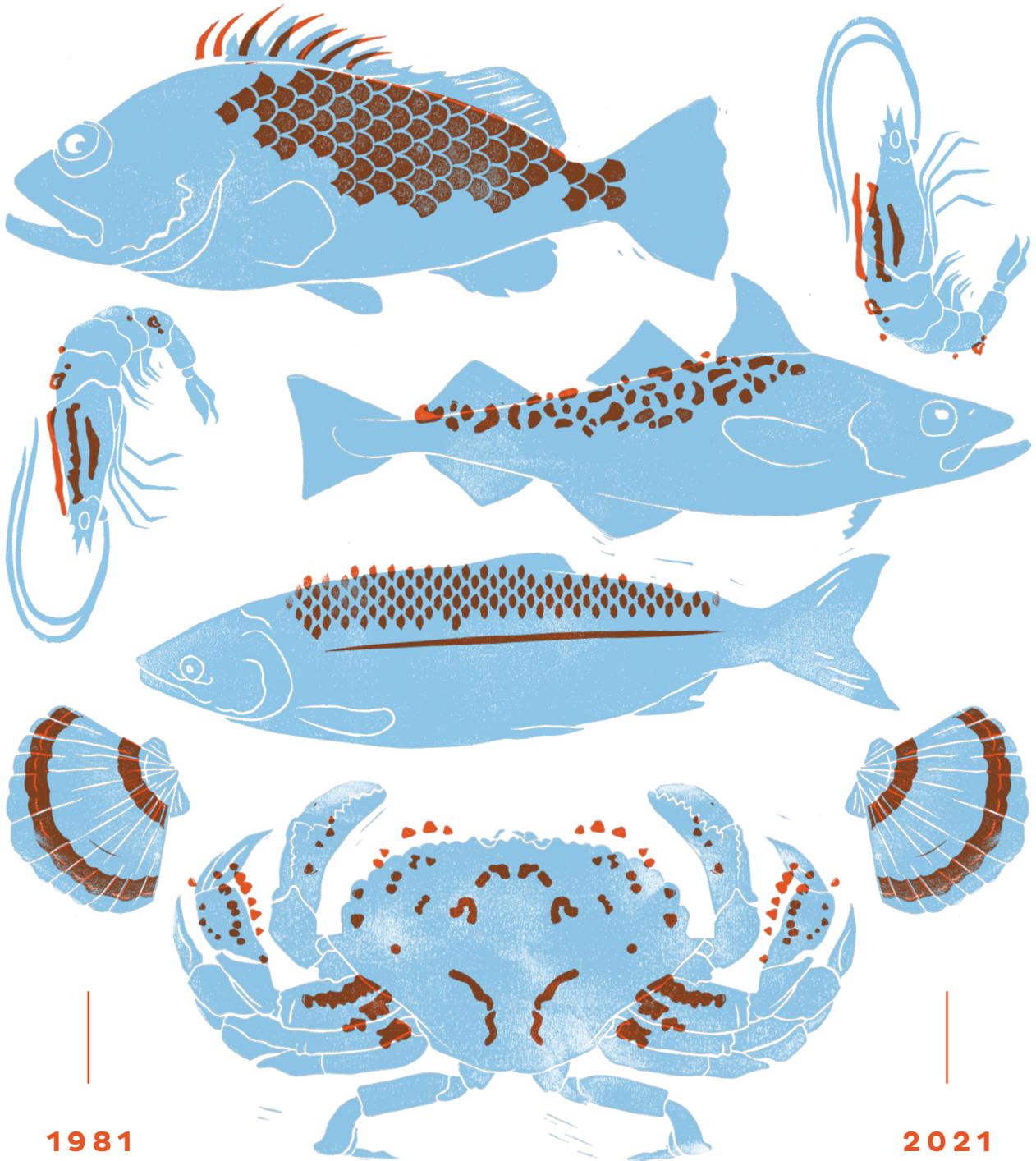


ALASKA SEAFOOD MARKETING INSTITUTE

# 40 YEARS OF FISH



1981

2021

**THIS COOKBOOK IS DEDICATED  
TO AND CREATED FOR ASMI'S  
INCREDIBLE PARTNERS AND  
ALASKA SEAFOOD ADVOCATES**



# 40 YEARS OF FISH

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ALASKA SEAFOOD MARKETING INSTITUTE

