

Between the Bread and the

deep

BLUE

SEA



Sandwiches and More from
Alaska Seafood

Cast a Wider Net



Who doesn't love a sandwich? Especially one that combines exciting global flavors with versatile, high-quality seafood from the icy pure waters of Alaska?

Healthy, delicious, and always wild and sustainable, Alaska seafood is the ultimate inspiration for an ocean of wonderful sandwiches, as well as other menu items that take advantage of economical smaller portions of popular Alaska species. Using these recipes and menu suggestions, you can adapt many of the same ingredients and flavors into appetizers, dips, pastas, soups, stir-frys, salads and more—a real mix-and-match bounty of ideas for your menu.

And that adds value and variety, along with such up-to-the-minute sandwiches as the Smoked Alaska Salmon Deli or the Grilled Alaska Cod Gyro that showcase Alaska seafood in all its delicious glory.

These are keepers, alright.

ALASKA SURIMI SEAFOOD ROLL

Serves
12

Surimi Seafood Salad

Alaska Surimi Seafood	2 lbs.
Celery, chopped	4 oz.
Cucumber, peeled, seeded and finely diced	4 oz.
Mayonnaise	16 oz.
Pickled ginger juice	2 Tbsp.
Pickled ginger, minced	1 Tbsp.
Lemon juice	2 Tbsp.
Lemon zest	1 Tbsp.
Rice vinegar	1 Tbsp.
Sugar	1 Tbsp.
Tarragon leaves, fresh	¼ cup
Scallions, thinly sliced	1 oz.
Sea salt	2 tsp.
Black pepper	1 tsp.

Assembly

Butter	8 Tbsp.
Sandwich roll, toasted	12 ea.
Tarragon leaves, fresh	to garnish
Celery leaves, fresh	to garnish
Lemon zest	to garnish

Surimi Seafood Salad: Pull surimi seafood into ½" pieces along natural seams. Combine ingredients and toss. Season with salt and pepper. Cover and refrigerate until chilled.

Assembly: Split sandwich roll in half, leaving an inch at each end unsliced. Butter each side. Place buttered sides down onto hot griddle or under broiler until golden brown. Gently pinch the roll open (like a baked potato); stuff with chilled surimi seafood salad. Garnish with fresh tarragon leaves, celery leaves and fresh grated lemon zest.

A spin on the classic New England Lobster Roll using Alaska Surimi Seafood in place of lobster, on a grilled sandwich roll for an affordable menu solution.



INGREDIENTS

DIRECTIONS

Alternative
MENU
Ideas

LUNCH / COBB SALAD

Arrange surimi seafood salad, diced tomatoes, crumbled bacon, blue cheese and sliced avocado atop a bed of chopped romaine. Dress with a vinaigrette.

APPETIZER

Serve surimi seafood salad on endive leaves for an elegant appetizer. Garnish with chopped scallions.

ALASKA SOLE MEUNIÈRE

Serves
12

Meunière

Alaska Sole fillets, 4-5 oz. ea.	3-4 lbs.
Salt	2 tsp.
Black pepper	1 tsp.
Flour	2 cups
Butter, salted	12+ Tbsp.
Lemon, juiced	2 ea.

Curly Endive Salad

Curly endive	6 oz.
Arugula	4 oz.
Parsley leaves, fresh	1 cup
Lemon zest	1 Tbsp.
Olive oil	4 oz.
White wine or champagne vinegar	1 oz.
Sea salt	1 tsp.

Assembly

Brioche bun	12 ea.
Butter, softened	8 Tbsp.
Capers	to garnish

Meunière: Season fillets with salt and pepper. Spread flour on plate, dredge fillets in flour, shaking off excess. Melt 1 Tbsp. butter in large skillet; add a fillet and cook over high heat for 2 minutes. Turn fillet and cook for 1 minute. Repeat process for each fillet.

