



# ULTIMATE GUIDE TO WILD ALASKA SALMON



*Wild, Natural & Sustainable®*

[www.WildAlaskaSeafood.com](http://www.WildAlaskaSeafood.com)



# SALMON: ALASKA'S STATE FISH



## Wild. Natural. Sustainable.®

Alaska is synonymous with wild seafood, with 90-95% of the wild salmon caught in the U.S. coming from the Last Frontier. The icy, pure waters help give the five species of wild Alaska salmon an unmatched taste, versatility and appeal. From the rich, robust flavor of king and sockeye salmon to the delicate, milder flavors of coho, keta and pink salmon, Alaska produces five species that appeal to all tastes and budgets and can be incorporated into a wide array of recipes.

Alaska salmon is available year-round frozen, canned and smoked, and seasonally fresh during harvesting periods. The cold water and natural environment produces salmon that is full of high-quality protein, vitamins, minerals and oils essential to good health.

Frozen Alaska salmon is rapidly chilled and flash frozen at the time of harvest to maintain the highest quality, maximize purity and taste and make meal planning even easier.

Incredibly versatile and delicious, Alaska salmon can be prepared using a range of techniques from smoking and grilling to roasting, sautéing, baking or poaching. With COOK IT FROZEN!® techniques, salmon doesn't even need to be thawed in advance. Instead, simply store it in the freezer until you are ready to prepare, and create healthy meals in minutes.



Try cooking with salmon using this selection of recipes - or create your own! Plus: learn more about the abundance of Alaska salmon and harvesting methods, COOK IT FROZEN!® techniques, and the unique flavors and textures of each species.

For additional ideas visit [www.WildAlaskaSeafood.com](http://www.WildAlaskaSeafood.com)

## Sustainability

Alaska's constitution mandates that "Fish...be utilized, developed and maintained on the sustained yield principle." This long-term dedication to sustainability and comprehensive fisheries management practices keep the world stocked with a continuous, ever-replenishing supply of wild Alaska seafood – and ensures that this unmatched, delicious resource can be enjoyed for generations to come.

# HARVESTING METHODS



## Trolling

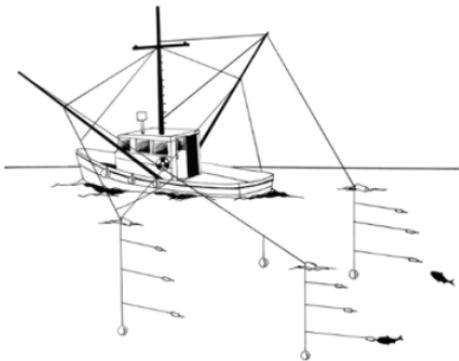
Used in southeast Alaska only

Trollers are small fishing vessels operated by one or two fishermen, using lines and hooks

Fish are caught one at a time and handled individually

If the vessel has freezing capability, salmon will be blast-frozen, dipped in fresh water to form an ice glaze

Handled individually and with the utmost care from the time they leave the water until delivered to retailers

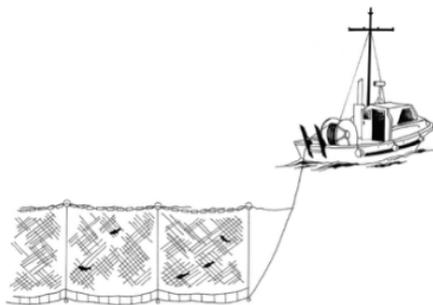




## Gillnetting

Used in every region of Alaska

Involves laying a net wall in the water in the path of the salmon; the salmon swim into the mesh and their gills become trapped in the webbing



## Purse Seining

Used in southeastern and central Alaska

A purse seine is a net that is set in a circle around the school of fish, and then is drawn closed ("purse")

Because salmon migrate in tight schools, it is not unusual for an Alaskan seiner to "wrap up" 250 to 1500 fish or more with one set



# Nutrition

Studies show that eating seafood two to four times a week can improve health. Alaska salmon, in particular, packs a powerhouse of nutrition - containing higher levels of heart-healthy omega-3 fatty acids than most seafood species - making it one of the healthiest food choices available.

## Key Vitamins and Minerals:

Alaska salmon offers numerous vitamins, including:

**Essential B vitamins (including niacin, vitamin B6, & vitamin B12):** Overall well-being of muscles, the brain, and the gastrointestinal tract

**Vitamin D:** Required for the absorption of calcium

**Phosphorus:** Builds healthy bones.

**Selenium:** Protects against several toxins, including methyl mercury.

**Iron, copper & zinc:** Important to basic body functions

## Omega-3 Fatty Acids:

The five species of Alaska salmon are long-time favorites for those searching for omega-3 content in foods, as they are rich in omega-3 oils. Scientists have known for years that omega-3 offers heart-healthy benefits, including:

**Helping to decrease blood lipids** (cholesterol, LDL's, and triglycerides)

**Reducing blood clotting factors**

**Increasing relaxation in larger arteries and blood vessels**

**Decreasing the inflammatory processes in blood vessels**

## Serving Size 3.5 oz./100g Cooked Portions

Alaska Salmon	Calories	Protein (g)	Fat (g)	Saturated Fat (g)	Sodium (mg)	Cholesterol (EPA + DHA)	Vitamin D (IU)
King (Chinook)	230	26	13	3	60	1,700	N/A
Sockeye (Red)	220	27	11	2	65	1,200	930
Coho (Silver)	140	23	4	1	60	1,100	450
Keta (Chum)	155	26	5	1	65	800	N/A
Pink	150	25	4	1	85	1,300	N/A
Canned Salmon							
Sockeye (Red)	165	23	7	2	360	1,400	790
Pink	135	23	5	1	400	1,100	470

Source: USDA National Nutrient Database for Standard Reference, Release #22

Additionally, the omega-3 oils found in Alaska salmon have been linked to improvements in or prevention of certain kinds of cancer, ulcerative colitis, psoriasis, arthritis, asthma, certain kinds of mental illness, depression and lupus.



## Cooking with Frozen Salmon

Want to prepare a salmon dinner quickly, but the salmon you have on hand is frozen? No problem! With COOK IT FROZEN!® techniques and recipes, there's no need to thaw frozen salmon portions. Cook frozen wild Alaska salmon without thawing for a delicious meal in as little as 15 minutes. Whether sautéing, roasting, broiling steaming or poaching, COOK IT FROZEN! techniques are a quick, easy and convenient way to enjoy salmon at any time.

### **Quick Tip:**

Before cooking frozen salmon portions, rinse off any ice glaze under cold water; pat dry with paper towel.

### **Sautéing and Pan-Searing:**

Heat a heavy nonstick skillet or ridged stovetop grill pan over medium-high heat.

Brush both sides of salmon with oil – olive, canola, peanut, grapeseed, soy or safflower.

Place salmon in heated pan, skin side up, and cook, uncovered, 3 to 4 minutes or until browned.

Turn the salmon over, season it with spices, and cover the skillet tightly and reduce the heat to medium. Continue to cook an additional 6 to 8 minutes.

For very thick portions, finish in oven preheated to 400°F (use ovenproof pan).

### **Roasting and Broiling:**

Preheat broiler/oven to medium-high heat (450°F).

Brush both sides of salmon with oil.

Place salmon on spray-coated broiling pan or foil-lined baking sheet.

Cook 12 to 15 minutes for frozen salmon.

Flip only very thick portions.

### **Grilling:**

Heat grill to 400°F.

Spray-coat dull side of aluminum foil (18-inch wide sheet, cut 4" longer than salmon).

Rinse any ice glaze from salmon under cold water; pat dry with paper towel.

Brush both sides of frozen fish with oil and place on foil (skin side down).

Bring long sides of foil together and fold over several times to seal; roll up short ends to form a packet.

Place packet, seam side down, onto grill grate and cook 8 to 10 minutes.

Remove packet from grill, open, and add seasoning of choice (below). Crimp loosely to close, and return to grill (seam side up). Cook an additional 8 to 10 minutes, just until fish is opaque throughout.

### **Steaming:**

Bring about 1-inch of water/seasoned liquid to a boil.

Turn off heat; place Chinese bamboo steamer basket, wire basket or vegetable steamer in pan.

Line the steamer with lettuce, onion, herbs or citrus (without covering all of the holes) to keep salmon from sticking and add salmon.

Return liquid to a boil.

Cover loosely and steam 5 to 7 minutes for frozen salmon.

### **Poaching:**

Add water/court bouillon to large pan and simmer.

Turn off heat.

Add salmon to liquid, skin side down – salmon should be mostly covered by the poaching liquid.

Return heat to a simmer – liquid should simmer, not boil.

Cover pan tightly.

Cook 4 to 5 minutes for frozen salmon.

Turn off heat and let salmon rest in liquid 5 minutes.

WILD ALASKA SEAFOOD

**COOK IT**  
**FROZEN!**  
www.cookitfrozen.com



## Cooking with Thawed & Fresh Salmon

It's easy to cook thawed and fresh salmon following these steps for healthy meals in minutes.

### **Sautéing and Pan-Searing:**

Heat a heavy nonstick skillet or ridged stovetop grill pan over medium-high heat.

While the pan heats, add oil or a combination of oil and butter to the pan.

Season the salmon with spices and place it in heated pan, skin side up, and cook, uncovered, 3 to 4 minutes or until browned.

Turn the salmon over and continue to cook, uncovered, an additional 3 to 4 minutes.

For very thick portions, finish in oven preheated to 400°F (use ovenproof pan).

### **Grilling:**

Thoroughly clean and preheat the grill to 450°F

Oil both the grill and the salmon to prevent sticking.

Marinate or season the salmon; place it on the grill.

Cook 8 to 10 minutes, turning once during cooking.



### **Steaming:**

Bring about 1-inch of water/seasoned liquid to a boil.

Turn off heat; place Chinese bamboo steamer basket, wire basket or vegetable steamer in pan.