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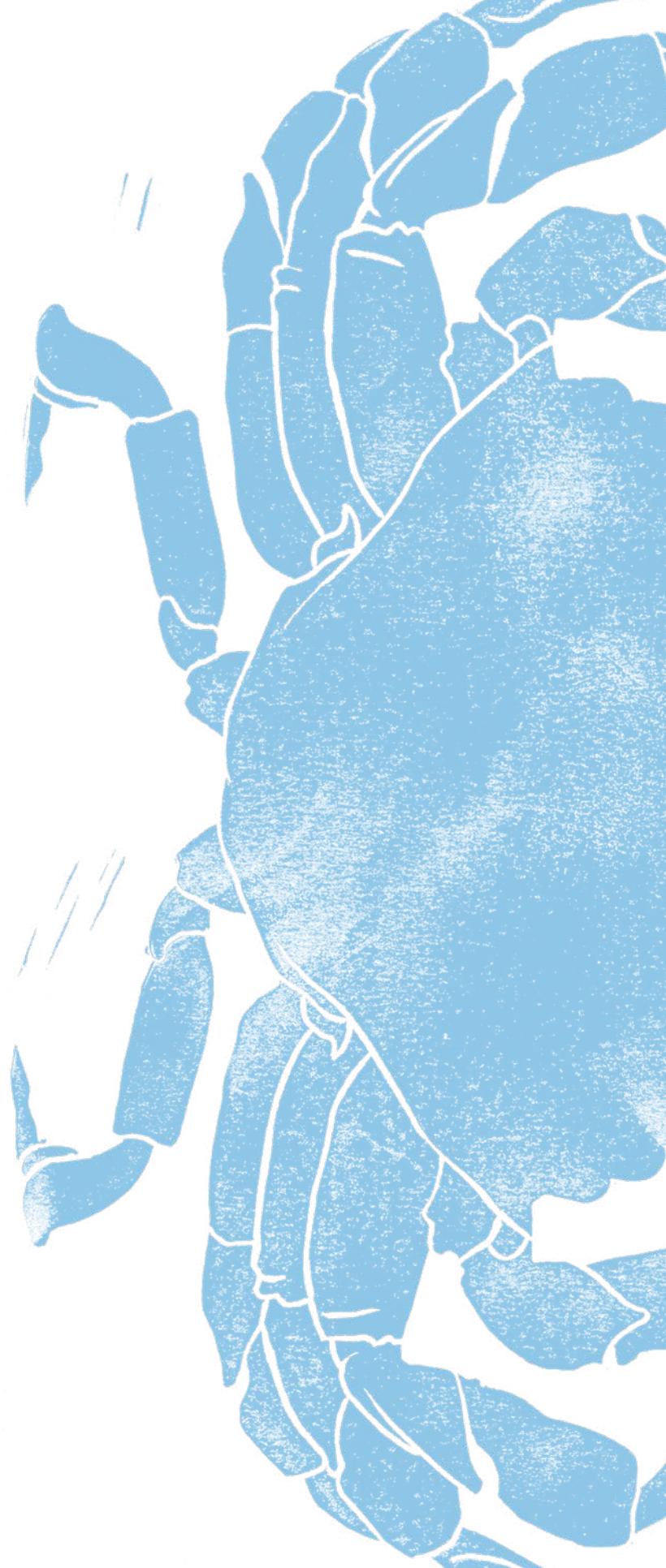
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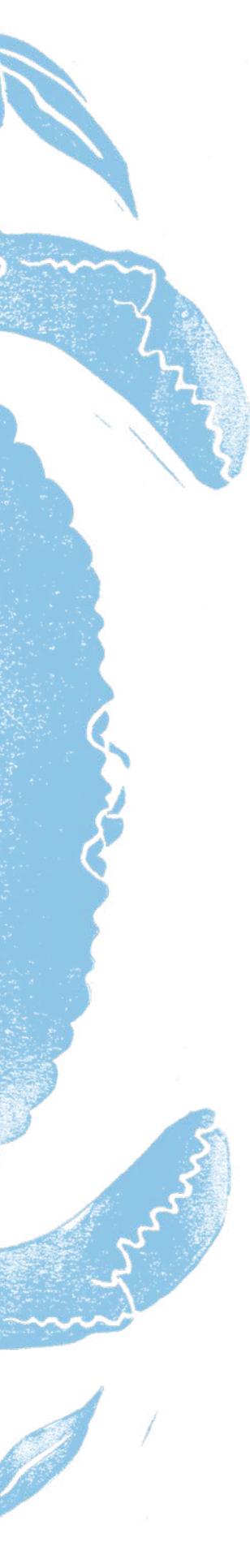
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# THE ALASKA SEAFOOD MARKETING INSTITUTE SUPPORTS THE INDUSTRY THAT FEEDS THE WORLD

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**BY JESSICA HATHAWAY**

Forty years ago, the Alaska Legislature enacted a seafood levy to be approved and paid by the state's salmon fishermen. Thus began a public-private partnership that would earn Alaska a leadership role in the wild seafood sector that has yet to be paralleled, much less bested.

