



## Alaska Pollock Sliders

Serves 8,  
2 sliders per order

<b>Alaska Pollock</b>	
Alaska Pollock fillets, cut into 1½ oz. portions	1½ lbs.
Canola oil spray	as needed
Salt and pepper	to taste
<b>Sliders</b>	
Mayonnaise	6 oz.
Breadcrumbs, divided	6 oz. + 3 oz.
Salt	½ tsp.
Onion, finely grated	1½ oz.
Lemon juice	6 Tbsp.
Zest of 1 lemon	1 Tbsp.
Canola oil spray	as needed

### CONDIMENTS:

<b>Maple Syrup Mustard</b>	
Maple syrup	1 oz.
Yellow mustard	2 oz.
<b>Tartar Sauce (prepared)</b>	as needed
<b>Cocktail Sauce (prepared)</b>	as needed

<b>Assembly</b>	
Soft dinner rolls, approximately 3" in diameter	16 ea.
Romaine lettuce, shredded	2 oz.

### DIRECTIONS:

#### Alaska Pollock

1. Spray baking sheet with oil. Place Alaska Pollock pieces on baking sheet and spray with oil. Season lightly with salt and pepper. Roast at 400°F for about 10 minutes. Cool.

#### Sliders

1. In a large bowl, gently mix the fish, mayonnaise, 6 oz. of breadcrumbs, salt, onion, lemon juice and zest together. Make 16 2-oz. balls of mixture. Shape into round, flat disks measuring about 2½" in diameter each.
2. Coat top and bottom lightly with remaining (3 oz.) breadcrumbs.
3. Heat sauté pan or flat-top and spray with oil. Over medium heat, pan fry sliders about 4 minutes on the first side, turn carefully and cook another 2-3 minutes. Sliders will have a light golden brown crust.

#### Condiments

1. Maple Syrup Mustard: Whisk maple syrup and yellow mustard together.

#### Assembly

1. Warm buns while sliders are cooking. Place sliders on buns. Garnish with romaine lettuce. Serve with condiments on the side (Maple Syrup Mustard, Tartar Sauce or Cocktail Sauce).



## Alaska Salmon in a Blanket

Serves 8

#### Alaska Salmon

Alaska Salmon fillets, cut in 1" x 3" pieces, about 1 oz. ea.*	8 oz.
Canola oil spray	as needed
Salt and pepper	to taste

### CONDIMENTS:

#### Honey Barbecue Sauce

Mild barbecue sauce	3½ oz.
Ketchup	1 oz.
Honey	½ oz.

#### Maple Syrup Mustard

Maple syrup	1 oz.
Yellow mustard	2½ oz.

#### Assembly

Crescent rolls or pizza dough	1 8-oz. package of 8 rolls
Egg wash	as needed

\*Can also be made with Alaska Halibut or Cod

### DIRECTIONS:

#### Alaska Salmon

1. Spray baking sheet with oil. Place Alaska salmon pieces on baking sheet and spray with oil. Season lightly with salt and pepper. Roast at 350°F for about 8 minutes. Cool.

#### Condiments

1. Honey Barbecue Sauce: Whisk barbecue sauce, ketchup and honey together.
2. Maple Syrup Mustard: Whisk maple syrup and yellow mustard together.

#### Assembly

1. Unwrap rolls and spread out in triangles. Brush ½ tsp. of Honey Barbecue Sauce on each of the triangles. Place a strip of fish at the wide end of each triangle and roll up to enclose. Place point side down on the baking sheet.
2. Whisk egg and water together to make an egg wash. Brush the tops of the rolls with the egg wash. Bake at 350°F for 15-17 minutes.
3. Serve with Honey Barbecue Sauce, Maple Syrup Mustard, or other various prepared sauces.

#### Pizza Dough Variation

1. Roll dough to a 2½" x 2½" square. Brush with ½ tsp. Honey Barbecue sauce, leaving ½" at the bottom edge. Brush bottom edge with water. Place fish on one end and roll up. Place seam side down on baking sheet. Bake at 350°F for 15-17 minutes.

## Alaska Fish Flags

Serves 8

#### Alaska Fish Nuggets

Alaska Pollock or Cod Nuggets, Oven Ready, 1-oz., 3 nuggets per serving	24 ea.
Canola oil spray	as needed

#### Assembly

Flour tortillas, about 6" in diameter	8 ea.
Mexican cheese, reduced fat, shredded*	4 oz.
Canned black beans	8 oz.
Celery sticks	24 sticks
Carrots, roasted peppers, and yellow bell peppers, cut into the shape of stars, squares and stripes	for garnish
Mild salsa	2 Tbsp.

\*Or an equal mix of reduced fat cheddar cheese and Mozzarella cheese

### DIRECTIONS:

#### Alaska Fish Nuggets

1. Spray baking sheet with oil spray. Bake the nuggets according to package instructions, about 12-14 minutes at 350°F.

#### Assembly

1. Place the tortillas on the work surface. Place ½ oz. cheese in the center of each tortilla. Sprinkle 1 oz. black beans over each. Place three nuggets on each.
2. Fold the top third of the tortilla to the center. Fold two of the sides to the center to form a triangle.
3. Heat a sauté pan or flat-top. Oil lightly. Place the tortilla, folded sides down in the pan and place a weight on top. Cook long enough to melt the cheese and turn the tortilla golden brown, about 4 minutes. Turn and cook the second side, about 2 minutes more.
4. Cut into 3 triangles. On a dinner plate, place a celery stick along one side to resemble a flagpole. Decorate the top with roasted peppers, carrots and yellow bell peppers cut into stars, squares and stripes. Serve with a ramekin of mild salsa.



