



ALASKA POLLOCK

Wildly Delicious Recipes



Wild, Natural & Sustainable



Wild, Natural & Sustainable®

It's easy to feel good about your menu offerings with wild Alaska pollock. As one of the most abundant and sustainable fisheries in the world. It's also full of healthy deliciousness – high in lean protein and omega 3s, yet low in fat and cholesterol. Plus, as a cousin to cod, Alaska pollock shares many of Alaska cod's prized qualities – firm texture, mild flavor, and snow-white meat. Enjoy these chef-developed recipes and inspire more healthy and environmental goodness on your menu.

#AskforAlaska

Thanks to a recent change in FDA regulations, only pollock from Alaska can be called Alaska pollock. In the past, pollock from Russia or China could be sold as Alaska pollock. Now, you can be confident when you purchase Alaska pollock, it really is from the icy, pure waters of Alaska!





Chef Garrett Berdan, RDN

Culinary Nutritionist

“The mild, natural flavor of Alaska pollock tastes fresh and delicious, and is the perfect lean protein to take in any flavor profile direction. The fish fillets have a beautiful flake and remain tender and moist, even through hot holding. Cooking with Alaska pollock is a joy as the fish itself is wonderfully forgiving and versatile. If you are looking for nutritious versatility and ease of preparation, Alaska pollock is your new favorite protein.”



Wild, Natural & Sustainable®



Rima Kleiner, MS, RD, LDN

Registered Dietitian and Nutrition Consultant,
National Fisheries Institute

“Seafood is rich in protein and other important nutrients, like B vitamins, selenium and heart-healthy omega-3 fatty acids. Unfortunately, most of us—especially those aged 19-30—eat far too little of this nutrient-packed food. These mouth-watering recipes from Chef and Registered Dietitian-Nutritionist Garrett Berdan show you just how simple and delicious seafood can be.”



Jillian Griffith, MSPH, RDN

Associate, Partnership for a Healthier America

“As a dietitian at the Partnership for a Healthier America, I know how complicated it can be for college students to navigate the healthier food landscape. These recipes will help our Healthier Campus Initiative (HCI) students and staff enjoy delicious, protein-rich and heart-healthy meals as the campus works toward meeting their HCI goals.”



HEALTHIER CAMPUS INITIATIVE



Linda Cornish

President, Seafood Nutrition Partnership

“Fish is a delicious source of lean protein that is perfect for college students on the go. Eating seafood regularly can help increase energy, improve memory, and aid in sports performance and recovery. The recipes created by Chef Garrett Berdan, RDN featuring sustainable Alaska pollock offer students a great way to add healthy seafood into weekly meals.”



SEAFOOD
NUTRITION
PARTNERSHIP

HOW TO PREPARE

ALASKA POLLOCK FILLET BLOCKS

Professional chefs relish the idea of a user-friendly and versatile key ingredient for their menus. Alaska pollock fillet blocks are so easy to use that any cook, in any kitchen, will be able to prepare a delicious, tender fish entrée without any trouble at all.

Alaska pollock fillet blocks are composed of whole fillets that are frozen in frames under pressure to exact dimensions. They can be cut or formed into myriad shapes for value-added seafood products, or cooked whole for quick and easy foodservice applications. Alaska pollock blocks are most commonly composed of regular pinbone-out fillets or deep-skinned pinbone-out fillets, which have had the fat line removed. All recipes in this brochure were developed with deep-skinned Alaska pollock blocks, but pinbone-out blocks could be used as well.

Cooking Instructions

16.5 lb. Alaska pollock fillet block

1. Simply place each unwrapped frozen block into a 4-inch full-size hotel pan and slack out in the refrigerator overnight. If the block doesn't quite fit down into the pan when frozen, it will drop down when it has slacked out.
2. Cover the hotel pan with parchment paper and then seal the pan tightly with foil. Bake in a pre-heated 425°F convection oven for 1 hour.
3. Remove the foil and parchment paper, reduce the oven temperature to 400°F, and bake for an additional 30 minutes, or until the internal temperature just reaches 165°F. Do not overcook.
4. Some natural liquid from the fillets may remain in the pan, which can be kept for additional moisture, or poured off if desired.