Line the steamer with lettuce, onion, herbs or citrus (without covering all of the holes) to keep salmon from sticking and add salmon.

Return liquid to a boil.

Cover loosely and steam 4 to 5 minutes for fresh/thawed salmon.

### **Poaching:**

Add water/court bouillon to large pan and simmer.

Turn off heat.

Add salmon to liquid, skin side down – salmon should be mostly covered by the poaching liquid.

Return heat to a simmer – liquid should simmer, not boil.

Cover pan tightly.

Cook 2 minutes for fresh/thawed salmon.

Turn off heat and let salmon rest in liquid 5 minutes.



## Quick Tips

**Equipment:** For stovetop grilling and sautéing, use a heavy nonstick skillet or ridged stovetop grill pan

**Temperature:** Pans, grill and oven/broiler must be hot (around 400°F) before cooking starts. Test the temperature of a stovetop pan by sprinkling a few drops of water on the skillet; if they immediately pop off the surface, the pan is ready.

**Spare the Spices:** When sautéing or stovetop grilling, avoid seasoning the fish with dry spices before it is placed in the pan. The spices will burn and stick to the pan. It is best to season salmon after you flip it.

**Cook Just Until Done:** Salmon turns from translucent to opaque as it cooks and will continue to cook after it is removed from the heat source. To check for doneness, slide a sharp knife tip into the center of the thickest part of a cooking salmon portion, checking for color. Adjust cook time as needed for thickness of salmon and cook just until salmon is opaque throughout.

**Note:** Cooking techniques may vary for Alaska sockeye salmon, which has a distinctive rich flavor and a deep red flesh color – color that stays bright even when cooked.

### **Tips for Alaska Sockeye Salmon include:**

Remove Alaska sockeye salmon from refrigerator 15 minutes before cooking.

Alaska sockeye salmon should be lightly translucent in the center when cooked.

For outdoor grilling and pan searing (then finishing the cooking in the oven), temperatures should be set to 375°F instead of 400°F – 450°F for other salmon species.

# THE FIVE SPECIES OF WILD ALASKA SALMON



## A Fish for All Tastes and Budgets

Wild Alaska salmon offers a wide spectrum of flavors from rich, robust king and sockeye salmon to the delicate flavors of coho, keta and pink salmon. Like this diversity in flavors, the different species of salmon are also versatile enough to fit all budgets.

The flavor of Alaska salmon depends upon fat content and the environment in which it matured. Alaska's icy, pure waters and the abundance of natural food give Alaska salmon unparalleled flavor. The fat content of salmon depends not only on the genetic make-up of each species, but also on its spawning cycle. The longer and more vigorous the freshwater trip, the more fat the fish will carry as it leaves the ocean.

**FLAVOR & TEXTURE:**

Rich red flesh  
Succulent flavor  
High oil content  
Firm texture

**SPECS:**

The largest of the 5 Alaska salmon species with an average weight of approximately 20 lbs  
Length from 30 – 40 inches

**PREPARATION TIPS:**

Prime candidate for grilling, broiling, sautéing, roasting, poaching, steaming & smoking.

Succulent flavor can be easily enhanced by a variety of seasonings and marinades

**HARVESTING METHODS:**

Trolling  
Gillnetting  
Purse Seining

**HARVESTING SEASONS:**

Available fresh or frozen  
year-round

# WILD ALASKA KING SALMON

chinook salmon

Few, if any, fish are more prized by fisherman and epicureans alike than this giant of the salmon family. Bearing the highest fat content of all the five Pacific salmon species, it is generally considered one of the most delicious due to its rich salmon flavor. A barbequed fillet or steak of king salmon, lightly salted, peppered and drizzled with lemon juice, takes seafood lovers into epicurean heaven.

Harvested all year



# WILD ALASKA SOCKEYE SALMON

## red salmon

Sockeye is one of the most popular salmon species due to its deep red color, rich salmon flavor and firm flesh. In fact, many salmon devotees consider sockeye the absolute best of all the salmon.

### Harvest periods:



### FLAVOR & TEXTURE:

Deep red flesh  
Excellent color retention  
Distinctive rich flavor  
Firm texture

### SPECS:

The second most abundant species, after pink  
On average, weighs 6 lbs and measure 25 inches in length

### PREPARATION TIPS:

Perfect for grilling, broiling, sautéing, roasting, poaching, steaming, and smoking  
Available in convenient, shelf-stable cans and pouches

### HARVESTING METHODS:

Gillnetting  
Purse Seining

### HARVESTING SEASONS:

Available fresh from mid-May through mid-September, and frozen year-round



### **FLAVOR & TEXTURE:**

Known for its orange-red flesh

Delicate flavor

Firm texture

### **SPECS:**

The second largest of the 5  
Alaska salmon species

On average, weigh 12 lbs and  
measure 25 – 35 inches in  
length

### **PREPARATION TIPS:**

An excellent choice for grilling,  
broiling, sautéing, roasting,  
poaching, steaming, and  
smoking

### **HARVESTING METHODS:**

Trolling

Gillnetting

Purse Seining

### **HARVESTING SEASONS:**

Available fresh mid-June  
through late October, and  
frozen year-round

# WILD ALASKA COHO SALMON

silver salmon

Coho lends itself to a host  
of preparation styles due to  
its high oil content (though  
not as high as the king's)  
and its rich, red meat that is  
more delicate in flavor than  
both king and sockeye.