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## Alaska Seafood



## Little Bites For Little Tykes



Kids Recipes from Alaska Seafood



## Alaska Cod Parmigiano | Serves 8

<b>Alaska Cod</b>	
Alaska Cod fillets, cut into 3 oz. portions	1½ lbs.
Flour	1½ oz.
Salt, divided	½ tsp. + ¾ tsp.
Eggs, large	2 ea.
Breadcrumbs, unseasoned	2½ oz.
Parmesan cheese, finely grated	1½ oz.
Oregano	¼ tsp.
Canola oil spray	as needed
<b>Assembly</b>	
Marinara sauce, prepared	10 oz.
Whole wheat shell pasta, cooked	28 oz.
Parmesan cheese	3 oz. for garnish

### DIRECTIONS:

#### Alaska Cod

- Place flour in a shallow dish. Season with ½ tsp. salt.
- Place eggs in a separate shallow dish and whisk to break up.
- In another shallow dish, combine breadcrumbs, Parmesan cheese, oregano and ¾ tsp. salt.
- Bread each fillet by dipping first in flour, then egg and finally with breadcrumbs, taking care to fully coat each piece with each mixture.
- Spray a sauté pan with oil and pan fry on each side until cooked and golden brown, 3-4 minutes per side.

#### Assembly

- Heat marinara sauce and toss with cooked pasta. Place approximately 3 oz. on a dinner plate.
- Place the fish on the side of the cooked pasta and sprinkle with Parmesan.

## Alaska Salmon Grillers | Serves 8

<b>Alaska Salmon</b>		
Alaska Salmon fillets, cut into 1½ oz. portions	12 oz.	
Canola oil spray	as needed	
Salt and pepper	to taste	
<b>Honey Mustard</b>		
Yellow mustard	2½ oz.	
Honey	1½ oz.	
<b>Assembly</b>		
Mozzarella cheese, reduced fat	4 oz.	
Sourdough bread, cut into 4" x 3" squares, about ½" thick	16 slices	
Honey mustard	4 oz.	
Canola oil spray	as needed	
Fruit and vegetables	for garnish	

### DIRECTIONS:

#### Alaska Salmon

- Spray baking sheet with oil. Place whole piece of Alaska salmon on baking sheet and spray lightly with oil. Season lightly with salt and pepper. Roast at 400°F for about 12 minutes. Cool.

#### Honey Mustard

- Whisk yellow mustard and honey together.

#### Assembly

- Place ½ oz. Mozzarella cheese on one slice of bread. Top with cooked fish.
- Brush the second piece of bread with Honey Mustard. Place second slice on top of fish.
- Lightly spray top of the bread with oil and place this side down on Panini grill or grill pan. Spray the topside lightly with oil. If using grill pan, weight the sandwich with another pan to press gently and turn after 3 minutes.
- Grill until cheese melts, fish is warm and sandwich has distinctive grill marks, approximately 3-4 minutes.
- Cut into 4 "sticks" or triangles and serve with fruit and vegetable garnish.

## Alaska Crab Mac & Cheese | Serves 8

<b>Cheese Sauce</b>	
Butter	2 oz.
Flour	1 oz.
Milk, reduced fat	16 oz.
Dry mustard	½ tsp.
Salt	½ oz.
Cheddar cheese	13 oz.
<b>Assembly</b>	
Shell pasta, cooked	32 oz.
Alaska Crab meat	24 oz.
Canola oil spray	as needed

### DIRECTIONS:

#### Cheese Sauce

- Melt the butter in a 1-quart saucepan.
- Whisk in the flour. Add the milk and whisk continuously until thickened, about 8 minutes.
- Whisk in the dry mustard and salt.
- Turn off the heat. Stir in the cheese and mix until melted.

#### Assembly

- Stir the cooked pasta into the cheese sauce and let cool for 10 minutes.
- Stir in the Alaska crab.
- Lightly coat 8 individual 8-oz. ramekins with oil. Evenly distribute mixture into ramekins. Refrigerate to hold for individual servings. Alternative: place entire mixture into a 13" x 9" oiled baking dish.
- Bake at 400°F for 15-25 minutes (longer time if refrigerated before baking).

## Alaska Cod Taco Tango | Serves 8

<b>Alaska Cod</b>	
Alaska Cod fillets	1 lb.
Canola oil spray	as needed
Salt and pepper	to taste
<b>Sweet &amp; Sour Sauce</b>	
Lime juice	2 oz.
Sugar	3 oz.
White wine vinegar	2 Tbsp.
Water	½ oz.
Cilantro, chopped	½ oz.
Salt	¼ tsp.
<b>Assembly</b>	
Crisp taco shells	8 ea.
Cheddar cheese, reduced fat, shredded	6 oz.
Romaine or iceberg lettuce, shredded	1 oz.
Carrot, shredded	3 oz.
Fruit salsa	serve on the side

### DIRECTIONS:

#### Alaska Cod

- Spray baking sheet with oil. Place Alaska cod on baking sheet and spray lightly with oil. Season with salt and pepper. Roast at 400°F for about 10 minutes. Cool. When cooled, break the fish into large pieces.

#### Sweet & Sour Sauce

- Place all ingredients in a saucepan. Heat and stir just until sugar is dissolved. Cool. Yield: generous ½ cup.

#### Assembly

- Toss the warm fish with Sweet & Sour Sauce. Place 2 oz. of fish in each taco shell.
- Sprinkle each taco with ¾ oz. cheddar cheese. Top with lettuce and carrot.
- Serve with fruit salsa.



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