The Alaska Seafood Marketing Institute needs no introduction. It is the gold standard for seafood marketing. Not only is ASMI a pioneer in this space, but every other region or brand that takes the leap into the seafood landscape looks first to ASMI as a model. Its success and reach sets the standard industrywide.

In the last four decades, ASMI has evolved from a small agency primarily tasked with moving canned and frozen salmon into diverse markets, to an organization that finds new market opportunities across the globe. The still relatively small organization promotes the full breadth of Alaska Seafood product forms from every fishery. Today, ASMI promotes everything from the stalwart, shelf-stable can of salmon that can be found in home pantries around the world to the celebrated Kazunoko herring roe, gifted in celebration of the New Year in Japan.

As the seafood processing sector evolved over the decades to expand its inventory and fulfill a wide variety of cultural demands, ASMI adapted its

outreach to those markets, using every available medium to create new consumers for the Alaska Seafood brand.

In 1981, when the agency was founded, there was no home internet access, few people even had home computers. The iPhone wouldn't be invented for another quarter of a century. Facebook and every social media platform that followed would arrive in the next century.

Technological leaps in communications would change the way ASMI reaches consumers. But they would not change the institute's mission or values to increase the positive awareness of the Alaska Seafood brand, in part by championing the sustainability of the state's seafood harvests.

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## **ALASKA: SETTING THE GOLD STANDARD**

Just 23 years before ASMI was founded, Alaska had officially achieved statehood. Its constitution codified what would become a founding and defining principle for ASMI — “Fish... shall be utilized, developed, and maintained on the sustained yield principle.”

This leadership not only has defined the top end of wild seafood marketing for the last four decades, but it has also set and even improved the standards for fishery management, seafood handling and product innovation.

Because U.S. caught seafood stands among the most sustainable and varied industries in the world, that status puts ASMI square at the top as a global leader in wild seafood marketing.

The focus on sustainability propelled the agency to this position. ASMI called out the statewide sustainability mandate long before it was a consumer buzzword, and it consistently educates ASMI's customers and clients on the value of sustainable wild-capture fisheries.



“ASMI was an early champion of Alaska’s legendary responsible and science-based fisheries management systems, recognizing and deploying this message and trend long before sustainability was a common market term,” said Alaska Lt. Gov. Kevin Meyer. “This has positioned Alaska as a world leader in sustainable seafood.”

ASMI invested in sustainability as the hallmark for Alaska Seafood long before consumers called for it by name. In fact, it’s likely that ASMI’s marketing of sustainability became a driver of demand over time. And now, according to the latest research compiled for ASMI, consumers are looking for sustainable sources of protein — and seafood tops their choices.

In fact, ASMI fosters the concept of sustainability in Alaska Seafood so effectively that the approval of Alaska salmon under the ecolabel as the third-party seafood certifier helped give the Marine Stewardship Council the credence it needed to establish itself as the signature ecolabel for domestic fisheries.

Today, the Responsible Fisheries Management program — brought to the Alaska fishing industry through an ASMI partnership and launched in 2011 — is paving a new path with the Food and Agriculture Organization of the United Nations-based certification system that works for the industry not because of the industry. Now access to Responsible Fisheries Management certification is available to any domestic fishery, and it’s the first certification scheme to achieve Global Sustainable Seafood Initiative recognition.

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## THE PEOPLE BEHIND THE FISH

In the simplest terms, what makes Alaska Seafood special is the people and the fish — from the harvesters who bring the fish to the docks, to the processors and cold-chain distributors who deliver it to the market, to the

chefs and home cooks who prepare the seafood, and finally the people who enjoy it at home, in a restaurant or even at school. Without these relationships between the people and the seafood, there is no harvest, no product and nothing to nourish our communities.

“ASMI is so much more than just a marketing arm of the seafood industry,” said Executive Director Jeremy Woodrow. “We take great honor in representing the hard work, resilience, pride and cultures of Alaska’s diverse seafood industry.”

