health of the planet.

Since 1959, Alaska’s constitution has mandated that “fish...be utilized, developed and maintained on the sustained yield principle,” and it is still the only state to do so.

With every aspect of Alaska’s fisheries strictly regulated, closely monitored, and rigidly enforced for nearly five decades, the state’s successful management practices have become a model for the entire world.
A GREAT MENU is essential for success in today’s marketplace, and Alaska Seafood fits right in, wherever the menu takes you— from appetizers and salads to soups and sandwiches, light or hearty, cutting-edge ethnic or traditional comfort foods. Always wild, natural and sustainable, Alaska Seafood boasts a wide variety of flavorful, healthy protein options, from salmon and halibut to cod, pollock, sole and crab. It all showcases beautifully in traditional center-of-plate applications, of course. But seafood from Alaska is also perfect for smaller plates, including delicious starters and finger foods, signature sandwiches, entrée-worthy salads and even distinctive soup preparations. Any way you choose to use it, Alaska Seafood makes the menu.
PISTACHIO-CRUSTED alaska halibut kebabs

Serves 8, 2 kebabs per order

ALASKA HALIBUT
Pistachios, coarsely ground 8 oz.
Breadcrumbs 5 Tbsp.
Alaska Halibut, cut into 1x3 inch strips 1 1/2 lbs.
Salt and pepper as needed
Skewers, 4-6 inch 16 ea.

YOGURT MINT SAUCE
Greek yogurt 1/2 cup
Lemon juice, fresh 2 Tbsp.
Mint, fresh, minced 1/2 oz.
Garlic, minced 1 clove
Salt 1/2 tsp.
Chile flakes 1/2 tsp.

ASSEMBLY
Butter lettuce leaves 16 ea.

1. About 30 minutes before serving, place cast iron pan in 425°F oven to preheat.

2. Alaska Halibut: Mix pistachios and breadcrumbs. Press pistachio crust onto halibut strips, skewer. Spray fish with olive oil, season with salt and pepper and roast on preheated cast iron pan in oven for 8 minutes, turning once.


4. Assembly: Place halibut skewers on butter lettuce. Serve with Yogurt Mint Sauce on the side. To eat, remove skewers and wrap fish in lettuce leaves.
1. **Alaska Snow Crab**: Stir together soy sauce and rice vinegar; toss with the crab.

2. **Sushi Rice**: Heat sugar and water in small saucepan. Stir until sugar is dissolved. Add rice vinegar and cool. In a separate bowl, stir together rice, onions, yellow squash, carrot, cucumber, red bell pepper, garlic, ginger, soy sauce and salt. Stir in cooled rice vinegar mixture.

3. **Assembly**: Place in a 6 oz. mold; layer of sushi rice mixture, layer of diced avocado, layer of snow crab. Place mold on plate and tap to release.

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**ALASKA SNOW CRAB**

- Soy sauce: 3 Tbsp.
- Rice vinegar: 2 tsp.
- Alaska Snow Crab: 2 lbs.

**SUSHI RICE MIXTURE**

- Sugar: ¾ cup
- Water: ¼ cup
- Rice vinegar: 1 cup
- White rice, cooked: 4 cups
- Green onions, thinly sliced: 8 ea.
- Yellow squash, small dice: 8 oz.
- Carrot, small dice: 8 oz.
- English cucumber, small dice: 1 ea.
- Red bell pepper, small dice: 1 ea.
- Garlic, minced: 4 cloves
- Ginger, fresh, minced: 1 Tbsp.
- Soy sauce: ½ cup
- Salt, kosher: 1 Tbsp.
- Avocados, small dice: 2 ea.

Serves 8
ALASKA POLLOCK
Alaska Pollock, 2 1/2 lbs.
cut into 5 oz. portions
Canola or olive oil spray
Salt and pepper
Dill, fresh, minced

GREEK SALAD
Tomatoes, finely diced
2 ea.
English cucumber, finely diced
1 ea.
Kalamata olives, coarsely chopped
24 ea.
Garlic, finely minced
1 clove
Salt
1 tsp.
Olive oil
2 Tbsp.
Red wine vinegar
2 Tbsp.