When all fillets are cooked, melt remaining butter in skillet, stirring often until butter smells nutty and is golden brown. Remove brown butter from heat and set aside.

Curly Endive Salad: Combine all ingredients; toss to combine. Drizzle with oil and vinegar; add salt. Refrigerate.

Assembly: Open brioche bun, spread with butter and toast on griddle or under broiler. Place sole fillet on toasted bun bottom. Drizzle with warm Meunière sauce from the skillet. Arrange salad on top of sole fillet. Garnish with capers. Lean bun crown against salad.

INGREDIENTS

DIRECTIONS

Alternative
MENU
Ideas

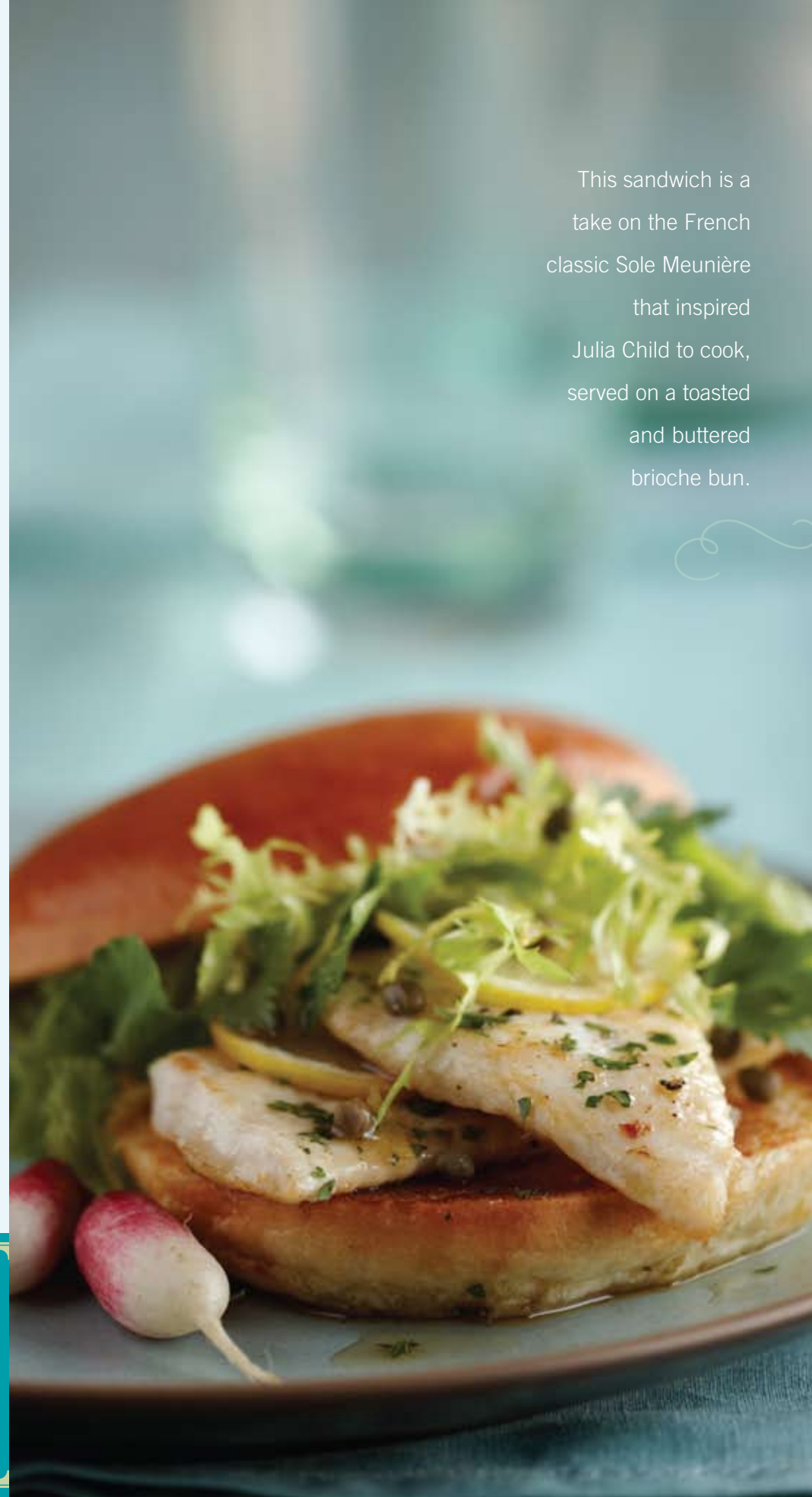
PASTA

Toss sautéed sole and cooked fettuccine or linguine with Meunière sauce. Top with Parmesan cheese, parsley and freshly ground black pepper.

SOLE FRITES

Serve with crispy French fries for a bistro classic. Add a bit more Meunière sauce to season the fries.

This sandwich is a take on the French classic Sole Meunière that inspired Julia Child to cook, served on a toasted and buttered brioche bun.



ALASKA POLLOCK PO' BOY

Serves
12

Pan-fried Alaska Pollock

Alaska Pollock fillets, 4-5 oz. ea.	3-4 lbs.
