Poke 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 poke 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 is 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 boiled pin bones, skin and blanched fine removed, cut into half-inch cubes
Green onion, thinly sliced
Soy sauce
Green onion, thinly sliced
White sesame seeds, lightly toasted

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

Makes: about 6 cups

CHEF’S TIPS:
- Best if the poke mixture for 30 minutes before serving
- Optional fish in a perforated po (covered) overnight to drain the juices from the fish.

Alaska Surimi Seafood Poké

Alaska surimi seafood, shucked or shelled
Green onion, thinly sliced
Red onion, minced or chopped
Black and white sesame seeds
Lightly toasted
Poké Dressing (recipe follows)

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

Makes: 5 lb cups

Poke Dressing

Fresh garlic, finely chopped
Soy sauce
Sesame oil
Rice wine
Red pepper flakes

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

Makes: About 2½ cups

CHIEF TIPS:
- Try making with touched arrowroot for a silky 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 classic rice—white, brown, or black. Or googenesis with grains like quinoa, amaranth, and millet. This beauty of poke is that it also works beyond the bowl— in crostini, rice crostini, inside tacos, burritos, etc. The possibilities with poke are endless.

NOTE:
For Alaska salmon, poké preparations, the Alaska Seafood Marketing Institute recommends using properly frozen salmon. For the FDA, Alaska salmon are from –4°F and all commercial Alaska seafood processors follow these guidelines.
Creative

MIX & MATCH
Endless customizations are the key

<table>
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Variations of healthy, and flavorful, ingredients, customers eat deliciously well and load up on one of the healthiest proteins on the planet. Start with what’s fresh. Alaska and then play into your customer’s desire for customization with these tasty options.