



ALASKA
SALMON
QUICK & EASY RECIPES

ASK FOR ALASKA®



Wild, Natural & Sustainable®



WARM ALASKA SALMON, FENNEL & TOMATO SALAD

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

4 Alaska Salmon steaks or fillets
(4 to 6 oz. each), fresh, thawed
or frozen
7 Tablespoons olive oil, divided
1 cup frozen broad beans
3 Tablespoons red wine vinegar
1 teaspoon Dijon mustard

1 large fennel bulb, trimmed and
very thinly sliced
4 large tomatoes, cut in wedges
1/4 cup capers
Salt and black pepper, to taste
2 fresh dill sprigs, coarsely chopped

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. 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. 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.

Cook's Tip: Use fresh broad beans when they are in season, or try frozen edamame beans as an alternative.

Nutrients per serving: 466 calories, 31g total fat, 4.5g saturated fat, 58% calories from fat, 105mg cholesterol, 34g protein, 15g carbohydrate, 6g fiber, 399mg sodium, 85mg calcium and 1140mg omega-3 fatty acids.

NORTH AFRICAN-STYLE ALASKA SALMON

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

1 can (4 oz.) sliced ripe olives, drained
3/4 cup low-fat plain yogurt
1/2 cup chopped parsley
1/4 cup chopped cilantro
3 Tablespoons lemon juice
2 Tablespoons olive oil
1 Tablespoon minced garlic
2 teaspoons paprika
1 teaspoon ground cumin
1 teaspoon turmeric

1/2 teaspoon salt
1/4 teaspoon red pepper flakes
4 Alaska Salmon steaks or fillets
(4 to 6 oz. each), fresh, thawed
or frozen
1-1/2 Tablespoons olive, canola,
peanut or grapeseed oil
1 teaspoon lemon pepper
seasoning
2 Tablespoons slivered red onion



Reserve 2 tablespoons olives. Blend remaining olives, yogurt, parsley, cilantro, lemon juice, olive oil, garlic, paprika, cumin, turmeric, salt, and pepper flakes; set aside.

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. Turn salmon over and sprinkle with lemon pepper. 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. To serve, spoon a dollop of sauce over each salmon portion; sprinkle on reserved olives and slivered onion.

Nutrients per serving: 333 calories, 18.5g total fat, 3g saturated fat, 50% calories from fat, 108mg cholesterol, 32g protein, 9.5g carbohydrate, 2g fiber, 810mg sodium, 156mg calcium and 1000mg omega-3 fatty acids.



SPICY ALASKA SALMON WRAPS

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

12 oz. Alaska Salmon fillets,
fresh, thawed or frozen
2 teaspoons sesame oil
1/2 teaspoon five spice powder
1/4 teaspoon salt

1/4 cup creamy peanut butter
1/4 cup hoisin sauce
1 Tablespoon lime juice
1 Tablespoon soy sauce
1 teaspoon grated fresh ginger
1 to 2 Tablespoons hot red chili paste
1/4 cup seasoned rice vinegar

1/2 cup julienne carrots
1/2 cup dry roasted peanuts
1/2 cup chopped fresh cilantro leaves
1/3 cup chopped red onion
1/2 cup julienne sweet red peppers
1/2 cup julienne snow peas
8 Bibb or iceberg lettuce leaves,
trimmed to form cup shape

Preheat broiler. Rinse any ice glaze from frozen Alaska Salmon under cold water; pat dry with paper towel. Place salmon on spray-coated broiling pan, skin side down, and broil 5 inches from heat source for about 5 minutes. Remove from oven; drain any excess liquid. Set oven to 375°F. Spread sesame oil over salmon; rub five spice and salt onto fish. Place in oven and bake an additional 5 to 8 minutes for frozen salmon or 3 to 4 minutes for fresh/thawed fish. Cook just until fish is opaque throughout. Remove skin, if any, and break into large chunks.