**Harvest periods:**

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC





# WILD ALASKA KETA SALMON

silverbrite salmon,  
chum salmon

This large and powerful fish is the least known of the Pacific salmon. Like the coho, keta salmon have a more delicate flavor profile and lower oil content than king and sockeye. Keta's firm texture and tempting orange-pink color make it extremely versatile.

## Harvest periods:



## FLAVOR & TEXTURE:

Mild flavor  
Firm, pink flesh

## SPECS:

On average, weigh 8 lbs and measure 25 - 27 inches in length

## PREPARATION TIPS:

Very good for smoking  
Its firm, pink flesh also makes it a great choice for grilling or roasting  
Lower cooking temperatures are recommended because of its lower oil content

## HARVESTING METHODS:

Trolling  
Gillnetting  
Purse Seining

## HARVESTING SEASONS:

Available fresh June through September, and frozen year-round



### **FLAVOR & TEXTURE:**

Delicate flavor and light, rosy pink-colored flesh

Tender texture; similar to trout

### **SPECS:**

The smallest and most abundant of the 5 Alaska salmon species

On average, weigh 2 – 3 lbs

### **PREPARATION TIPS:**

Very good for smoking

Lower cooking temperatures are recommended because of its lower oil content

### **HARVESTING METHODS:**

Purse Seining

Gillnetting

Trolling

### **HARVESTING SEASONS**

Available fresh June through September, and frozen year-round

# WILD ALASKA PINK SALMON

Alaska pink salmon is often canned or used as the main ingredient in salmon burgers. However, they are making their way into grocery cases in fillet form due to their favorable price point and mild salmon flavor which is perfect for baking.

### **Harvest periods:**





# ALASKA SOCKEYE SALMON

With Northwest Spiced Coffee Rub



## INGREDIENTS

- 1 tablespoon finely ground coffee
- 1 tablespoon ground coriander
- 1 tablespoon smoked paprika
- 1 tablespoon granulated garlic
- 2 tablespoons kosher salt
- 1-1/2 pounds Alaska sockeye salmon, fresh or thawed
- Heavy-duty aluminum foil
- Cooking spray

## CHEF TIPS



To add a bright flavor, serve with lemon and orange wedges for squeezing over the top after cooking.



Leftover rub can be stored in an airtight container for up to three months.

## DIRECTIONS

Heat grill to 375°F. Mix rub ingredients together well.

Cut 2 pieces of wide, heavy-duty aluminum foil about 6-inches longer than the salmon side. Stack the foil pieces (shiny side down) on a baking sheet; spray generously with cooking spray. Place the salmon, skin side down, in the middle of the foil. Fold the foil sides and ends up (1-2 inches) to make a shallow pan around the salmon, leaving at least a 1-inch margin around the fish.



Rub/pat about 1 tsp rub on each portion. Let the rub sit about 10 minutes before cooking salmon.

Carefully transfer the foil pan to the center of the preheated grill. Do not cover the salmon or close the foil.



Close grill cover and cook for 10 to 13 minutes (**check salmon for doneness at 10 minutes**), cooking just until fish is lightly translucent in the center – it will finish cooking from retained heat.

Remove from the grill and let rest a few minutes before serving.



# ALASKA SOCKEYE SALMON

With Shoyu Tarragon Sauce



## INGREDIENTS

### Shoyu Tarragon Sauce:

- 2 garlic cloves
- 1/3 cup fresh tarragon leaves (loosely packed)
- 1 teaspoon bottled black bean garlic sauce
- 1/2 cup shoyu or soy sauce
- 1/2 cup melted unsalted butter
- 1 tablespoon rice wine vinegar or white vinegar
- 1 tablespoon honey

### Main Dish:

- 4 frozen Alaska sockeye salmon fillets (5 to 6 oz. each)
- 1 tablespoon olive, canola, peanut or grapeseed oil
- 2 green onions, chopped
- 2 tablespoons sesame seeds



## DIRECTIONS

Add all sauce ingredients to blender and puree on high.

Rinse any ice glaze from frozen Alaska salmon under cold water, pat dry with paper towel. Heat a heavy nonstick skillet over medium-high heat. Brush both sides of salmon with oil. Place salmon in heated skillet skin side up and cook, uncovered, about 3 to 4 minutes, until browned. Shake pan occasionally to keep fish from sticking.



Turn salmon over and baste with sauce. Cover pan tightly and reduce heat to medium. Cook an additional 6 to 8 minutes for frozen salmon or 3 to 4 minutes for fresh/thawed fish, basting occasionally. Cook just until fish is opaque throughout.



or



To serve, baste with additional sauce. Garnish with green onions and sesame seeds.