COCONUT THAI CURRY ALASKA POLLOCK WITH BROWN JASMINE RICE

Yield: 64 portions **PHA Meal Information:** 3 oz. lean protein, 2 oz. equivalents grains

INGREDIENTS

Alaska Pollock:

1 ea. Alaska pollock block (16.5 lb.)

Curry with Vegetables:

2 Tbsp. canola oil
12 oz. Thai yellow curry paste
3 lbs. coconut milk
1 lb. yellow onions, ½-inch julienne
14 oz. carrots, ¼-inch bias cut
12 oz. green beans, cut into 2-inch lengths
12 oz. red bell pepper, 1-inch dice
1 cup fresh lime juice
¼ cup sugar

4 gal. brown Jasmine rice, steamed
1 qt. Thai basil, chiffonade

DIRECTIONS

Follow Alaska Pollock Block Cooking Instructions on page 5.

Curry with Vegetables:

1. Heat a large saucepan over medium heat. Add the canola oil and the yellow curry paste and fry the curry paste for about 2 minutes. Whisk in the coconut milk. Add the yellow onions, carrots, and green beans. Simmer for 10 minutes, then add the red bell pepper and simmer for another 3 minutes. Stir in the lime juice and sugar.
2. Pour the yellow curry with vegetables over the cooked Alaska pollock and break up until the sauce is evenly distributed while keeping the fish chunky. Hold hot at 135°F or higher.

Assembly:

1. For each portion place a 1 cup scoop of steamed brown jasmine rice into a bowl. Top with 1 cup (7.5 oz. weight) of the Coconut Thai Curry Alaska Pollock.
2. Sprinkle 1 Tbsp. fresh Thai basil over the curry.

Nutrients per serving:

340 calories, 7 g total fat*, 4.5 g saturated fat, 0 g trans fat, 53 mg cholesterol, 445 mg sodium, 50 g carbohydrates, 9 g dietary fiber, 2 g sugars, 20 g protein



Alaska Pollock

LAOS-STYLE ALASKA POLLOCK LAAP

Yield: 64 portions **PHA Meal Information:** 3 oz. lean protein

INGREDIENTS

Alaska Pollock:

1 ea. Alaska pollock block (16.5 lb.)

Fried Shallots and Garlic:

1 cup canola oil
6 cups shallots, thinly sliced
1 1/3 cups garlic cloves, thinly sliced
2 Tbsp. lemongrass paste

Dressing:

1 qt. 1 cup fresh lime juice
1 cup water
1 cup fish sauce
1 cup sugar
4 serrano chilies, halved and thinly sliced
2 Tbsp. lemongrass paste
1 Tbsp. fresh garlic paste

Salad:

192 large leaves of Bibb lettuce, washed
Fried Shallots and Garlic
1 qt. spearmint leaves, chiffonade
1 qt. fresh cilantro, rough chop
1 qt. red onion, thin julienne

DIRECTIONS

1. Follow Alaska Pollock Block Cooking Instructions on page 5.
2. Pour off any liquid in the pan and break up the Alaska pollock slightly.
3. Chill immediately. Hold cold at 41°F or below.

Fried Shallots and Garlic:

1. Heat a saucepan over medium heat. Add the canola oil and when it begins to shimmer, add the sliced shallots and garlic. Fry the shallots and garlic, stirring occasionally, until just golden brown. Use a slotted spoon to remove to a pan lined with paper towels to drain. Set aside.
2. Stir 2 Tbsp. lemongrass paste into the remaining hot oil. Remove the saucepan from the heat. Set aside.