Peanut oil	as needed
Toasted pecans, ground	16 oz.
Cornmeal, yellow	16 oz.
Flour	1 cup
Sea salt	2 Tbsp.
Sugar	2 Tbsp.
Black pepper	1 tsp.
Cayenne pepper	1 tsp.
Milk	1 cup
Eggs, beaten	4 ea.

Spicy Tartar Mayo

Mayonnaise	16 oz.
Pickle relish	4 oz.
Celery, ½" dice	4 oz.
Horseradish, prepared	2 oz.
Ginger, fresh, chopped	2 Tbsp.
Lemon juice and lemon zest	1 Tbsp. ea.
Garlic, fresh, chopped	2 tsp.
Chili paste	2 tsp.
Sea salt	2 tsp.
Garlic powder	1 tsp.

Assembly

Hoagie roll	12 ea.
Lettuce, shredded	3 cups
Tomatoes, chopped	12 oz.
Yellow onion, chopped	12 oz.
Banana peppers, chopped	12 oz.

Pan-fried Alaska Pollock: Rinse pollock, pat dry; cut into 4-5 oz. fillets.

Combine pecans, cornmeal, flour, salt, sugar, black pepper, and cayenne pepper. In a separate bowl, combine milk and egg. Dip each fish portion in milk mixture; coat with nut mixture in classic breading style.

Fry 1 or 2 pieces of fish in peanut oil for 3-4 minutes or until golden brown, turning once. Drain on paper towels. Keep warm in a 300°F oven while frying remaining fish – or fry fish fillets to order.

Spicy Tartar Mayo: Combine all ingredients and mix well. Refrigerate.

