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From Classic to Creative with  
Alaska Seafood

**P**oké appeals to Americans' growing demand for convenient, healthy, and globally-influenced food at affordable prices. Plus, bowls have become the new plates – consumers prefer these casual, one-course meals with layers of mouthwatering flavors. And while the poké trend started in Hawaii, Alaska takes it to a new level.

The secret is starting with premium quality core ingredients, aka the fish. With seafood from Alaska there's no better way to give customers what they want – delicious, sustainable and healthy ingredients from a source they trust. From salmon to surimi seafood, you can go classic or creative.



### Alaska Salmon Poké

Alaska salmon fillet, previously frozen, pin bones, skin and blood line removed, cut into half-inch cubes	1 1/2 lbs.
Green onions, thinly sliced	1/2 cup
Sweet or white onion, minced 1/8-inch	1/2 cup
White sesame seeds, lightly toasted	2 Tbsp.
Poké Dressing (recipe follows)	1/4 cup

In a stainless steel bowl, combine all ingredients. Gently mix to coat the fish. Store refrigerated for up to 2 days.

**Makes:** About 4 cups

#### CHEF'S TIPS:

- Best to let the poké marinate for 30 minutes before serving.
- Defrost fish in a perforated pan (covered) overnight to drain the juice from the fish.

### Alaska Surimi Seafood Poké

Alaska surimi seafood, sliced or chunked	1 1/2 lbs.
Green onions, thinly sliced	1/2 cup
Red onion, minced or thinly sliced	1/2 cup
Black and white sesame seeds, lightly toasted	2 Tbsp.
Poké Dressing (recipe follows)	1/4 cup

In a stainless steel bowl, combine all ingredients. Gently mix to coat the fish. Store refrigerated for up to 2 days.

**Makes:** 5 1/2 cups



# Classic

### Poké Dressing

Fresh garlic, finely minced	1 Tbsp.
Soy sauce	1 cup
Sesame oil	3/4 cup
Kosher salt	1/2 tsp.
Red pepper flakes	3/4 tsp.

Mix all ingredients together until well combined. Stir well before using. Label, date and refrigerate up to 5 days.

**Makes:** About 2 1/4 cups

#### CHEF'S TIPS:

- Try making with toasted sesame oil for a rich flavor.
- Add 1 tablespoon of local honey for a sweet note.

### The Base and Beyond

What to put in the bottom of the bowl? You can start with the classics like rice... white, brown, or black. Or go greens or grains with foods like supergreens, quinoa or farro. The beauty of poké is that it also works beyond the bowl – on crostini, rice crackers, inside tacos, burritos, etc. The possibilities with poké are endless.

#### NOTE:

For Alaska salmon poké preparations, the Alaska Seafood Marketing Institute recommends using properly frozen salmon. Per the FDA, Alaska salmon are frozen at -4 F° and all commercial Alaska seafood processors follow these guidelines.

Alaska Surimi  
Seafood California  
Roll Poké



Alaska Salmon  
Korean BBQ  
Poké

Variations of healthy and flavorful mix-ins let customers eat deliciously well and load up on one of the healthiest proteins on the planet. Start with seafood from Alaska and then play into your customer's desire for customization with these tasty options.

Alaska Salmon  
Sriracha Smack  
Poké



# Creative

**MIX & MATCH**  
Endless customizations are the key

ALASKA SEAFOOD	BASE OPTIONS	CALIFORNIA ROLL	KOREAN BBQ	SRIRACHA SMACK	CHA CHA	COOL CUCUMBER	TROPICAL
 Alaska Salmon	<b>RICE:</b> White Brown Black  <b>PLANT-FORWARD:</b> Lettuce Supergreens Pea Vines  <b>GRAINS:</b> Quinoa Farro Freekeh  <b>OTHER:</b> Crostini Rice Crackers Tacos Burritos	 Diced Avocado   Diced Water Chestnut   Diced Cucumber   Minced Pickled Ginger   Wasabi Mayo Drizzle   Shredded Nori Garnish   Flying Fish Roe   Wasabi Paste Ball	 Gochujang Sauce   Honey   Chopped Kim Chee   Diced Green Apple or Asian Pear   Minced Ginger   Toasted Black Sesame Seeds	 Chopped Pickled Onion   Sriracha Hot Sauce   Shaved Celery   Diced Fresh Mango  <b>TOPPING OPTIONS:</b> Crispy Onions, Shallots or Garlic	 Fresh Lime Juice   Diced Avocado   Fresh Pico De Galo   Hot Sauce or Minced Pickled Jalapeno  <b>ADD IN OPTIONS:</b> Splash of Reposado Tequila  <b>TOPPING OPTIONS:</b> Fried Corn Tortilla Strips Chopped Cilantro	 Diced Cucumber   Minced Ginger   Edamame   Diced Avocado   Wasabi Paste  <b>TOPPING OPTIONS:</b> Hijiki Seaweed (reconstituted and chopped) Chopped Fresh Shiso Leaf	 Diced Fresh Pineapple   Chopped Cilantro   Minced Pickled Jalapenos   Chopped Toasted Macadamia Nuts   Coconut Milk   Fresh Lime  <b>ADD IN OPTIONS:</b> Chopped Toasted Macadamia Nuts Coconut Milk Fresh Lime



Alaska Surimi  
Seafood Cha Cha  
Poké



Alaska Salmon  
Cool Cucumber  
Poké



Alaska Surimi  
Seafood Tropical  
Poké

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