

# ALASKA HALIBUT

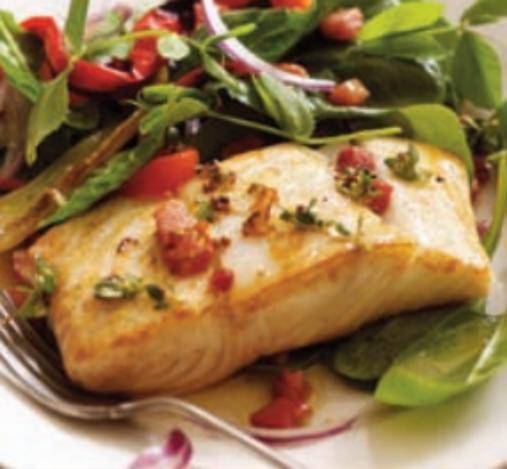
QUICK & EASY RECIPES



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## SEARED ALASKA HALIBUT with PANCETTA SALAD

Makes 4 servings    Prep Time: 20 minutes    Cook Time: 15 minutes

2 bell peppers, halved and seeded  
3/4 cup pancetta, cubed OR thick-sliced  
bacon, cut in 1" pieces (about 4 oz.)  
2 Tablespoons olive oil  
4 Alaska Halibut steaks or fillets  
(4 to 6 oz. each), fresh, thawed or frozen  
5 to 6 oz. baby spinach  
1/2 cup red onion, thinly sliced  
1 cup arugula or watercress

### Dressing:

1/3 cup extra virgin olive oil  
3 Tablespoons fresh lemon juice  
1 teaspoon grated lemon zest  
1 to 2 teaspoons whole grain or  
Dijon mustard  
2 teaspoons chopped fresh thyme  
Salt and pepper, to taste

Preheat broiler/oven to high. Arrange peppers on a rack, cut side down. Broil about 4 to 6 inches from the heat source until the skins begin to blacken and char. Place peppers in a large zip-top or paper bag; set aside. Whisk dressing ingredients together to combine. Season with salt and pepper to taste; set aside. Sauté the pancetta or bacon in a heavy nonstick skillet until brown and crispy. Drain on paper towel. Drain off all but 2 tablespoons drippings. Rinse any ice glaze from frozen Alaska Halibut under cold water; pat dry with paper towel. Heat skillet over medium-high heat. Brush both sides of halibut with oil. Place halibut in heated skillet and cook, uncovered, about 3 to 4 minutes, until browned. Shake pan occasionally to keep fish from sticking. Turn halibut over and season with salt and pepper. Cover pan tightly and reduce heat to medium. Cook an additional 6 to 8 minutes for frozen halibut or 3 to 4 minutes for fresh/thawed fish. Cook just until fish is opaque throughout. Portion spinach onto four dinner plates. Peel the peppers, then cut them into strips. Sprinkle onto the salads, along with the onion, pancetta, and arugula or watercress. Serve the halibut with the salads, drizzling dressing over all.

***Cook's Tip:** Choose a variety of peppers for color and flavor, or use roasted peppers in olive oil for ease of preparation.*

Nutrients per serving: 564 calories, 40.5g total fat, 8g saturated fat, 64% calories from fat, 69mg cholesterol, 41g protein, 9g carbohydrate, 3g fiber, 787mg sodium, 120mg calcium and 800mg omega-3 fatty acids.

# PAN-SEARED ALASKA HALIBUT and VEGETABLES CHOWDER-STYLE

Makes 4 servings    Prep Time: 15 minutes    Cook Time: 20 minutes

1 Tablespoon olive oil  
16 cippolini or pearl onions, trimmed and peeled  
1 teaspoon minced garlic  
1 pound asparagus spears, trimmed and cut in 2-inch pieces  
6 oz. small, fresh, whole mushrooms, halved  
2 Tablespoons fresh chopped basil or 1 Tablespoon prepared pesto  
1 can (15 to 19 oz.) white beans, drained and rinsed