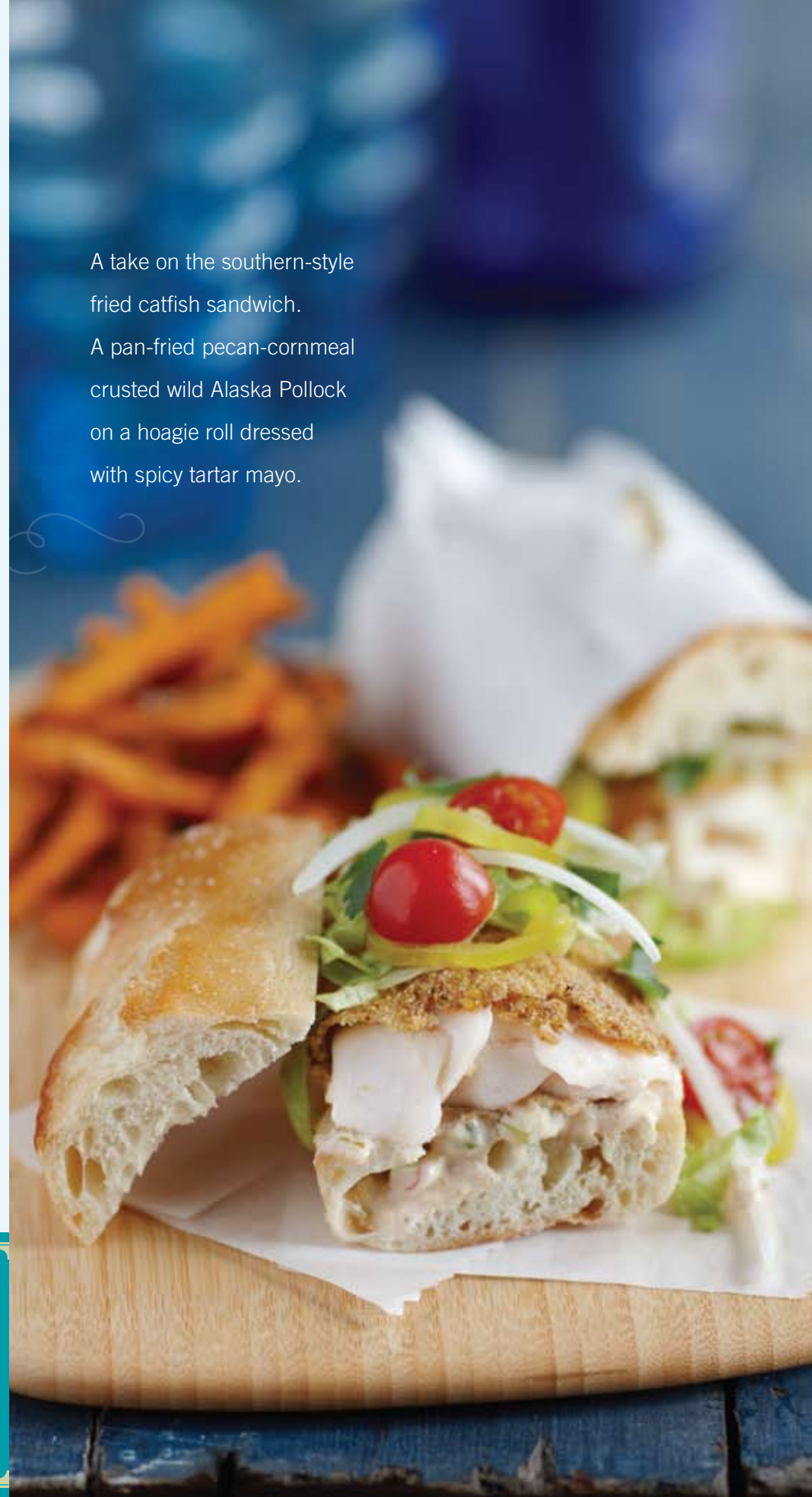
Assembly: Spread Spicy Tartar Mayo on both sides of roll; place fillet on bottom half. Top with shredded lettuce, chopped tomatoes, onion, banana peppers and roll top.

INGREDIENTS

DIRECTIONS

A take on the southern-style fried catfish sandwich.

A pan-fried pecan-cornmeal crusted wild Alaska Pollock on a hoagie roll dressed with spicy tartar mayo.



Alternative
MENU
Ideas

FISH & CHIPS

Cut pollock fillets into finger size lengths and fry using same breading method. Serve with French fries for an upscale "fish n' chips."

FISH TACOS

Serve cut pieces of pollock in two warm corn tortillas topped with shredded lettuce, pico de gallo, fresh cilantro and salsa. Garnish with lime wedge.