YOGURT DILL SAUCE
Greek yogurt
1 cup
Dill, fresh, finely chopped
1/4 cup
Green onions, thinly sliced
2 ea.
Garlic, minced
1 clove
Milk
2 Tbsp.
Salt
1 tsp.

ASSEMBLY
Romaine lettuce leaves
8 ea.
Pita breads
8 ea.

GREEK ALASKA POLLOCK
pita sandwiches
Serves 8

1. Alaska Pollock: Spray pollock with oil spray. Season with salt and pepper. Pat dill onto the fish. Cook on flat top until done, about 5-8 minutes.

2. Greek Salad: Stir together tomato, cucumber, olives, garlic, salt, oil and vinegar. Reserve.


4. Assembly: Place 1 lettuce leaf in each pita. Place pollock into the pita bread, top with 2 Tbsp. of the Greek Salad and drizzle with Yogurt Dill Sauce or serve Yogurt Dill Sauce on the side.
### ALASKA COD

**Alaska Cod,** 2 lbs. cut into 4 oz. portions

### OREGANO CRUST

- Cumin, ground: 1 Tbsp.
- Oregano: 3 Tbsp.
- Chile flakes, dried: 1 Tbsp.
- Salt: 1 1/2 tsp.
- Black pepper: 3/4 tsp.
- Canola or olive oil: 3 Tbsp.

### SPICY COLE SLAW*

(yields: 3 cups)

- Green cabbage, julienned: 16 oz.
- Red bell pepper, julienned: 4 oz.
- Red jalapeño, julienned: 1 ea.
- Green onions, thinly sliced: 6 ea.
- Cilantro, chopped: 1/2 cup
- Lime juice, fresh: 1/4 cup
- Cider vinegar: 1 cup
- Sugar: 3/4 cup
- Salt: 1 tsp.
- Chili flakes: to taste

### ASSEMBLY

- Crusty rolls, cut in half, with a bit of soft center removed: 8 ea.
- Guacamole, prepared: 1 cup
- Black beans: 1/2 cup
- Lime juice, fresh: 1 ea.
- Spicy Cole Slaw: 1/3 cup
- Cilantro sprigs: for garnish

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1. **Alaska Cod:** Mix together the cumin, oregano, chili flakes, salt and pepper. Press the spice mixture onto the cod. Heat the oil in a sauté pan and cook fish until done, about 4 minutes per side.

2. **Spicy Cole Slaw:** Toss cabbage, bell pepper, jalapeño, onions, cilantro and lime juice together in a bowl. Heat vinegar and sugar together in a small saucepan; add salt. Stir until sugar is dissolved then pour over the cabbage mixture. Stir together adjusting spiciness with chili flakes, if needed.

3. **Assembly:** Spread 2 Tbsp. of guacamole on bottom half of a crusty roll; top with 1 Tbsp. of black beans. Place the warm cod on the beans and sprinkle with approximately 1/2 tsp. lime juice. Place 1/3 cup of Spicy Cole Slaw on the fish and garnish with a cilantro sprig. Cover with the top of the roll.

*Substitute prepared cole slaw with vinaigrette dressing. To increase spiciness, add a julienned jalapeño.*
GRILLED ALASKA SALMON with avocado & papaya SPINACH SALAD

Serves 8

ALASKA SALMON
Alaska Salmon, 2 1/2 lbs.
8 ea. 5 oz. portions
Salt and pepper as needed
Olive oil spray as needed

LIME VINAIGRETTE
Lime juice, fresh 3 Tbsp.
Rice vinegar 2 Tbsp.
Olive oil 2 Tbsp.
Paprika 1/2 tsp.
Salt 1/2 tsp.
Black pepper 1/4 tsp.

SALAD
Spinach 8 cups
Avocados, sliced into 12 slices 2 ea.
Papayas, sliced into 12 slices 2 ea.