1 can (14.5 oz.) low-fat chicken broth  
1 teaspoon soy sauce, if desired  
2 Tablespoons unsalted butter  
4 Alaska Halibut steaks or fillets (4 to 6 oz. each), fresh, thawed or frozen  
1-1/2 Tablespoons olive, canola, peanut or grapeseed oil  
1 teaspoon garlic-pepper blend



**Sauté onions in olive oil in heavy nonstick skillet over medium-high heat until onions are translucent, about 3 to 4 minutes. Add garlic, asparagus, and mushrooms; and stir, cooking 1 minute. Stir in basil, beans, chicken broth, soy sauce, and butter; heat until butter is melted. Remove from pan and keep warm. Wipe pan clean. Rinse any ice glaze from frozen Alaska Halibut under cold water; pat dry with paper towel. Heat skillet over medium-high heat. Brush both sides of halibut with oil. Place halibut in heated skillet and cook, uncovered, about 3 to 4 minutes, until browned. Shake pan occasionally to keep fish from sticking. Turn halibut over and season with garlic-pepper blend. Cover pan tightly and reduce heat to medium. Cook an additional 6 to 8 minutes for frozen halibut or 3 to 4 minutes for fresh/thawed fish. Cook just until fish is opaque throughout. To serve, place each halibut portion in shallow pasta/soup bowl. Spoon 1 cup vegetables and broth over fish.**

Nutrients per serving: 353 calories, 18g total fat, 5g saturated fat, 45% calories from fat, 61mg cholesterol, 37g protein, 11.5g carbohydrate, 5g fiber, 617mg sodium, 136mg calcium and 1250mg omega-3 fatty acids.

# GENTLY ROASTED ALASKA HALIBUT with LEEKS, PEPPERS & OLIVES

Makes 8 servings    Prep Time: 45 minutes    Cook Time: 35 minutes



*Recipe by Jerry Traunfeld, Executive Chef, Poppy*

6 cups sliced leeks (about 4 large), white and light green part only

8 oz. pequillo peppers (1-1/4 cups), cut in 1/2" strips or

other type of roasted, seeded, and skinned red pepper

1/4 teaspoon saffron threads

3 Tablespoons butter

4 cups chicken broth or stock

2 Tablespoons fresh lemon juice

1 cup chopped, pitted green olives in brine

Kosher salt and freshly ground black pepper, as needed

3 pounds Alaska Halibut fillets, skinned, cut into 8 portions

**Put the leeks, peppers, saffron, and butter in a very large sauté pan or deep pot. Pour in the chicken broth. Cook over medium-high heat until the leeks are very soft and the broth boils down to about one third of the amount you**

**started with, about 12 to 15 minutes. Stir in the lemon juice, olives, and a good grinding of black pepper. Taste and add salt as needed, depending on the saltiness of the broth. The recipe can be made ahead up to this point.**

**Preheat the oven to 300°F. Reheat the leek mixture until it simmers. Pour two thirds of the leeks into a 9-inch x 13-inch baking dish. Season the Alaska Halibut portions with kosher salt. Arrange the halibut over the leeks and spoon the remaining leeks over the fish. Bake just until the halibut flakes apart slightly when nudged with a finger, and the interior is no longer translucent; about 35 minutes.**

Nutrients per serving: 319 calories, 12g total fat, 4g saturated fat, 34% calories from fat, 66mg cholesterol, 38g protein, 13.5g carbohydrate, 2g fiber, 1255mg sodium, 137mg calcium, and 860mg omega-3 fatty acids.

## ALASKA HALIBUT with LEMON and THYME DRESSING

Makes 4 servings    Prep Time: 10 minutes    Cook Time: 15 minutes

- 4 Alaska Halibut fillets (4 to 6 oz. each), fresh, thawed or frozen
- 6 Tablespoons butter, divided
- Finely grated zest and juice of 1 large lemon
- Salt and freshly ground black pepper
- 2 teaspoons Dijon mustard
- 4 sprigs lemon thyme (or 1/2 teaspoon dried thyme)
- 2 Tablespoons olive oil
- 2 leeks (white and light green part only), sliced
- 2 zucchini, sliced
- 5 to 6 oz. baby spinach leaves
- 2 Tablespoons dry white wine or vegetable broth