ALASKA HALIBUT MANDARIN

Serves
12

Mandarin Orange Soy Sauce

Orange juice, fresh squeezed	6 oz.
Sugar	6 oz.
Water	5 oz.
Soy sauce, low sodium	2 oz.
Ponzu-citrus dressing	2 oz.
Sushi vinegar	2 oz.
Sake	1 oz.
Orange juice concentrate	1 oz.
Thai chili sauce	1 Tbsp.
Orange zest	1 Tbsp.
Sesame oil	2 tsp.
Garlic purée	1 tsp.
Ginger purée	1 tsp.
White pepper	½ tsp.
Cornstarch slurry	as needed

Fried Alaska Halibut

Alaska Halibut fingers, approximately 2 oz. ea.	3-4 lbs.
Cornstarch	as needed

Assembly

Focaccia square – 4" x 5", warmed	12 ea.
Mandarin orange segments	12 oz.
Scallions, chopped	¾ cup
Sesame seeds, toasted black and blonde	¾ cup
Cilantro leaves, fresh	12 Tbsp.
Orange zest	to taste
Sesame oil, toasted	drizzle

Mandarin Orange Soy Sauce: Combine all ingredients in a saucepan; heat to a simmer. Whisk cornstarch slurry into sauce to thicken. Allow to simmer another 3 minutes; remove from heat.

Fried Alaska Halibut: Dredge halibut in cornstarch. Fry halibut in a 365°F to 375°F fryer 1-2 minutes, or until internal temperature reaches 145°F.

Assembly: Dip halibut (2 fingers per order) in Mandarin Orange Soy Sauce. Place sauced halibut on warm focaccia square; top with Mandarin orange segments, scallions, sesame seeds, cilantro leaves, orange zest and sesame oil.

A classic Chinese stir-fry built for a sandwich. Crispy fried wild Alaska Halibut tossed in a sweet and gingery Mandarin Orange Soy Sauce on a focaccia square.



STIR-FRY

Stir-fry onions and red, green and yellow bell peppers with minced fresh ginger, garlic, scallions and orange zest. Add cut pieces of fried halibut in Mandarin Sauce. Garnish with Mandarin oranges, fresh cilantro and toasted sesame seeds. Serve on rice or crispy noodles.

CHINESE HALIBUT SALAD

Dip cut pieces of fried halibut in Mandarin Sauce. Toss with chopped romaine, shredded Napa cabbage, radicchio, chopped scallions, cilantro and wonton chips.

INGREDIENTS

DIRECTIONS

Alternative
MENU
Ideas

GRILLED ALASKA COD GYRO

Serves
12

Gyro Seasoning

Onion, chopped	8 oz.
Olive oil	12 oz.
Red wine vinegar	4 oz.
Garlic, minced	4 Tbsp.
Marjoram	4 Tbsp.
Rosemary	4 Tbsp.
Sea salt	4 tsp.
Black pepper	2 tsp.
Alaska Cod fillets, cut into 1 oz. squares	3 lbs.

Tzatziki Sauce

Greek yogurt	16 oz.
English cucumber, sliced in ½ moons	2 oz.
Olive oil	1 oz.
Red wine vinegar	1 oz.
Garlic, minced	3 Tbsp.
Mint, fresh, chopped	2 Tbsp.
Dill, fresh, chopped	2 Tbsp.
Lemon zest	1 tsp.
Sea salt	1 tsp.

Assembly

Pita bread	24 halves
Romaine, shredded	12 oz.
Cherry tomatoes, halved	approximately 2 pints
Red onion, chopped	12 oz.

Gyro Filling: Combine all gyro seasoning ingredients in food processor; process to fine paste. Mix with cod to coat. Place cod pieces on hot grill for 2-3 minutes, depending on grill temperature. Carefully turn cod over and grill for another 1-2 minutes, or until just opaque. Place on a sheet pan to cool. Refrigerate.

Tzatziki Sauce: Combine all ingredients in a food processor and purée. Refrigerate.

