

## Simple Techniques for PAN-SEARING Wild Alaska Seafood

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

- Preheat pan – higher temperature
  - ❖ Use high heat for seafood less than 1/2-inch thick; use medium-high heat for seafood thicker than 1/2-inch (thicker pieces caramelize with lower heat because cooking time is longer)
- Preheat oven to 400°F
- Add oil or a combination of oil and butter to the pan
- Season seafood lightly
- Add seafood to pan, skin side up, and cook until browned
  - ❖ Pan must be the appropriate size so as to not overcrowd the seafood; an over-crowded pan's temperature will drop quickly and a good seal will not form on the food
  - ❖ Shake the pan immediately after adding seafood, then allow the seafood to remain undisturbed until the appropriate color develops
- Flip
- Finish thicker fillets in oven
- Cook just until opaque throughout

For more information, cooking tips and recipe ideas, please visit the Alaska Seafood Marketing Institute at [www.alaskaseafood.org](http://www.alaskaseafood.org).



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## BASIC HERB PAN SAUCE FOR WILD ALASKA SEAFOOD

\*Makes about 1/2 cup, or enough to sauce 4 servings of fish

- 4 Tablespoons butter, divided
- 1/4 cup finely chopped shallots or green onions
- 3/4 cup chicken stock
- 1/4 cup dry white wine or more chicken stock
- 2 Tablespoons fresh lemon juice, or to taste
- 3 Tablespoons finely chopped herbs such as parsley, dill, chives, or a combination
- Salt and freshly ground pepper

Heat 2 tablespoons butter in a sauté pan over moderate heat and sauté the shallots until softened but not brown, about 2 minutes. Add the chicken stock, wine and lemon juice and bring to a boil over high heat. Continue to cook until reduced by half and lightly thickened, 3-5 minutes. Take off heat, whisk in remaining butter to thicken the sauce, and then add the herbs and season to taste with salt and pepper. Serve immediately.



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