WILD ALASKA SEAFOOD  
**COOK IT**  
**FROZEN!**  
[www.cookitfrozen.com](http://www.cookitfrozen.com)



KOREAN MISO-CURED

# ALASKA KING SALMON



## INGREDIENTS

### Korean Miso:

- 8 oz. doenjang (fermented Korean bean paste)
- 1/2 cup fresh orange juice
- 1/4 cup gochujang (fermented Korean red pepper paste)
- Zest of one orange
- 2 tablespoons ponzu (citrus seasoned dressing)
- 2 tablespoons mirin

### Main Dish:

- 1.5 to 2 pounds Alaska king salmon, cut into 6 oz. fillets
- 12 to 16 butter lettuce leaves
- 12 to 16 red (oak leaf or curly leaf) lettuce leaves
- Sesame oil, as needed for garnish
- Sesame seeds, as needed for garnish
- Thinly sliced green onions, as needed for garnish

## DIRECTIONS

**Prepare miso:** Combine miso ingredients in a bowl and whisk or blend until smooth. Wrap each salmon fillet in a double thickness of cheese cloth. Place wrapped fillets in a single layer in a glass (or non-reactive) baking dish. Pour and rub half of the miso onto all sides of salmon; refrigerate remaining miso. **Cover and refrigerate fillets for 12 to 24 hours, to marinate.**

**Salmon:** Remove cheesecloth from salmon fillets; discard cheesecloth. Preheat oven to 500°F. Place fillets in a spray-coated roasting pan. Brush the salmon with reserved miso; roast salmon for 3 minutes, repeat brushing and turning pan. Check for doneness at 6 to 7 minutes, then continue roasting (if needed) cooking just until fish is opaque throughout.

Place a few red lettuce leaves near bottom of plate; top with a salmon fillet. Garnish salmon with a drizzle of sesame oil and a sprinkle of sesame seeds and green onions.





# BRONZED ALASKA KING SALMON

In a Basil Wine Sauce

# COOK IT FROZEN!

[www.cookitfrozen.com](http://www.cookitfrozen.com)

## INGREDIENTS

2 frozen Alaska king salmon steaks or fillets (4 to 6 oz. each)

1 tablespoon olive oil

Blackened seasoning, to taste

2 tablespoons Chardonnay

### Sauce:

1 teaspoon chopped garlic

½ cup Chardonnay

½ cup heavy cream

2 tablespoons chopped fresh basil

Salt, to taste

Lemon wedge



## DIRECTIONS

Rinse any ice glaze from frozen Alaska salmon under cold water; pat dry with paper towel. Heat a heavy nonstick skillet over medium-high heat. Brush both sides of salmon with oil. Place salmon in heated skillet and cook, uncovered, about 3 to 4 minutes, until browned. Shake pan occasionally to keep fish from sticking.

3

Turn salmon over and sprinkle with blackened seasoning, to taste. Cover pan tightly and reduce heat to medium. Cook an additional 6 to 8 minutes for frozen salmon or 3 to 4 minutes for fresh/thawed fish. Cook just until fish is opaque throughout. Remove the pan from the heat and add 2 tablespoons wine. Swirl the salmon fillets in the pan, uncovered, until liquid is evaporated. Remove salmon from the pan and keep warm.

6

Place the same skillet back on medium-high heat and add the garlic and ½ cup wine. Simmer wine until reduced by two-thirds. Add the cream and basil; simmer sauce until thickened, about two minutes. Season to taste with salt and add the juice of one lemon wedge.



# ALASKA COHO SALMON

With Sweet-Smoky-Spicy Rub



## INGREDIENTS

- 2 teaspoons smoked paprika (pimenton)
- 2 teaspoons brown sugar
- 1/2 teaspoon ground cumin
- 1/2 teaspoon coarse ground black pepper
- 1/2 teaspoon sea salt
- 1/2 teaspoon cocoa powder
- 1/4 teaspoon red chili flakes
- 4 Alaska coho salmon steaks or fillets (6 to 8 oz. each)
- 1 tablespoon olive oil



## DIRECTIONS

Heat oven to 400°F. Blend all dry ingredients in a small bowl. Reserve 1/2 tablespoon rub for potatoes.\* Rub/pat remaining spice mixture over top of Alaska salmon. Let the salmon rest 5 minutes before cooking.

5

Heat an ovenproof pan over medium-high heat. Add olive oil, then salmon, rub side down. Cook 3 to 4 minutes, until browned. Turn fillets over and place entire pan in oven. Roast just until fish is opaque throughout, about 5 to 8 minutes.

3

5

### For Roasted Potatoes

**Accompaniment:** Heat oven to 400°F. In a bowl, stir 1 tablespoon olive oil into 1 pound cubed Yukon Gold or fingerling potatoes. Add 1/2 teaspoon each thyme and sea salt to reserved rub; sprinkle herb blend on potatoes and stir to coat. Place potatoes on spray-coated pan and roast for 15 to 20 minutes.