What makes ASMI successful — enough to mark this 40th anniversary — is its ability to zero in on the relationships between the people, the harvest, the sustenance and ultimately the sustainability of this cycle to keep providing for consumers around the world.

“ASMI fills so many roles,” said Lilani Estacio Dunn, former ASMI staff, current Domestic Marketing Committee chair, and marketing director for the Bristol Bay Regional Seafood Development Association. “Two messages ASMI excels at conveying are premium and family. Alaska Seafood is the best of seafood from water to plate and from any angle you approach it. Considering the strength of our brand, the close connection of all the players that make it happen makes it all very familial.”

Though it started simply as an endeavor to market salmon to consumers, now ASMI helps tell the story of Alaska’s 30,000-plus commercial fishermen, the processing sector, a diverse portfolio of seafood species and products, and the remote coastal villages that serve as gateways for the majority of our national supply of wild seafood.

“Authenticity has always been at the heart of ASMI’s efforts. Consumers connect to Alaska and Alaska’s fishing industry through the messaging and visuals we create,” Woodrow added. “As a born and raised Alaskan who grew up in a commercial fishing family, it is incredibly meaningful to have the opportunity to share such an important part of Alaska with people worldwide.”



The collaboration between the seafood sector and staff is what brings ASMI's commitment full circle.

Longtime ASMI Executive Director Ray Riutta (2002-2012) credits the agency's transformation into a more nimble and effective organization to the overhaul of the board of directors at the turn of the century. This change also coincided with a shift away from a salmon tax paid by fishermen to industry-funding in the early 2000s.

Processors paying the assessment based on the ex-vessel value for all species changed the industry's investment in ASMI — both literal and figurative — overnight.

"All of a sudden, we had CEOs of the biggest companies sitting on the board. And we had the fishermen represented," Riutta said. "It came together really well, and I think it gelled into a very good decision-making board. It also allowed us to go out and compete as a unified voice."

Simplifying the board structure gave ASMI more flexibility and more comprehensive access to the industry across the state.

"It moved the organization beyond being a salmon marketing organization to being an industry-wide organization," said Riutta. "It was able to guide the industry. But also, with high-ranking executives serving on the board, they were able to make decisions on the spot."

ASMI's success still thrives on this dynamic partnership.

"The way the board interacts with the staff and the staff responds to what industry is looking for and needs in the moment is remarkable," said Jeff Regnart, a longtime ASMI Responsible Fisheries Management and sustainability contractor. "I was taken aback by how dynamic that was and how quickly ASMI can respond to a need that the industry feels is there. They can ramp up in weeks."

The team showed its chops once again during the market collapse caused by the coronavirus pandemic — focusing on the increase in home cooking

as well as direct marketing needs, both of which were the result of a rapidly changing market. ASMI jumped into action, offering guidance for restaurants to successfully offer seafood takeout menu items.

For an expanding cadre of direct marketers, the ASMI staff reinvigorated support for the needs of newcomers and veterans alike, ensuring they would have what they needed to sell their product and promote the Alaska Seafood brand for a growing segment of buyers who were newly and acutely aware of the health benefits of wild seafood as well as the importance of supporting our domestic food system.

“Consumers more than ever are more connected to their food and are seeking nutritious, environmentally friendly foods that align with their ethos,” said Woodrow. “Alaska Seafood has and will continue to have an incredible story to share.”

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## IT'S IN THE CAN

We can't talk about the evolution and origin of Alaska Seafood without mentioning canned salmon. From that humble yet honorable origin, the journey from canned to Cook it Frozen! was a century in the making.

Between 1891 and 1936, canned salmon production in Alaska exploded from just over 750,000 cases a year to more than 8 million.

Though the industry would see a decline in salmon returns over the next several decades, the famed red-fleshed Alaska fish began to rebound in the early 1980s. With booming stocks but still limited capacity to produce other product forms, canned and frozen salmon were still the leading fishery products coming out of Alaska.

Processors were looking for ways to explore the product's marketability beyond traditional applications and markets. Enter: ASMI.

In the first decade after ASMI was founded to support market expansion for wild Alaska salmon, net-pen ocean salmon farming elsewhere took off. Soon thereafter, world markets were introduced to farmed Atlantic salmon — raised in waters all over the globe. The product was consistent and available as a refreshed product year-round. It could have been perceived as the enemy of a burgeoning fresh-frozen wild salmon industry.

