

COOKING TIPS

Cooking Methods for Wild Alaska Seafood



GRILLING:

Quick cooking at high heat – perfect for any seafood species

1. Thoroughly clean and preheat the grill
2. Oil both the grill and the seafood to prevent sticking
3. Marinate or season the seafood
4. Place the seafood on the grill
5. Flip
6. Cook just until opaque throughout

POACHING:

Submerge seafood in poaching liquid to cook – great for any seafood species

1. Add water/seasoned liquid to large pan and simmer
2. Turn off heat
3. Add seafood to liquid, skin side down
4. Return heat to a simmer
5. Cover pan tightly
6. Cook just until opaque throughout

STEAMING:

Place seafood above simmering water to cook – best for delicate seafood species/portions

1. Use a Chinese bamboo steamer basket, wire basket or vegetable steamer
2. Bring about 1-inch of water/seasoned liquid to a boil
3. Turn off heat; place steamer in pan
4. Place seafood inside the steamer
 - a. Line the steamer with lettuce, onions, herbs or citrus (without covering all of the holes) to keep seafood from sticking
5. Return liquid to a boil
6. Cover loosely
7. Cook just until opaque throughout



ROASTING:

Oven technique best for thicker seafood portions

1. Preheat oven to 400°F
2. Spray-coat or foil-line a baking sheet
3. Place seafood on baking sheet
4. Brush with oil and season
5. No need to flip
6. Cook just until opaque throughout

BROILING:

Oven technique for seafood portions of uniform thickness – thick or thin

1. Preheat broiler/oven
2. Spray-coat or foil line a baking sheet or broiler pan
3. Place seafood on pan
4. Brush with oil and season
5. Flip only very thick portions
6. Cook just until opaque throughout

SAUTÉING:

Quick cooking at medium-high heat – best for thinner seafood portions

1. Preheat pan to medium-high
2. Add oil or a combination of oil and butter to the pan
3. Add seafood to pan, skin side up, and cook until browned
4. Flip
5. Cook just until opaque throughout

PAN-SEARING:

Cook at high heat to quickly create a crust and seal in juices – best with thicker seafood portions/cuts

1. Preheat pan – higher temperature
2. Preheat oven to 400°F
3. Add oil or a combination of oil and butter to the pan
4. Season seafood lightly
5. Add seafood to pan, skin side up, and cook until browned
6. Flip
7. Finish thicker fillets in oven
8. Cook just until opaque throughout