Heat broiler/oven to medium-high heat (450°F). Rinse any ice glaze from frozen Alaska Halibut under cold water; pat dry with paper towel. Arrange fillets on a spray-coated or foil lined baking sheet. Broil 5 to 7 inches from the heat source for about 5 minutes. Remove fish from oven, and place 1/2 tablespoon butter on top of each fillet. Sprinkle with 2 teaspoons lemon juice, then season with salt and pepper. Return to oven and cook an additional 7 to 10 minutes for frozen fillets or 4 to 6 minutes for fresh/thawed fish. Cook just until fish is opaque throughout. While the fish is cooking, add remaining butter to a saucepan with the lemon zest, remaining lemon juice and mustard. Heat gently, whisking until melted, then add the thyme. Keep warm. Heat the olive oil in a wok or large pan; cook the leeks and zucchini over medium heat until soft. Add the spinach and wine or broth, stirring until the leaves have wilted, about 1 to 2 minutes. Serve the fish and vegetables, pouring the warm lemon and thyme dressing over fillets.

**Cook's Tip:** Use regular thyme if you can't find the lemon variety, or use rosemary instead.

Nutrients per serving: 442 calories, 28g total fat, 12g saturated fat, 55% calories from fat, 91mg cholesterol, 33g protein, 16g carbohydrate, 4g fiber, 346mg sodium, 150mg calcium and 820mg omega-3 fatty acids.





## ALASKA HALIBUT with TANGY FRUIT SALSA

Makes 4 servings    Prep Time: 15 minutes    Cook Time: 15 minutes

### Tangy Fruit Salsa

2 Tablespoons fresh lemon juice

1 Tablespoon honey

1 can (11 oz.) mandarin oranges, drained and coarsely chopped

1 can (8 oz.) pineapple chunks, drained

1/4 cup red bell pepper, finely diced

1 Tablespoon fresh chives, chopped or 1/2 Tablespoon dried chives

2 teaspoons **each** lemon peel and chopped cilantro

1/4 to 1/2 teaspoon red pepper flakes

1/4 teaspoon salt

4 Alaska Halibut steaks or fillets (4 to 6 oz. each), fresh, thawed or frozen

2 Tablespoons olive, canola, peanut or grapeseed oil

1/2 teaspoon seasoning salt

**Prepare salsa:** Combine lemon juice and honey in medium mixing bowl. Add remaining ingredients and toss together gently. Mixture can be made several hours ahead and refrigerated until ready to serve.

**Prepare halibut:** Preheat broiler/oven or grill to medium-high heat (450°F). Rinse any ice glaze from frozen Alaska Halibut under cold water; pat dry with paper towel. Brush both sides of halibut with oil. Place on a spray-coated broiling pan or well-oiled grill, 5 to 6 inches from heat, and cook about 5 minutes. Turn halibut over and sprinkle with seasoning salt. Cook an additional 7 to 10 minutes for frozen fillets or 4 to 6 minutes for fresh/thawed fish. Cook just until fish is opaque throughout. Remove halibut to individual serving plates and top with spoonfuls of salsa.

Nutrients per serving: 291 calories, 10g total fat, 1g saturated fat, 31% calories from fat, 54mg cholesterol, 30g protein, 19g carbohydrate, 1g fiber, 413mg sodium, 89mg calcium and 670mg omega-3 fatty acids.

# MISO-GLAZED ROASTED ALASKA HALIBUT with BROCCOLI-GINGER SLAW

Makes 4 servings    Prep Time: 15 minutes    Cook Time: 20 minutes

*Recipe by Gloria Bradley: Second Prize winner in the "Frozen to Fabulous" Recipe Contest!*

## Halibut

2 Tablespoons yellow or white miso  
(fermented soybean paste)  
2 Tablespoons mirin  
1 Tablespoon light soy sauce  
1 Tablespoon firmly-packed light  
brown sugar  
1/2 teaspoon peeled, finely-grated  
fresh ginger  
4 Alaska Halibut steaks or fillets  
(4 to 6 oz. each), fresh, thawed or frozen  
1 Tablespoon olive oil  
2 teaspoons toasted sesame seeds

**Halibut:** Heat oven to 400°F. In small bowl

whisk together miso, mirin, soy sauce, brown sugar and ginger until well blended; set aside.