In a food processor, process peanut butter, hoisin sauce, lime juice, soy sauce, ginger, and chili paste until smooth; stir in rice vinegar until mixture has sauce consistency. In a medium-sized bowl, combine carrots, peanuts, cilantro, onion, peppers, and snow peas; add about 2 tablespoons peanut butter sauce, tossing to coat. Add salmon chunks to vegetable mixture. To serve, place lettuce leaves on serving platter; top with salmon mixture. Serve as a lettuce wrap or open-faced salad. Drizzle with additional sauce.

Nutrients per serving (2 wraps): 454 calories, 29g total fat, 5g saturated fat, 56% calories from fat, 63mg cholesterol, 30.5g protein, 23g carbohydrate, 6g fiber, 1044mg sodium, 71mg calcium and 640mg omega-3 fatty acids.

SAKÉ POACHED ALASKA SALMON

Makes 4 servings Prep Time: 10 minutes Cook Time: 25 minutes

- 1 Tablespoon butter
- 1/4 cup sliced shallots
- 2 teaspoons minced ginger
- 1/2 cup (4 oz.) saké
- 2-1/2 cups (20 oz.) hot water
- 1 Tablespoon red or shiso miso
- 1-1/2 teaspoons instant dashi granules
(found in international cooking section of grocery stores)
- 1 can (14.5 oz.) chicken broth
- 2 oz. (about 1 cup) sliced shiitake or crimini mushrooms
- 1/3 to 1/2 cup sliced green onions, reserving half
- 4 Alaska Salmon steaks or fillets (4 oz. each), fresh, thawed or frozen
- 16 oz. fully-cooked udon noodles, kept warm
- 2 Tablespoons chopped parsley



Melt butter in a large nonstick (12-inch) pan or stockpot over medium heat. Stir in shallots and ginger and cook until softened, about 4 minutes. Pour in saké and cook until liquid is reduced by half. Add water, miso and dashi granules; whisk until smooth. Stir in chicken broth, mushrooms and half of green onions. Bring to a simmer. Rinse any ice glaze from frozen Alaska Salmon portions under cold water. Turn off heat and gently add seafood to liquid, skin side down. 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 opaque throughout. Remove seafood to warm soup bowls. To serve, add 4 oz. udon noodles and one cup liquid to each bowl; garnish with reserved green onions and parsley.

Nutrients per serving: 343 calories, 8g total fat, 2g saturated fat, 22% calories from fat, 74mg cholesterol, 29g protein, 29g carbohydrate, 1g fiber, 847mg sodium, 41mg calcium and 720mg omega-3 fatty acids.

GREAT GRILLED ALASKA SALMON SIDE

Makes 4-6 servings Prep Time: 10 minutes Cook Time: 20 minutes

1 frozen Alaska Salmon side (1.5 to 2.5 pounds)
Heavy-duty aluminum foil (18-inches wide)
High-heat cooking spray
Oil (olive, canola or grapeseed)
Seasoning or spread of choice

Heat grill to medium-high (400°F). Spray-coat dull side of aluminum foil (18-inch wide sheet, cut 4" longer than salmon side). Rinse any ice glaze from frozen Alaska 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.

Adobo Spread

Juice of 1 lime half
2 Tablespoons chopped canned chiles in adobo sauce
2 teaspoons chopped fresh thyme

1 teaspoon packed brown sugar
Sea salt, to taste, just before serving
1/4 cup chopped fresh parsley or cilantro, just before serving

Squeeze lime juice onto salmon. Blend canned chiles, fresh thyme and brown sugar. Spread over cooked side of salmon; close packet lightly and return to grill and cook an additional 8 to 10 minutes, just until fish is opaque throughout. Season with sea salt and chopped parsley or cilantro just before serving.