Assembly: Place pita under the broiler to warm. Stuff pita halves with shredded lettuce, red onion and 1 Tbsp. Tzatziki Sauce. Top with 6-8 cod squares, halved cherry tomatoes; drizzle with additional Tzatziki Sauce.

INGREDIENTS

DIRECTIONS

Grilled Greek-style wild Alaska Cod with traditional seasoning stuffed in fresh pita.



Alternative
MENU
Ideas

FATOUSH SALAD

Mix cut cod with cooked couscous, chopped romaine, tomatoes, cucumber, red onion, parsley, kalamata olives and crumbled feta. Toss with Tzatziki Sauce and fresh lemon juice.

MEDITERRANEAN-STYLE PASTA SALAD

Toss cooked, sliced cod with penne pasta in extra virgin olive oil. Add crumbled feta, chopped tomatoes, kalamata olives, fresh mint and parsley.

SMOKED ALASKA SALMON DELI

Serves
12

Cream Cheese Schmear

Cream cheese, at room temperature	8 oz.
Capers	3 oz.
Lemon juice	2 oz.
Horseradish, prepared	2 oz.
Dill, chopped	¼ cup
Sea salt	to taste
White pepper	to taste

Pickled Red Onions

White vinegar	12 oz.
Sugar	3 oz.
Salt	1 tsp.
Bay leaf	1 ea.
Allspice berries	5 ea.
Whole cloves	5 ea.
Red pepper flakes	1 tsp.
Red onion, thinly sliced	16 oz.

Assembly

Deli roll	12 ea.
Heirloom tomato, sliced	36 slices
Arugula	1 cup
Alaska smoked salmon, 4-5 oz. ea., cut in finger slices	3-4 lbs.
Dill sprigs	to garnish

Cream Cheese Schmear: Combine all ingredients and mix well. Add salt and pepper to taste. Refrigerate.

Pickled Red Onions: Combine vinegar, sugar, salt and spices. Bring to boil, reduce heat, add onions; simmer for 1 minute. Cool in bowl, then refrigerate.

Assembly: Spread cream cheese schmear on bottom of toasted roll; layer with tomatoes, arugula and smoked salmon. Garnish with pickled onions and fresh dill.

Smoked wild
Alaska Salmon served
on a deli roll, spread
with seasoned cream
cheese schmear. It's a
new kind of deli
sandwich.



INGREDIENTS

DIRECTIONS

Alternative
MENU
Ideas

APPETIZER / DIP / SPREAD

Mix chopped smoked salmon with 2 parts cream cheese to 1 part sour cream. Mix in chopped scallions or capers and season with salt, pepper, dill and lemon zest. Serve with crackers or crudités.

SANDWICH WRAP

Serve salmon rolled in thin buckwheat blini-style pancakes. Top with schmear and capers.

ALASKA HALIBUT CIOPPINO

Serves
12

Cioppino Sauce

Olive oil	1 oz.
Onion, ¼" dice	8 oz.
Shallots, ¼" dice	2 oz.
Sea salt	1 Tbsp.
Garlic, fresh, minced	1 oz.
Red pepper flakes, crushed	1 tsp.
Tomato paste	4 oz.
Tomatoes, diced, in juice	7 cups
Dry white wine	2 cups
Fish stock	4 cups
Bay leaves	2 ea.
Kosher salt and black pepper	to taste

Wild Alaska Halibut

Alaska Halibut fillets, 4-5 oz. ea.	3-4 lbs.
Kosher salt and black pepper	to taste
Olive oil	12 oz.