Heat an ovenproof skillet over medium-high heat. Rinse any ice glaze from frozen Alaska Halibut under cold water; pat dry with paper towel. Brush both sides of halibut with oil. Place halibut in heated skillet and cook, uncovered, about 4 minutes, until browned. Turn halibut over and sear the other side, about 2 minutes. Transfer skillet to the oven; bake fish 5 minutes then brush with miso glaze. Bake an additional 6 to 9 minutes for frozen halibut or 2 to 5 minutes for fresh/thawed fish. Cook just until fish is opaque throughout. To serve, divide slaw among four plates. Arrange halibut on top of slaw and sprinkle with sesame seeds.

## Slaw

2 teaspoons peeled, finely grated fresh ginger  
1/3 cup fresh lime juice  
2 Tablespoons granulated sugar  
2 Tablespoons mirin  
1 Tablespoon light soy sauce  
1 package (12 oz.) broccoli coleslaw  
1 cup red seedless grapes, halved  
1 cup peeled, seeded, halved and thinly sliced  
English cucumber (or sliced celery)  
1 medium navel orange, peeled, sectioned  
and coarsely chopped  
1/3 cup fresh mint leaves, torn  
1/4 cup toasted chopped peanuts, if desired



**Slaw:** In a large bowl whisk together ginger, lime juice, sugar, mirin and soy sauce until sugar dissolves. Just before serving, add the broccoli coleslaw, grapes, cucumber, orange sections, mint and peanuts; toss gently.

Nutrients per serving: 420 calories, 13g total fat, 2g saturated fat, 26% calories from fat, 45mg cholesterol, 36g protein, 42g carbohydrate, 6g fiber, 645mg sodium, 172mg calcium and 1230mg omega-3 fatty acids.

# ALASKA HALIBUT with GRILLED PINEAPPLE, CHIPOTLE & CALIFORNIA RAISIN SALSA

Makes 4 to 6 servings    Prep Time: 30 minutes    Cook Time: 15 minutes



1/2 cup California raisins  
1/2 cup dark rum  
1 fresh pineapple, trimmed,  
cored and sliced 1/2-inch thick\*  
Vegetable oil or grapeseed oil,  
as needed  
2 chipotle peppers canned in  
adobo sauce, rinsed, seeded  
and finely diced  
Juice of 1 lime  
Zest of 1/2 orange  
Juice of 1/2 orange

1/4 cup extra-virgin olive oil  
1 green onion, sliced  
2 Tablespoons finely chopped  
roasted red pepper  
2 Tablespoons finely chopped  
cilantro  
Sea salt, to taste  
4 to 6 Alaska Halibut steaks or fillets  
(6 to 8 oz. each), fresh, thawed  
or frozen  
Lemon pepper seasoning, to taste

**Soak California raisins in rum for 30 minutes; drain. Heat grill to medium-high (400°F). Brush pineapple with oil; grill until lightly caramelized on both sides. Cool slightly and cut into 1/2-inch pieces; place in mixing bowl. In separate bowl, combine chipotle peppers, lime juice, zest and orange juice. Whisk in olive oil vigorously. Pour over pineapple chunks, fold in green onion, red pepper, cilantro and raisins. Season with sea salt, to taste; set aside. Rinse ice glaze from frozen Alaska Halibut under cold water; pat dry with paper towel. Brush halibut and grill surface with oil; grill 5 to 7 inches from heat for 13 minutes for frozen halibut or 8 minutes for fresh/thawed fish, turning once during cooking. Cook just until fish is opaque throughout. Season with lemon pepper and serve with salsa.**

\*Two cans (15 oz. each) sliced and drained pineapple may be substituted.