Asian Seasoning (pictured above)

2 Tablespoons **each** white miso, seasoned rice vinegar,
sliced fresh ginger, sliced green onions, sliced onions
Salt, to taste, just before serving

OR

2 Tablespoons **each** white miso and lemon juice
1 Tablespoon chopped chives
1 teaspoon **each** sesame oil and red pepper flakes
1/2 teaspoon ground ginger
Salt, to taste, just before serving

Thai Seasoning

Juice of 1 lime
2 teaspoons Asian chili-garlic sauce
1/4 cup chopped cilantro
1/2 teaspoon **each** sea salt and brown sugar

Moroccan Seasoning

2 Tablespoons **each** harissa and chopped cilantro
1 Tablespoon **each** chopped parsley and olive oil
Salt, to taste

Greek Seasoning

1/2 cup **each** feta cheese and chopped Roma tomatoes
1/4 cup chopped olives
1 Tablespoon **each** chopped fresh oregano and thyme
Sea salt and pepper, to taste

Mediterranean Seasoning

2 Tablespoons **each** olive oil and fresh lemon juice
1 teaspoon **each** garlic salt and Dijon mustard
1/4 teaspoon fresh ground pepper or chili flakes
1/4 cup chopped herbs: choice of fresh dill,
parsley, summer savory, chervil or lemon-thyme
2 green onions, chopped OR 2 Tablespoons
chopped chives

Latin Seasoning

2 teaspoons **each** cumin and chili powder
1 teaspoon **each** coriander and salt
1/2 teaspoon **each** cinnamon, red pepper flakes
and black pepper

Soy-Honey Seasoning

Juice of 1 lime
1 Tablespoon honey
2 Tablespoons soy sauce
2 teaspoons wasabi powder or 1 teaspoon
wasabi paste

HONEY-DIJON ALASKA SALMON WITH ASPARAGUS AND WALNUTS

Makes 4 servings Prep Time: 5 minutes Cook Time: 30 minutes

1/4 cup honey
2 Tablespoons Dijon-style mustard
1 Tablespoon melted butter
2 teaspoons Worcestershire sauce
Salt and pepper, to taste
4 Alaska Salmon steaks or fillets (4 to 6 oz. each), fresh, thawed or frozen
1 pound fresh asparagus spears
1/3 cup chopped walnuts

Preheat oven to 400°F. Line a 13x9x2-inch baking pan with Reynolds Wrap® aluminum foil. Combine honey, mustard, butter, Worcestershire sauce, salt and pepper; set aside.

Rinse any ice glaze from frozen Alaska Salmon under cold water; pat dry with paper towel. Place salmon portions in center of foil-lined pan. Arrange asparagus around salmon. Sprinkle with walnuts; drizzle with reserved sauce.

Roast 26 to 30 minutes for frozen salmon or 20 to 22 minutes for fresh/thawed fish. Cook just until fish is opaque throughout.

Cook's Tip: For best texture, select thinner asparagus spears when cooking with fresh/thawed fish or thicker spears with frozen fish.



Nutrients per serving: 415 calories, 18g total fat, 5g saturated fat, 37% calories from fat, 138mg cholesterol, 40g protein, 27g carbohydrate, 3g fiber, 350mg sodium, 65mg calcium and 1500mg omega-3 fatty acids.

THAI GREEN CURRY ALASKA SALMON

Makes 4 servings Prep Time: 5 minutes Cook Time: 15 minutes

- 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 Alaska Salmon fillets (6 to 8 oz. each), fresh, thawed or frozen

In a large (12-inch) nonstick pan or stockpot, 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 Salmon under cold water. Turn off heat and gently add salmon to sauce, skin side down. Return heat to a simmer.

Once simmering, cover pan and cook 4 to 5 minutes for frozen salmon 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.

Suggested accompaniment: Stir-fried tri-colored bell peppers.



Nutrients per serving: 417 calories, 22g total fat, 8g saturated fat, 49% calories from fat, 89mg cholesterol, 45g protein, 7g carbohydrate, 0g fiber, 214mg sodium, 75mg calcium and 2790mg omega-3 fatty acids.