15



# ALASKA COHO SALMON

Fennel and Tomato Salad

## INGREDIENTS

- 4 frozen Alaska coho salmon steaks or fillets (4 to 6 oz. each)
- 7 tablespoons olive oil, divided
- 1 cup frozen broad beans or edamame
- 3 tablespoons red wine vinegar
- 1 teaspoon Dijon mustard
- 1 large fennel bulb, trimmed and very thinly sliced
- 4 large tomatoes, cut in wedges or slices
- 1/4 cup capers
- Salt and black pepper, to taste
- 2 fresh dill sprigs

## CHEF TIPS



Use fresh broad beans when they are in season, or try frozen edamame beans as an alternative.

## DIRECTIONS

Rinse any ice glaze from frozen Alaska salmon under cold water; pat dry with paper towel. Heat a heavy nonstick skillet over medium-high heat. Brush both sides of salmon with 1 tablespoon oil. Place salmon in heated skillet and cook, uncovered, about 3 to 4 minutes, until browned. Shake pan occasionally to keep fish from sticking.

3

Turn salmon over; cover pan tightly and reduce heat to medium. Cook an additional 6 to 8 minutes for frozen salmon or 3 to 4 minutes for fresh/thawed fish. Cook just until fish is opaque throughout. Remove from skillet and cool. Meanwhile, cook the broad beans in boiling, lightly salted water for 3 to 4 minutes. Rinse with cold water, then shell the beans, removing their thick outer coating to reveal the bright, tender green beans.

6

3

In a large bowl, mix the remaining olive oil with the vinegar and mustard. Season with a pinch of salt and black pepper. Add the fennel, tomatoes, beans and capers.

Break salmon into large chunks (removing skin, if any); add to the salad, tossing gently to mix. Divide among four serving plates, spooning any remaining dressing over salad. Snip fresh dill over the top before serving.



# ALASKA KETA SALMON

With Vegetable-Bread Stuffing

# INGREDIENTS

1 whole Alaska keta salmon (dressed), fresh or thawed

Salt and pepper, to taste

Lemon half

## Stuffing:

1 box (6 oz.) herb-flavored stuffing mix

1/2 cup hot water

1/4 cup crisp, crumbled bacon or pancetta

3 tablespoons reserved bacon drippings or olive oil, divided

1 medium leek, white and light part only (about 1 cup), halved lengthwise, then sliced

Half of a small peeled celery root (about 1-1/2 cups), cut in 1/2-inch dices\*

2 tablespoons each chopped parsley and lemon zest

12 to 16 oz. fresh asparagus, trimmed and cut in 2-inch pieces

\*1 cup of diced celery may be substituted for celery root.



# DIRECTIONS

Remove Alaska keta salmon from refrigerator 15 minutes before cooking. Heat oven to 400°F. Cut 2 pieces of aluminum foil large enough to wrap around salmon lengthwise. Stack the foil sheets (shiny side down) on a baking sheet.

Stir stuffing mix, water and bacon in a medium bowl; set aside. Add 2 tablespoons bacon drippings (or olive oil) to a large frying pan. Stir in leeks and celery root; sauté 3 to 5 minutes, until leeks are softened. Transfer cooked vegetables, parsley, zest and asparagus to stuffing mix; stir to combine.

Rinse salmon under cold water, thoroughly rinsing belly cavity; pat dry with paper towel. Place salmon on foil sheets. Brush or rub remaining drippings/oil on both sides of the salmon; season with salt and pepper. Cut 3 to 4 slits, crosswise, into the skin of the salmon, deep enough to almost reach the bone. Loosely stuff salmon cavity with half to 3/4 of stuffing mixture, allowing remaining stuffing to set on the foil around the belly of the fish. Squeeze lemon juice onto fish. Bring foil ends up and crimp to close (leave room for heat circulation inside), forming a sealed packet.

Transfer the foil packet and baking sheet to the preheated oven and roast for 25 to 35 minutes, cooking just until salmon is opaque throughout. Remove from the oven and let rest a few minutes before serving. Serve salmon with stuffing.

3

25



# GREEN CURRY ALASKA KETA SALMON

# INGREDIENTS

- 1 tablespoon canola oil
- 2 teaspoons green curry paste
- 1 can (13.5 oz.) light coconut milk
- 2 tablespoons oyster sauce
- 1 tablespoon light brown sugar
- 4 frozen Alaska keta salmon fillets (6 to 8 oz. each)



# CHEF TIPS

Suggested accompaniment:  
Stir-fried tri-colored bell peppers



# DIRECTIONS

In large sauté pan over medium heat, cook curry paste in oil until fragrant, about one minute. Stir in coconut milk, oyster sauce and sugar; bring to a boil.

Rinse any ice glaze from frozen Alaska Keta salmon under cold water. Turn off heat and gently add fillets to sauce, skin side down, spooning sauce over fillets. Return heat to a simmer.