Nutrients per serving: 575 calories, 27g total fat, 3g saturated fat, 42% calories from fat, 63mg cholesterol, 43g protein, 28g carbohydrate, 3g fiber, 466mg sodium, 119mg calcium and 720mg omega-3 fatty acids.

## PAN-ROASTED ALASKA HALIBUT with CHIMICHURRI ON “GREEN” RICE

Makes 4 servings    Prep Time: 25 minutes    Cook Time: 20 minutes

*From the Kitchens of Sunset Magazine*

3/4 cup chopped fresh cilantro, divided  
3/4 cup chopped Italian parsley, divided  
2 Tablespoons fresh oregano leaves  
1-1/2 fresh jalapeño chiles (about 1-3/4 oz. total), rinsed, stemmed, and seeded  
2 cloves garlic, peeled  
6 Tablespoons plus 1 Tablespoon extra-virgin olive oil  
5 Tablespoons lime juice

About 1/2 teaspoon plus 1 teaspoon salt  
2 cups long-grain white rice  
1-1/2 pounds Alaska Halibut, fresh or thawed, cut into 4 equal portions  
Fresh-ground black pepper  
1 Tablespoon butter



In a blender or food processor, whirl 1/2 cup cilantro, 1/2 cup parsley, oregano, jalapeños, garlic, 6 tablespoons olive oil, lime juice, and 1/2 teaspoon salt until smooth. Taste, and add more salt if desired. Scrape chimichurri into a small bowl. Combine rice, 3-3/4 cups water, and 1 teaspoon salt in a 4- to 5-quart pan. Cover and bring to a boil over high heat. Reduce heat and simmer until rice is tender to bite, 15 to 18 minutes. Remove from heat, sprinkle remaining 1/4 cup cilantro and 1/4 cup parsley over the top and fluff rice with a fork, mixing in herbs. Meanwhile, preheat oven to 375°F. Rinse halibut and pat dry. Sprinkle all over with salt and black pepper. In a 10- to 12-inch ovenproof frying pan over medium-high heat, melt butter with remaining tablespoon olive oil. Add halibut and cook until browned on the bottom, about 3 minutes. Turn portions over and transfer pan to the oven. Bake just until fish is opaque throughout, about 10 minutes. Spoon “green” rice onto dinner plates and top each mound with a halibut portion. Drizzle a little chimichurri over each piece of halibut; serve remaining sauce at the table to add to taste.

Nutrients per serving: 786 calories, 32g total fat, 6g saturated fat, 37% calories from fat, 62mg cholesterol, 43g protein, 78g carbohydrate, 2g fiber, 1007mg sodium, 138mg calcium and 970mg omega-3 fatty acids.



## BAJA-ALASKA HALIBUT SANDWICH

Makes 4 servings    Prep Time: 30 Minutes    Cook Time: 10 Minutes

4 Alaska Halibut fillets (4 to 6 oz. each), fresh or thawed  
Kosher salt and black pepper, to taste  
1 Tablespoon ground cumin, divided  
1/3 cup olive oil  
3 Tablespoons fresh lime juice  
1-1/2 Tablespoons minced garlic  
1 cup regular or low-fat mayonnaise  
2 Tablespoons sweet pickle relish

**Marinade:** Season Alaska Halibut fillets with kosher salt, black pepper and 2 teaspoons cumin; place in 9x13-inch pan. Whisk together oil, lime juice and garlic; pour mixture over halibut; turn halibut to coat all sides. Cover and refrigerate for 30 minutes before cooking.

1 Tablespoon Dijon-style mustard  
1 teaspoon cracked black pepper  
4 sandwich rolls, split  
1/2 cup roasted poblano chiles, peeled, seeded and chopped  
8 slices tomato  
1 cup cilantro leaves

**Cumin Tartar Sauce:** In small mixing bowl, blend mayonnaise, relish, mustard, 1 teaspoon cumin and pepper. Cover and refrigerate until serving.