CHARRED SUGAR-CRUSTED ALASKA SALMON

Makes 4 to 6 servings Prep Time: 10 minutes Cook Time: 10 minutes

Dry Sugar Rub

2 Tablespoons sugar
1 Tablespoon chili powder
1 teaspoon black pepper
1/2 Tablespoon ground cumin
1/2 Tablespoon paprika
1/2 Tablespoon salt
1/4 teaspoon dry mustard
Dash of cinnamon

4 to 6 Alaska Salmon fillets (4 to 6 oz. each), fresh or thawed
2 Tablespoons canola oil
1/4 to 1/3 cup hot Chinese-style or Dijon-style mustard, if desired

Blend all ingredients for Dry Sugar Rub. Generously coat one side of each Alaska Salmon fillet with mixture.

Heat oil in large heavy pan over medium-high heat. Carefully place salmon fillets in pan, seasoned side down. Cook about 2 minutes to sear; turn fillets over. Reduce heat to medium and continue cooking 6 to 8 minutes. Cook just until fish is opaque throughout.

Serve salmon with mustard, if desired.



Nutrients per serving: 258 calories, 12g total fat, 2g saturated fat, 42% calories from fat, 105mg cholesterol, 30g protein, 7g carbohydrate, 1g fiber, 942mg sodium, 37mg calcium and 1500mg omega-3 fatty acids.

SRIRACHA SPREAD ALASKA SALMON

Makes 4 servings Prep Time: 10 minutes Cook Time: 20 minutes

- 1 cup cilantro leaves
- 2 Tablespoons sriracha sauce (Thai chili sauce)
- 1-1/2 Tablespoons fresh lime juice
- 1 Tablespoon peanut oil
- 4 Alaska Salmon steaks or fillets (6 to 8 oz. each),
fresh, thawed or frozen
- Sea salt, to taste

Heat oven to 350°F. In a mini food processor or coffee grinder, combine cilantro, sriracha sauce, lime juice and peanut oil.

Rinse any ice glaze from frozen Alaska Salmon under cold water; pat dry with paper towel. Place salmon portions on a spray-coated baking pan; season with sea salt. Spoon and spread cilantro mixture onto the salmon. Roast for 15 to 20 minutes for frozen salmon or 10 to 15 minutes for fresh/thawed fish. Cook just until fish is opaque throughout.

***Variation:** For a thicker spread, use 2 tablespoons mayonnaise instead of the peanut oil.*



Nutrients per serving: 264 calories, 11g total fat, 2g saturated fat, 36% calories from fat, 117mg cholesterol, 41g protein, 1g carbohydrate, 0.2g fiber, 121mg sodium, 18mg calcium and 1230mg omega-3 fatty acids.

ALASKA SALMON - *Wild, Natural & Sustainable*[®]

Incomparably rich and delicious, Alaska Salmon is truly the connoisseur's choice. Swimming wild and free in their natural habitat - the strong currents of the North Pacific - the cold water and pristine environment produces lean seafood with firm texture and succulent flavor.

All Alaska Seafood is wild and pure, responsibly managed for continuing abundance. In fact, Alaska's management practices are considered a model of sustainability for the entire world.

Wild Alaska Salmon is one of the richest natural sources of omega-3 fatty acids - especially EPA and DHA - selenium and vitamin D of any foods. It also provides several B vitamins, all part of a healthy balanced diet. Just as important, Wild Alaska Salmon is low in environmental contaminants, including methylmercury, so it is safe for people of all ages, including pregnant and nursing women and young children.

There are five delicious species of wild Alaska Salmon to choose from: King, Sockeye, Coho, Keta and Pink.

- The rich flavor and firm texture of King, Sockeye and Coho salmon make them a terrific choice for any cooking method, from grilling and broiling to sautéing, roasting, poaching and steaming.
- Leaner Keta and Pink salmon are excellent choices for sautéing or baking in flavorful sauces.

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



Wild, Natural & Sustainable[®]

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

WILD ALASKA SEAFOOD
**COOK IT
FROZEN!**[®]
www.cookitfrozen.com