Shaved Fennel-Herb Salad

Fennel, shaved	6 cups
Cherry tomatoes, halved	3 cups
Parsley leaves, fresh	1 cup
Lemon zest	4 oz.
Kosher salt and black pepper	to taste
White wine vinegar	to taste

Assembly

Sourdough crostini, ½" slices, brushed with olive oil	12 ea.
Chives, finely chopped	¼ cup
Lemon zest	¼ cup

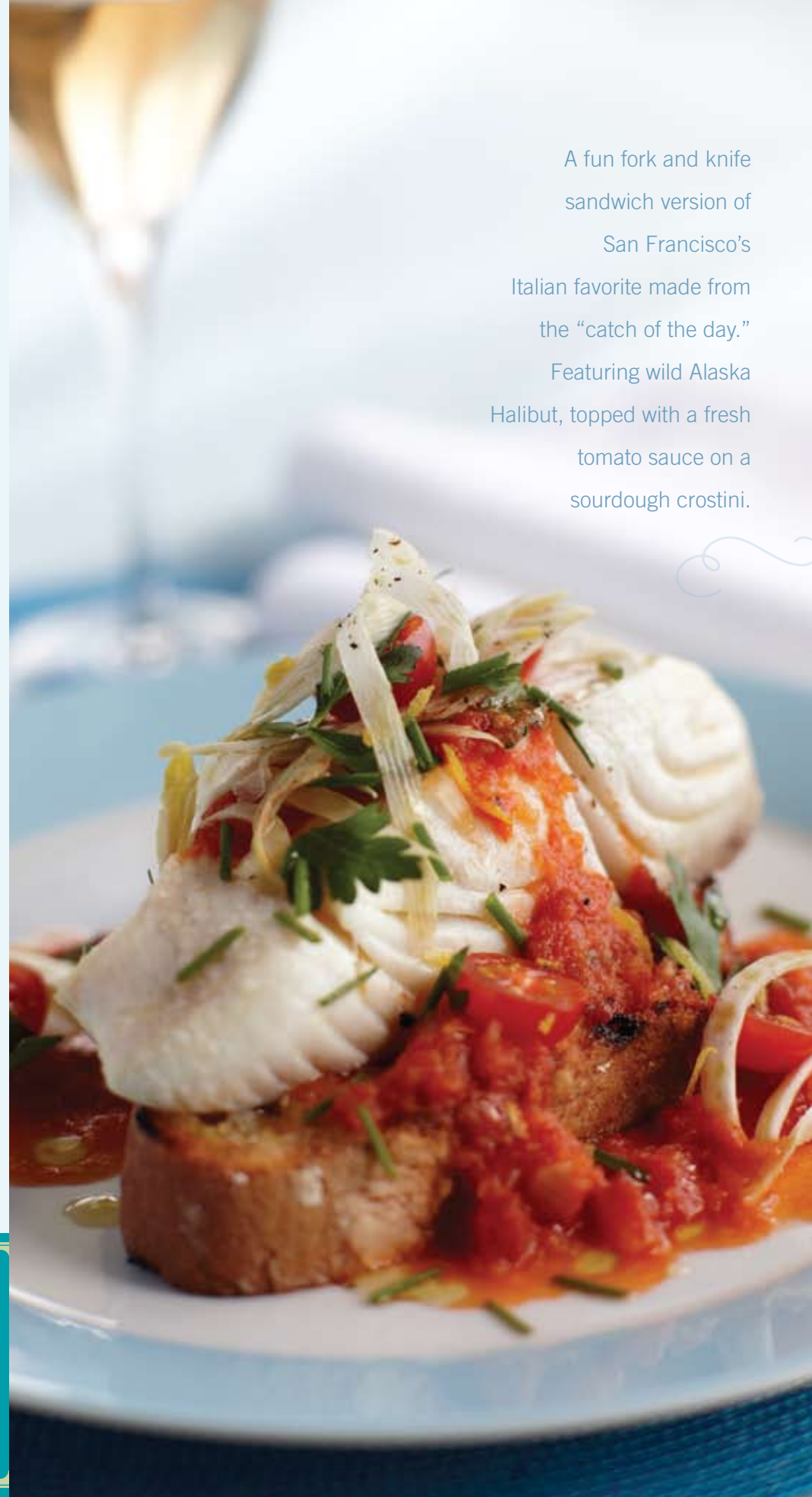
Cioppino Sauce: Heat oil in large pot over medium heat. Add onion, shallots and salt; cook until translucent. Add garlic, red pepper flakes; cook 5 minutes. Stir in the tomato paste, tomatoes with juice, wine, fish stock and bay leaves. Cover and simmer about 60 minutes. Add salt and pepper to taste.