Heat a ridged stovetop grill pan over medium-high heat. Remove halibut fillets from marinade; place in heated pan and cook, uncovered, about 3 to 4 minutes, until browned. Shake pan occasionally to keep fish from sticking. Turn fillets over and cook just until fish is opaque throughout, about 4 minutes. Griddle (or toast in oven) cut side of rolls until golden. Spread cut side of each roll bottom with 2 tablespoons of tartar sauce. Layer with 2 tablespoons roasted chiles, a halibut portion, 2 tomato slices, and 1/4 cup cilantro leaves; cover with roll tops.

**Variation:** Alaska Halibut fillets can be broiled, grilled or baked.

Nutrients per serving: 678 calories, 31g total fat, 5g saturated fat, 41% calories from fat, 45mg cholesterol, 39g protein, 62g carbohydrate, 3g fiber, 1188mg sodium, 168mg calcium and 720mg omega-3 fatty acids.

# CHARDONNAY-ROASTED ALASKA HALIBUT with CUCUMBER-DILL SOUR CREAM SAUCE

Makes 4 servings   Prep Time: 10 minutes   Cook Time: 15 minutes

4 Alaska Halibut steaks or fillets (4 to 6 oz. each) fresh, thawed or frozen

Olive oil

Salt and pepper, to taste

1/4 cup Chardonnay wine

Cucumber-Dill Sour Cream Sauce (recipe follows)

Garnish: lemon wedges and fresh dill sprigs

**Make the sauce first and keep refrigerated. Bring it to room temperature and stir it well before serving.**

Preheat oven to 450°F. Rinse any ice glaze from frozen Alaska Halibut under cold water; pat dry with paper towel. Heat a large heavy ovenproof skillet over medium-high heat. Brush both sides of halibut with oil. Place halibut in heated skillet and cook, uncovered, about 3 to 4 minutes, until browned. Shake pan occasionally to keep fish from sticking.

Turn halibut over, season with salt and pepper, and cook 2 minutes more. Remove pan from burner and add wine to pan. Place pan in preheated oven and cook for an additional 6 to 8 minutes for frozen halibut or 3 to 4 minutes for fresh/thawed fish. Cook just until fish is opaque throughout. Transfer halibut to warm plates and dollop with 2 tablespoons sauce per portion; garnish with lemon wedges and fresh dill. Pass the remaining sauce on the side.

Nutrients per serving: 292 calories, 13g total fat, 4.5g saturated fat, 41% calories from fat, 74mg cholesterol, 37g protein, 3g carbohydrate, 0.2g fiber, 177mg sodium, 110mg calcium, and 750mg omega-3 fatty acids.



## Cucumber-Dill Sour Cream Sauce

1/2 cup regular, light or fat-free sour cream

1 Tablespoon fresh lemon juice

2 teaspoons grated lemon zest

1 teaspoon minced garlic

1 Tablespoon chopped fresh dill or

1 teaspoon dried dill weed

1/4 cup grated cucumber  
(squeeze dry)

Salt and pepper, to taste

**Stir to combine all ingredients; season with salt and pepper to taste. Refrigerate, covered, until ready to serve.**

## ALASKA HALIBUT - *Wild, Natural & Sustainable*<sup>®</sup>

Wild Alaska Halibut swim freely in Alaska's pristine waters, their abundance and sustainability protected by law and the careful management practices of Alaska's fishing families.

Alaska Halibut has earned its well-deserved reputation as the world's premium whitefish. Known as the "steak of seafood," halibut is a big meaty fish with a firm texture and a flavor that is prized the world over. Its snow-white flesh is mild and sweet, and is easily enhanced with herbs, seasonings or sauces.

Alaska Halibut is also naturally lean and light, making it an excellent choice for today's health-conscious lifestyles. Plus, Alaska Halibut is high in nutrients such as potassium and magnesium and is low in overall calories, fat and sodium.

So the next time you're in a hurry to prepare a quick and easy meal full of flavor and nutrition, remember Wild Alaska Halibut. Only nature can deliver flavor this big!

Many of these recipes feature *COOK IT FROZEN!*<sup>®</sup> techniques. For more recipes and tips on how to cook frozen seafood portions go to [www.CookItFrozen.com](http://www.CookItFrozen.com) or visit [www.wildalaskaflavor.com](http://www.wildalaskaflavor.com).



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