1. Alaska Salmon: Season salmon with salt and pepper. Lightly spray with olive oil. Grill about 4 minutes per side.
2. Lime Vinaigrette: Whisk lime juice, vinegar, oil, paprika, salt and pepper together. Reserve.
3. Assembly: Toss spinach with 2/3 of the Lime Vinaigrette and place on serving plate. Arrange three slices each of avocado and papaya on the spinach. Place grilled salmon on spinach; drizzle fish with remaining Lime Vinaigrette.
ALASKA SOLE
Alaska Sole fillets
Soy sauce
Salt and pepper
Oil

Soy sauce
1/2 cup
Salt and pepper as needed
Oil 3 Tbsp.

SPICY NOODLES
Oil
Bok choy, julienned
Red bell pepper, julienned
Carrot, julienned
Jalapeño, finely diced
Garlic, minced
Snow peas, julienned
Chinese chow mein noodles or linguine, cooked, drained and cooled
Soy sauce
1 1/2 cup
Asian toasted sesame oil 2 Tbsp.
Cilantro, minced
1 cup
Green onions, minced
6 ea.
Rice vinegar
2 Tbsp.
Sesame seeds, toasted
1/4 cup

1. Alaska Sole: Brush sole fillets with soy sauce; season with salt and pepper. Heat oil and sear fillets in sauté pan, about 2 minutes per side.

2. Spicy Noodles: Heat oil in sauté pan and add bok choy, bell pepper, carrot, jalapeño and garlic. Cook until just soft. Add snow peas and cook 1-2 minutes more. Toss with chow mein noodles, soy sauce, sesame oil, cilantro, onions and rice vinegar.

3. Assembly: Place on dinner plate, top with sole fillet and sprinkle with sesame seeds.
ALASKA SNOW CRAB
tortilla soup
Serves 8


NOTE: Adjust spiciness with addition of more chile powder or a spicier chile powder, Ancho chile powder for example.
**ALASKA SEABASS & ALASKAN POLLACK**

Serves 8, about 24 spring rolls

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### ALASKA POLLOCK

- 3 lbs. Alaska Pollock, 2 oz. ea. 1x2 inch strips
- 1 Tbsp. Chinese chile paste
- 1/4 cup Soy sauce
- Canola or olive oil spray

### FILLING

- 2 oz. Rice noodles, thin (mai fun)
- 1 lb. Mushrooms, sliced
- 8 oz. Red bell pepper, juliennd
- 4 oz. Carrot, peeled and shredded
- 4 cloves Garlic, finely minced
- 1 oz. Ginger, fresh, finely minced
- 1/2 cup Soy sauce
- 6 ea. Green onions, thinly sliced
- 1 bunch Cilantro, finely chopped
- 1 tsp. Chile flakes
- 1 tsp. Cornstarch mixture: cornstarch mixed with 1 tsp. cold water
- 1 Tbsp. Egg roll skins, 4x4 inch

### DECORATION

- 6 Tbsp. Spicy Dipping Sauce

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1. **Alaska Pollock**: Season pollock with mixture of Chinese chile paste and soy sauce. Spray oil in sauté pan and sear fish. Remove from pan, refrigerate or reserve.

2. **Preheat** oven to 425°F. Place a cast iron grill pan or skillet in oven to preheat.

3. **Rice Noodles**: Place rice noodles in bowl and cover with boiling water; let set for 15 minutes to soften. Drain thoroughly, return to bowl. Reserve.


5. **Preparing Egg Rolls**: Brush the edges of the egg roll skins with water. Place 1 Tbsp. of filling on the lower half of the egg roll skin; top with pollock strip. Roll tightly.

6. **Cooking**: Spray egg rolls with oil and place in oven on pan or skillet for 4 minutes, turn and cook another 4 minutes. Repeat with remaining 2 sides for total cooking time of 16 minutes.

7. **Assembly**: Cut on the diagonal and serve with Spicy Dipping Sauce.

**Spicy Dipping Sauce**: In a small saucepan, heat rice vinegar, sugar, minced garlic and Chinese chile paste until sugar is dissolved. Cool and reserve until serving time.