Once simmering, cover pan and cook 4 to 5 minutes for frozen seafood or 2 minutes for fresh/thawed fish. Turn off heat and let seafood rest 5 minutes or until seafood is opaque throughout. Serve over cooked rice, if desired.

5

WILD ALASKA SEAFOOD  
**COOK IT**  
**FROZEN!**  
[www.cookitfrozen.com](http://www.cookitfrozen.com)



# ALASKA PINK SALMON BURGERS

## INGREDIENTS

- 1 can (14.75 oz.) traditional pack Alaska pink salmon OR 2 cans (6.0 to 7.1 oz. each) skinless, boneless salmon
- 1 egg, slightly beaten
- 1/4 cup finely chopped onion
- 1/4 cup thick barbecue sauce
- 1 cup fresh bread crumbs (about 2 slices of bread)
- 4 cheese slices, if desired
- 4 hamburger buns or rolls

## CHEF TIPS

For Hawaiian salmon burgers, substitute teriyaki sauce for barbecue sauce, and top with grilled pineapple slices.



## DIRECTIONS

Drain salmon thoroughly, squeezing out excess moisture. In bowl, flake salmon with fork. Add egg, onion, barbecue sauce and bread crumbs. Blend thoroughly until mixture is almost smooth.

Divide and form mixture into 4 patties. Preheat broiler/oven or grill to medium-high heat. Place patties on spray-coated broiling pan or well-oiled perforated grill rack, set 4 to 5 inches from heat. Cook about 4 to 5 minutes per side. Add cheese slices, if desired. Serve on buns or rolls.





# ALASKA SMOKED SALMON BENEDICT CARIBE

## INGREDIENTS

1 package (approximately 1 oz.)  
Hollandaise sauce mix

1 teaspoon dry Caribbean Jerk  
Seasoning

1 tablespoon vinegar

8 large eggs

4 split English muffins or 8 slices  
sourdough bread, toasted or  
grilled

8 oz. Alaska smoked salmon,  
sliced or chunked

2 tablespoons chopped chives  
or green onions, for garnish



## DIRECTIONS

Make Hollandaise sauce according to package directions. Stir in jerk seasoning; cover and keep warm.

Fill a large saucepan with about 3 inches of water; bring to a simmer. Pour in vinegar. Carefully break the eggs into the water and cook 2 to 3 minutes, until whites are set but yolk is still soft. Remove eggs and keep warm.

Assemble by topping each bread slice with 1 ounce of Alaska smoked salmon, an egg and 2 tablespoons sauce. Garnish with green onions.

3



# WILD ALASKA SOCKEYE SALMON CAKES

With Spicy Tumeric Garlic

## INGREDIENTS

### Spicy Turmeric Garlic

Grapeseed or avocado oil, for shallow frying

6 to 8 cloves garlic, thinly sliced

2 jalapeños or Serrano chiles, stemmed and thinly sliced

1/2 teaspoon turmeric

### Salmon Cakes

1 heaping cup diced parsnip (about 1 medium)

1 heaping cup diced golden beet or carrot (about 1 medium)

Oil from making Spicy Turmeric Garlic

1/4 cup finely minced celery (about 1 stalk)

1 1/2 teaspoons finely chopped jalapeño or serrano (about 1 to 2)

1 green onion, minced

2 (6-ounce cans) wild Alaska sockeye salmon, excess bones and cartilage removed and discarded

Salt and fresh ground black pepper, to taste

2 eggs, lightly whisked

### Cucumber Yogurt

1 cucumber, grated

2 cups plain yogurt

## DIRECTIONS

Begin by making the spicy turmeric garlic first so you can use the strained oil for roasting the vegetables and cooking the cakes. Pour oil to about 1/2-inch high in a heavy-bottom pan and place over medium-high heat. When oil is very hot but not smoking, add garlic and jalapeño; turn once or twice until golden and crisp (if it burns, start over). Add turmeric and stir. Using a slotted spoon or spider, remove garlic and jalapeño into a small bowl; set aside. Strain remaining oil through a sieve, discarding any solids; use strained oil for roasting vegetables and frying salmon cakes.

For the salmon cakes, preheat oven to 400°F. Spread parsnip and beet evenly on a parchment-lined rimmed baking sheet. Drizzle with some of the strained oil from making the spicy turmeric garlic. Roast for 20–25 minutes or until fork tender. Remove vegetables to a cutting board; give them another chop; add to a mixing bowl. Add celery, jalapeño, and green onion. Stir in salmon; season lightly with salt and pepper; taste and add more salt and pepper, as needed. Stir in egg just to combine.

Pour a light coating of oil from spicy turmeric garlic into a large skillet over medium-high heat; if needed, add a bit more grapeseed or avocado oil. Form salmon mixture into 8 round cakes/patties. When skillet is hot (cakes will sizzle when pan is hot enough) add salmon cakes (in 2 batches if pan is small), cook about 2 minutes until golden brown on one side. Gently turn and cook another 2 to 3 minutes. Sprinkle with natural sea salt flakes. Combine grated cucumber and yogurt. Serve cakes warm in cabbage leaves, topped with spicy turmeric garlic and cucumber yogurt.