Dressing:

1. Combine all ingredients and whisk until the sugar has dissolved.
2. Pour the dressing into the saucepan with the lemongrass oil. Whisk to combine.
3. Pour the final sauce over the chilled Alaska pollock and break up until the sauce is evenly distributed while keeping the fish chunky. Hold cold at 41°F or below.

Assembly:

1. For each portion place 3 large leaves of butter lettuce “cups” on a plate. Pile 3 oz. of the chilled dressed Alaska pollock in the center of the leaves. Top with about 1 Tbsp. of the Fried Shallots and Garlic combination.
2. Sprinkle with 1 Tbsp. each of chiffonade spearmint leaves, chopped cilantro, and julienne red onion.

Nutrients per serving:

140 calories, 4 g total fat, 0.5 g saturated fat, 0 g trans fat, 53 mg cholesterol, 617 mg sodium, 11 g carbohydrates, 1 g dietary fiber, 6 g sugars, 16 g protein



LEMON TAHINI ALASKA POLLOCK FLATBREAD TACOS

Yield: 64 portions **PHA Meal Information:** 3 oz. lean protein, 2 oz. equivalents grains

INGREDIENTS

1 ea. Alaska pollock block (16.5 lb.)
½ cup extra virgin olive oil
½ cup fresh lemon juice
¼ cup Za'atar spice blend
1 Tbsp. black pepper
64 6-inch square whole grain flatbreads (2 oz. each), warmed
1 gal. cucumber, small dice
2 qts. red onions, thin julienne
1 qt. flat leaf parsley, rough chop

Lemon Tahini Sauce:

2 cups fresh lemon juice
1 Tbsp. fresh garlic paste
2 cups water
4 cups sesame tahini
2 tsp. salt

DIRECTIONS

1. Follow Alaska Pollock Block Cooking Instructions on page 5.
2. Pour off any liquid in the pan.
3. Combine the extra virgin olive oil, fresh lemon juice, Za'atar spice blend and black pepper. Pour the lemon olive oil mixture over the cooked Alaska pollock and break up until the seasonings are evenly distributed while keeping the fish chunky. Hold hot at 135°F or higher.

Lemon Tahini Sauce:

Whisk together the fresh lemon juice and garlic paste in a container, and let sit for 5 minutes to mellow the garlic. Add the water, sesame tahini and salt. Whisk, or blend with an immersion blender, until smooth. Hold cold at 41°F or below.

Assembly:

1. For each portion place 3 oz. Za'atar spiced Alaska pollock down the center of a flatbread. Top with ¼ cup diced cucumber, 2 Tbsp. thin julienne red onion, and 1 Tbsp. flat leaf parsley.
2. Drizzle with 2 Tbsp. Lemon Tahini Sauce.

Nutrients per serving:

348 calories, 15 g total fat, 2 g saturated fat, 0 g trans fat, 53 mg cholesterol, 564 mg sodium, 32 g carbohydrates, 5 g dietary fiber, 3 g sugars, 22 g protein



ALASKA POLLOCK BURRITO BOWL WITH POBLANO RICE AND PINEAPPLE SALSA

Yield: 64 portions **PHA Meal Information:** 3 oz. lean protein, 1 oz. equivalent grains

INGREDIENTS

1 ea. Alaska pollock block (16.5 lb.)
12 oz. chipotle chilies in adobo, canned
2 cups fresh lime juice
½ cup canola oil
½ cup sugar
2 Tbsp. Mexican oregano, dried
1 Tbsp. salt
1 Tbsp. onion powder
2 tsp. garlic powder

Poblano Rice:

1 gal. water
1 qt. (2 lbs. 4 oz.) diced green chilies, canned
1 qt. fresh cilantro, packed
2 Tbsp. onion powder
1 Tbsp. 1 tsp. salt
1 Tbsp. 1 tsp. granulated garlic
½ cup canola oil
3 qts. (5 lbs. 4 oz.) medium grain brown rice

Assembly:

2 gal. black beans, canned, low sodium, with liquid
4 lbs. 8 oz. fresh pineapple, diced
1 lb. red onion, small dice
1 ½ cups fresh cilantro, chopped
3 ea. fresh jalapeño peppers, minced

DIRECTIONS

1. Follow Alaska Pollock Block Cooking Instructions on page 5.
2. Pour off any liquid in the pan.
3. Meanwhile, puree the chipotle chilies in adobo, lime juice, canola oil, sugar, Mexican oregano, salt, onion powder and garlic powder. Pour the chipotle lime sauce over the cooked Alaska pollock and break up until the sauce is evenly distributed while keeping the fish chunky. Hold hot at 135°F or higher.

Poblano Rice (yield 32 cups):

1. Puree the water, diced green chilies, cilantro, onion powder, salt and granulated garlic.
2. Heat a large braising pan over medium-high heat. Add the canola oil and the uncooked brown rice. Toast the uncooked brown rice, stirring constantly, over medium-high heat until some of the rice kernels brown and become opaque, about 5 minutes. Pour the green chili liquid into the toasted rice. Bring the liquid to a boil, then reduce the heat to a simmer. Cover and cook until the rice has absorbed the liquid, about 50 minutes. Hold hot at 135°F.

Assembly:

1. Place the black beans in a stock pot and bring to a low boil over medium-high heat, then reduce heat to a simmer. Cook to a minimum internal temperature of 135°F. Hold hot at 135°F.
2. Combine the diced pineapple, red onion, fresh cilantro, and jalapeño peppers. Hold cold at 41°F or below.
3. For each portion place ½ cup rice, ½ cup black beans, and 3 oz. chipotle lime Alaska pollock in a bowl.
4. Top with ¼ cup pineapple salsa.

Nutrients per serving:

390 calories, 5 g total fat, 1 g saturated fat, 0 g trans fat, 53 mg cholesterol, 619 mg sodium, 61 g carbohydrates, 12 g dietary fiber, 5 g sugars, 26 g protein



Alaska Pollock

TORTA DE ALASKA POLLOCK VERDE

Yield: 64 portions **PHA Meal Information:** 3 oz. lean protein, 2 oz. equivalent grains

INGREDIENTS

1 ea. Alaska pollock block (16.5 lb.)
3 qts. green salsa, prepared
64 Bolillo-style buns,
whole grain rich
16 small avocados, ripe, quartered
Refried black beans
1 gal. iceberg lettuce, finely
shredded
Pickled red onions

Refried Black Beans:

¼ cup canola oil
2 Tbsp. fresh garlic paste
2 Tbsp. ground cumin
9 lbs. black beans, canned, low
sodium, drained
1 qt. water

Pickled Red Onions:

2 qts. red onion, ¼-inch julienne
1 qt. apple cider vinegar (or to
cover onions)
2 tsp. sugar
2 tsp. salt

DIRECTIONS

1. Follow Alaska Pollock Block Cooking Instructions on page 5.
2. Pour off any liquid in the pan.
3. Pour the green salsa over the baked Alaska pollock and break up until the salsa is evenly distributed while keeping the fish chunky. Hold hot at 135°F or higher.

Refried Black Beans:

Heat a saucepan over medium heat and add the canola oil and garlic paste. Cook the garlic for about 2 minutes and stir in the ground cumin. Add the black beans and water. Bring to a simmer. Cook, simmering, for 5 minutes. Blend with an immersion blender into a coarse puree. Hold hot at 135°F or higher.

Pickled Red Onions:

1. Combine all ingredients in a container and stir until the sugar dissolves. Press the onions down into the brine. Add more vinegar if the onions are not submerged. Refrigerate for at least 30 minutes, or up to 5 days.