*Substitute Chinese mustard or purchased Sweet & Sour Sauce*
### ALASKA SOLE or SALMON

<table>
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<tr>
<th>Item</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>Breadcrumbs</td>
<td>1 cup</td>
</tr>
<tr>
<td>Salt</td>
<td>¼ tsp</td>
</tr>
<tr>
<td>Basil, dried</td>
<td>½ tsp</td>
</tr>
<tr>
<td>Alaska Sole or Salmon fillets, 16 ea.</td>
<td>2 lbs.</td>
</tr>
<tr>
<td>Canola or olive oil spray</td>
<td>as needed</td>
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### BASIL-LEMON AIOLI*

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>Mayonnaise</td>
<td>1 ⅔ cups</td>
</tr>
<tr>
<td>Basil, fresh, julienned</td>
<td>1 ⅔ cups</td>
</tr>
<tr>
<td>Lemons, zested</td>
<td>3 ea.</td>
</tr>
<tr>
<td>Lemon juice, fresh</td>
<td>½ cup</td>
</tr>
<tr>
<td>Capers, coarsely chopped</td>
<td>4 Tbsp.</td>
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<tr>
<td>Salt</td>
<td>1 tsp.</td>
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### ASSEMBLY

<table>
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<th>Item</th>
<th>Quantity</th>
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<tr>
<td>Romaine or butter lettuce, small pieces</td>
<td>16 ea.</td>
</tr>
<tr>
<td>Roma tomatoes</td>
<td>4 ea.</td>
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<tr>
<td>Mini buns, about 2 to 2 ½ inches in diameter</td>
<td>16 ea.</td>
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1. **Alaska Sole**: Mix bread crumbs, salt and basil together. Cut each sole/salmon fillet in half. Press the breadcrumb mixture onto each fillet. Chill for 1 hour. Spray sauté pan with oil spray and sauté fish.

2. **Basil-Lemon Aioli**: Whisk together mayonnaise, basil, lemon zest and juice, capers and salt.

3. **Assembly**: Toast the buns. Place 1 Tbsp. Basil-Lemon Aioli on top and bottom of each bun; top with lettuce and slice of tomato. Top with fish and 1 tsp. Basil-Lemon Aioli.

*Substitute tartar sauce for Basil-Lemon Aioli*

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Serves 8, 2 sliders per order
OREGANO-CRUSTED ALASKA COD WITH greek quinoa salad

Serves 8

ALASKA COD
Alaska Cod 2 lbs.
8 ea. 4 oz. portions
Breadcrumbs, dried
Salt and pepper
Canola or olive oil spray

GREEK QUINOA SALAD
(yields: 4 1/2 cups)
Quinoa 3/4 cup
Water 2 cups
Tomatoes, small dice 2 ea.
English cucumber, small dice 1/2 ea.
Kalamata olives, cut in half 14 ea.
Garlic, minced 1 clove
Oregano, fresh 1 Tbsp.
Salt 1 tsp.
Olive oil 3 Tbsp.
Red wine vinegar 3 Tbsp.
Italian parsley, finely chopped 1/4 cup
Romaine lettuce leaves 8-16 ea.
Lemon juice, fresh as needed
Fresh dill

1. Alaska Cod: Pat the cod dry. Pat breadcrumbs onto the fish. Place on a rack and chill for 30 minutes, up to 4 hours.

2. Prepare the quinoa: Rinse the quinoa in cold water several times to remove the bitterness. Place in a saucepan and cover with 2 cups water. Bring to a boil, reduce heat and simmer for 15 minutes. Cool under cold water. Drain thoroughly.

3. Salad: Mix together the cooled quinoa, tomato, cucumber, olives, garlic, oregano, salt, oil, vinegar, and parsley.

4. Cooking: Season fish with salt and pepper. Heat sauté pan, spray with oil and sauté fish until done, approximately 2 minutes per side.