Alaska Halibut: Season halibut fillets with salt and pepper; set aside. Heat large skillet over medium high heat, add olive oil and continue heating until olive oil is hot. Place fillets in skillet and sauté for 5-6 minutes. Turn over fillets; continue cooking for 4 minutes, or until opaque throughout. Sauté fillets in batches or to order.

Shaved Fennel-Herb Salad: Combine all ingredients, toss and refrigerate.

Assembly: Toast crostini slices on grill or in oven. Place crostini on plate, spoon 1 Tbsp. of Cioppino Sauce on crostini, place halibut on top of sauce, ladle ¼ cup sauce over halibut, garnish with fennel salad, chopped chives and lemon zest.

A fun fork and knife sandwich version of San Francisco's Italian favorite made from the "catch of the day." Featuring wild Alaska Halibut, topped with a fresh tomato sauce on a sourdough crostini.



INGREDIENTS

DIRECTIONS

Alternative
MENU
Ideas

PASTA

Toss cut pieces of cooked halibut and cooked spaghetti with extra virgin olive oil, sautéed garlic and Parmesan cheese. Top with Cioppino Sauce. Garnish with parsley and red pepper flakes.

APPETIZER / SOUP

Double the broth quantity and add cut pieces of grilled halibut to make an appetizer portion "cup of soup."

SALT & PEPPER ALASKA COD

Serves
12

Salt & Pepper Alaska Cod

Alaska Cod fillet, 4-5 oz. ea. 3-4 lbs.
Cornstarch as needed

Asian-style “Gremolata”

Scallions, chopped 4 oz.
Jalapeños, red and green 2 oz.
Garlic, sliced 2 oz.
Ginger, julienne 2 oz.
Cilantro leaves, fresh 1 oz.
Kosher salt or sea salt 1 Tbsp.
Ground pepper mix (black, green, red and Szechwan) 1 Tbsp.

Assembly

Sesame bun, toasted 12 ea.
Lime Ponzu sauce 12 Tbsp.
Red vinegar (available at Asian markets) drizzle
Jalapeño, red and green, thinly sliced 2 slices of each
Cilantro, fresh 12 sprigs

Salt & Pepper Cod: Dredge cod in cornstarch; fry in 365°F to 375°F fryer for 1-2 minutes, or until internal temperature reaches 145°F.

Asian-Style Gremolata: Dredge gremolata ingredients, except cilantro, salt and pepper, in cornstarch. Fry for 15-30 seconds or until garlic is golden brown. Cool and add cilantro leaves. Toss with salt and pepper.

Assembly: Place gremolata on warm bun bottom, top with fried cod, drizzle with Ponzu sauce and red vinegar; garnish with fresh jalapeño slices and fresh cilantro. Top with bun crown.

Crispy fried salt & pepper
Alaska Cod topped
with a spicy Asian-style
“gremolata” on a
toasted sesame bun.



Alternative
MENU
Ideas

RICE BOWL

Stir cut pieces of cod with a little Asian-Style Gremolata into a bowl of fragrant Jasmine rice.

STIR-FRY

Add sautéed onions, bell peppers, broccoli and water chestnuts to bite-size pieces of salt & pepper cod.



Wild, Natural & Sustainable®

Alaska Seafood Marketing Institute

U.S. Marketing Office • 150 Nickerson Street, Suite 310
Seattle, WA 98109 • 800-806-2497

International Marketing Office & Administration • 311 N. Franklin Street, Suite 200
Juneau, AK 99801 • 800-478-2903

www.alaskaseafood.org