# SLOW COOKED WILD ALASKA KING SALMON

## With Pistachio and Peas

### INGREDIENTS

Four 5.5 oz. portions wild Alaska king salmon filet, skin removed and reserved

Salt and pepper

1/2 cup butter or olive oil

#### **Pistachio Puree**

2/3 cup roasted salted pistachios shelled, 12 pc reserved

Water to cover

Lemon to taste

#### **Peas**

2 cups sugarsnap peas, blanched and shocked, some halved lengthwise

1 tablespoon butter or olive oil

Salt

#### **Herb Salad**

12 leaves fresh tarragon

Four pinches chive batonnets

4 leaves mint, torn

4 leaves basil, torn

4 leaves flat parsley

Lemon juice

Salt and pepper

Lemon zest

### DIRECTIONS

Preheat oven to 200°F. If using butter, bring ¼ cup of water or stock (fish, chicken or vegetable is fine) to a boil. Cut up the butter and whisk it in, little by little to emulsify. Season to taste with salt, pepper and lemon juice. Season the fish on both sides with salt and pepper and place in the butter emulsion and coat all sides. If using olive oil, gently heat and use as before. Place the fish in the pan in the oven, and allow to slowly cook. After 8 minutes, flip the fish and continue cooking another 8 minutes.

In the meantime, make the pistachio puree. Place pistachios in a blender and cover with cold water. Blend until smooth. It should be easily spreadable. Taste, and add salt and pepper to taste. Divide among four dinner plates.

Reheat the sugarsnap peas in another pan with a little water and either the butter if poaching in butter, or more olive oil, if using olive oil. Season with salt and divide among the four plates on top of the pistachio puree.

Place the fish on top. In a bowl, place the herbs and season with salt, pepper and lemon juice, lemon zest and toss. Top fish with this salad and serve.

# PAN-SEARED WILD ALASKA SALMON

## With Rhubarb-Ginger Sauce

### INGREDIENTS

- 4 filets of wild Alaska sockeye salmon, frozen (6 to 8 oz. each)
- 2 tablespoons canola oil
- 2 cloves garlic, minced
- 2 tablespoons minced ginger
- 1 cup thinly sliced rhubarb, tossed with 1 teaspoon sugar
- 3 green onions sliced thinly
- 2 tablespoons rice vinegar
- 2 tablespoons soy sauce
- 2 tablespoons honey

### DIRECTIONS

To make the rhubarb-ginger sauce, heat the oil in a heavy sauté pan over medium high heat. Add the garlic and the ginger and cook for about 30 seconds. Add in the rhubarb and sauté for an additional 30 seconds. Add in the green onion, vinegar, soy and honey. Cook to heat through.

To pan-sear the salmon, heat a heavy nonstick skillet or ridged stovetop grill pan over medium-high heat. Rinse seafood under cold water to remove any ice glaze; pat dry with paper towel. Brush both sides of fish with high oleic vegetable oils: olive, canola, peanut, grapeseed, soy or safflower. Avoid butter, sunflower or corn oil as they will burn at high heat.

Place fish in heated pan, skin side up, and cook, uncovered, 3 to 4 minutes, until browned. Turn the fish over and season it with your favorite seafood seasoning. Cover the skillet tightly and reduce the heat to medium. Continue to cook an additional 6 to 8 minutes. Finish thick portions in an oven preheated to 400°F (use an ovenproof pan). Remove from heat just as soon as seafood is opaque throughout.

# SALMON BACON

With Rhubarb Laquer

## INGREDIENTS

6 ounces Alaska cold-smoked salmon lox (about 10 slices)

1/2 pound rhubarb, washed, trimmed and chopped

1/2 cup honey

1/2 cup apple cider

1/2 shallot, sliced

Freshly ground coarse black pepper

## DIRECTIONS

Preheat the oven to 350°F. Cover a baking sheet with aluminum foil. Coat the foil with spray release or with oil. Lay each piece of salmon onto the baking sheet. Set aside.

Add the rhubarb, honey, apple cider, shallot and about a teaspoon of the black pepper into a small heavy-bottomed saucepan. Heat over medium-low heat until the rhubarb is cooked and begins to fall apart. Add a little additional apple cider if more liquid is necessary. Cook for about 30 minutes until the mixture has reduced down to a thick syrupy consistency.

Brush the salmon with the rhubarb lacquer. Place the baking sheet onto the center rack of the oven and bake for about five to six minutes or until the bacon is just crisp.



*Wild, Natural & Sustainable®*

[www.WildAlaskaSeafood.com](http://www.WildAlaskaSeafood.com)

Join us on social media: #WildAlaskaSeafood

Twitter: @Alaska\_Seafood

Facebook: AlaskaSeafood

Instagram: @alaskaseafood



*Wild, Natural & Sustainable®*

[www.WildAlaskaSeafood.com](http://www.WildAlaskaSeafood.com)

©2015 Alaska Seafood Marketing Institute