5. Assembly: Arrange salad on dinner plate lined with romaine leaves. Arrange on the Greek Quinoa Salad and sprinkle the cod with lemon juice. Garnish with dill sprigs.
## ALASKA SALMON

**Alaska Salmon, cooked, cooled and flaked***
- Shallots, large, minced 2 ea.
- Dijon mustard 2 Tbsp.
- Panko breadcrumbs, divided 1 1/4 cups
- Eggs, extra large 2 ea.
- Basil, dried 2 1/2 Tbsp.
- Salt 2 tsp.
- Black pepper 1 tsp.
- Canola or olive oil 3-4 Tbsp.

**Sun-Dried Tomato Mayonnaise**
- Sun-dried tomatoes, covered with boiling water and reserved 1 1/2 oz.
- Pesto, prepared 2 Tbsp.
- Mayonnaise 1 cup

**Assembly**
- Sandwich buns, split 8 ea.
- Prosciutto, pan-roasted until crisp 8 slices
- Romaine lettuce leaves 8 ea.

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1. **Alaska Salmon**: Mix together salmon, shallots, Dijon mustard, half the panko breadcrumbs, eggs, basil, salt and pepper. Shape into 8 salmon cakes and gently pat remaining panko breadcrumbs onto each cake; chill for 2 hours. Sauté in oil until crisp on each side.

2. **Sun-Dried Tomato Mayonnaise**: Finely dice sun-dried tomatoes. Stir tomatoes and pesto into mayonnaise. Reserve.

3. **Assembly**: Toast buns and spread top and bottom of buns with 2 Tbsp. Sun-dried Tomato Mayonnaise. Place romaine lettuce on bottom half of bun. Top with salmon burger and prosciutto. Cover with top of the bun.

* Or use canned Alaska Salmon

**Substitute Sun-Dried Tomato Mayonnaise for a pesto and sun-dried tomato mixture.**
CHILE-RUBBED alaska cod tamale

Serves 8, 2 tamales per order

ALASKA COD
Alaska Cod 1 1/2 lbs.
Pasilla chile 1 ea.
Chipotle chile 1/2 ea.
Cumin, ground 1 tsp.
Garlic, minced 1 clove
Oil 2 Tbsp.
Water 2 Tbsp.
Salt 1 1/4 tsp.
Black pepper 1/2 tsp.

TAMALE
Corn husks, dried 16 ea.
Masa, fresh 1 1/2 lbs.
Chicken broth or water 1/2 cup
Cheddar cheese, low fat 6 oz.
Salt 1 1/4 Tbsp.
Black pepper 1/4 tsp.
Oil 2 Tbsp.

CORN & AVOCADO SALSA
Onion, minced 4 oz.
Garlic, minced 4 cloves
Tomato, diced 6 oz.
Corn, cooked 3 cups
Jalapeño, finely chopped 1 ea.
Chile flakes 1 1/2 tsp.
Avocados, diced 2 ea.
Salt 1 1/2 tsp.
Cilantro, finely chopped 6 Tbsp.
Lime juice, fresh 6 Tbsp.
Oil 2 Tbsp.

OPTIONAL GARNISH
Yogurt or sour cream 1 cup
Cilantro sprigs 2 Tbsp.

1. Alaska Cod: Cut the fish into strips 2-inch by 2 1/2 inches. Puree pasilla chile, chipotle chile, cumin, garlic, oil and water in blender. Brush mixture on cod strips. Reserve.

2. Preparing Tamales: Soak corn husks in hot water for 30 minutes. Place masa in heavy duty mixer and beat in chicken broth, cheese, salt, pepper and oil.

3. Shaping Tamales: Remove corn husks from water and pat dry. Spread about 1/2 cup masa mixture in center of corn husk. Press fish into the center and fold corn husk around fish to enclose in masa mixture. Tie with thin strip of corn husk.

4. Cooking: Place tamales in steamer for 1 hour.

5. Corn & Avocado Salsa: Mix together onion, garlic, tomato, corn, jalapeño, chile flakes, avocado, salt and cilantro. In a separate bowl whisk together lime juice and oil; add to salsa mixture and mix together.

6. Assembly: Open tamales but leave in the husk. Serve about 2 Tbsp. of Corn & Avocado Salsa over each tamale. Drizzle with yogurt or sour cream and top with cilantro sprig.