2. Hold chilled at 41°F or below.

Assembly:

Split the whole grain bolillo-style bun in half down the center. Spread ¼ avocado over the cut side of the top bun. Spread ¼ cup refried black beans on the cut side of the bottom bun. Place 3 oz. Alaska pollock over the black beans. Top with ¼ cup shredded lettuce and 2 Tbsp. pickled red onions. Place the top bun over the fillings. Slice the sandwich in half on a bias and serve.

Nutrients per serving:

396 calories, 11.5 g total fat, 1g saturated fat, 0 g trans fat, 53 mg cholesterol, 537 mg sodium, 48 g carbohydrates, 14 g dietary fiber, 10 g sugars, 25 g protein



VIETNAMESE TURMERIC ALASKA POLLOCK WITH CHILLED NOODLES

Yield: 64 portions **PHA Meal Information:** 3 oz. lean protein, 2 oz. equivalent grains

INGREDIENTS

1 ea. Alaska pollock block (16.5 lb.)
½ cup canola oil
1 cup (4 oz.) shallots, minced
¼ cup (2.5 oz.) garlic paste
¼ cup (2.5 oz.) fresh ginger paste
2 Tbsp. 1 tsp. ground turmeric
1 ¼ cup fresh lime juice
½ cup fish sauce
¼ cup (2 oz.) sugar
½ cup fresh dill, chopped
1 qt. fresh dill, rough chop
1 qt. green onions, thinly sliced on a bias
1 qt. dry roasted peanuts, lightly salted, chopped
Nuoc Cham Dipping Sauce

Chilled Noodles:

8 lbs. whole wheat thin spaghetti

Nuoc Cham Dipping Sauce:

1 qt. fresh lime juice
1 Tbsp. fresh garlic paste
½ cup fish sauce
3 cups water
1 1/3 cups sugar
4 fresh Thai bird chilies or fresh serrano chilies, minced

DIRECTIONS

1. Follow Alaska Pollock Block Cooking Instructions on page 5.
2. Pour off any liquid in the pan.
3. Heat a saucepan over medium heat. Add the canola oil and shallots, and sauté until the shallots begin to brown. Stir in the garlic and ginger, and cook for another 3 minutes. Stir in the ground turmeric and cook for another minute. Add the lime juice, fish sauce, sugar, and continue to simmer for another 5 minutes. Stir in the chopped dill.
4. Pour the sauce over the baked Alaska pollock and break up until the sauce is evenly distributed while keeping the fish chunky. Hold hot at 135°F or higher.

Chilled Noodles:

Cook the thin spaghetti until al dente. Drain and shock in cold water until chilled. Drain chilled spaghetti. Hold cold at 41°F or below.

Nuoc Cham Dipping Sauce (to serve over noodles):

Whisk together the fresh lime juice and garlic paste in a container, and let sit for 5 minutes to mellow the garlic. Add the fish sauce, water, sugar and fresh chilies, and whisk until the sugar has dissolved. Hold cold at 41°F or below.

Assembly:

Place 1 cup chilled noodles in each portion bowl. Place 3 oz. turmeric Alaska pollock in the center of the noodles. Top with 1 Tbsp. each fresh dill, sliced green onions, and chopped peanuts. Serve with 1 oz. Nuoc Cham dipping sauce on the side.

Nutrients per serving:

351 calories, 6 g total fat, 1 g saturated fat, 0 g trans fat, 53 mg cholesterol, 593 mg sodium, 53 g carbohydrates, 7 g dietary fiber, 7 g sugars, 25 g protein

#AskforAlaska

In Alaska, families fish together: husbands, wives, children, grandchildren. It isn't just a livelihood, it's a way of life. Alaskans are proud of their fishing heritage – a heritage they work to sustain for future generations and the economic stability of their communities. Alaska's hard-working fishing families appreciate your support.

100% Wild // 100% American // 100% Sustainable

Visit us at www.alaskaseafood.org
for even more recipes, tips and information!

311 N Franklin Street, Suite 200 Juneau, AK 99801-1147
(800) 478-2903 (907) 465-5560



Wild, Natural & Sustainable®