Rather than put the two products in the same playing field by arguing the advantages offered by wild salmon, ASMI has always stood behind the mantra that the farmed product introduces new consumers all over the world to salmon. They are, in fact, opening the door for Alaska Seafood. Once familiar with the flavor profile, Alaska can take consumers to the next level of luxury with a taste of wild.

“Farmed salmon was just beginning to explode when I was hired as a contractor in 1996,” said Mark Jones, a longtime retail marketing representative for ASMI. “There were some growing pains as we strove to retain market share for wild Alaska salmon at retail. Industry and ASMI stepped up with aggressive campaigns to tout the benefits of wild Alaska salmon to both trade and consumers. Additionally, the industry stepped up their ability on freezing Alaska seafood at the peak of freshness, and was able to garner market share at retail in the fast-growing frozen seafood sections in supermarkets, mass merchants and club stores. ASMI supported this effort with the development of the Cook it Frozen! campaign, and supported the campaign with targeted promotions at key regional and national retail partners.”

Today, salmon consumption is roughly three times higher than it was in 1980. Though farmed salmon accounts for about 70 percent of the consumption, wild salmon now firmly occupies the status of a luxury seafood. The supply of salmon has skyrocketed, but so has demand and appreciation.

The evolution of wild Alaska salmon from an inexpensive and convenient canned food to a prime cut in white-tablecloth restaurants is directly tied to the ASMI mission.

But as we all know, that's just the beginning. ASMI works to elevate all species of wild Alaska seafood in markets all over the globe in innovative and exciting ways. For example, ASMI's Seattle-based Alaska Herring Week and Wild Alaska Pollock Week are organized, city-wide celebrations of a single species highlighted on menus from Ballard to Pioneer Square. This close collaboration with the Alaska seafood industry has expanded the role of Alaska pollock from surimi to a white-tablecloth fillet.

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## **GREAT DEPTHS FOR THE RIGHT DATA**

In order to increase the value of Alaska seafood, ASMI first educates consumers on the value proposition of the Alaska Seafood brand. Regular market research about purchasing behaviors at foodservice and retail provides all ASMI stakeholders with key insights to consumer preferences and trends.

ASMI staff is also committed to driving research to support quality improvements and product innovation to secure the next level of marketability.

The seafood technical program researches the components of seafood quality, provides educational materials and develops consumer-oriented specifications for the Alaska seafood industry to help harvesters and processors get the most out of their catch.

The domestic marketing program works to keep abreast of the shifting tides of American palates and purchasing habits, which has become an even more critical lifeline during the pandemic.

Relationships with chefs, social media influencers and members of

the media help the ASMI staff identify and roll out the many arms of consumer outreach featuring ASMI fishermen ambassadors and partner chefs. “ASMI has recently expanded its culinary relationships to include the new faces of culinary experts in the U.S. and global food scenes,” said Woodrow. “Lead publications like Food & Wine and Bon Appétit have seen revitalization recently, and ASMI has been right there to connect with the new generation of foodies and influencers.”

There can be no doubt that these relationships pay dividends. Since 2016, Alaska Seafood has held the top spot as the most commonly named protein brand on restaurant menus, surpassing Angus Beef for five years running.

The bottom line, data show, is that consumers now choose wild seafood because it tastes good, it’s nutritious, it’s sustainable, and it has a smaller carbon footprint than farmed animal proteins.

Today, ASMI supports seafood through every stage of the process from dock to dish. But ASMI’s work doesn’t stop at research and specs. The agency commissions regular harvest bulletins, in-season salmon updates as well as an in-depth review of the economic impact of the state’s seafood industry.

The technical program seeks solutions to production and biological sticking points (like chalky halibut and ugly crab) as well as new opportunities for evolving product forms, improvements to quality and handling practices, and updated nutritional information.

The domestic marketing teams create the materials needed to deliver the Alaska message to customers at all points in the supply chain, from direct marketing to individual customers to foodservice and retail sales promotions.

The communications team keeps all ASMI stakeholders up to date on the latest offerings and accomplishments of the organization. ASMI’s international team develops new sales opportunities while maintaining reliable relationships in global markets.



**SEA TO  
TABLE**

“It’s important that ASMI can stay flexible — open to change and innovation,” said former Executive Director Alexa Tonkovich (2015-2018). “It’s a cliché, but the landscape is changing so fast. It’s hard work keeping abreast of market and marketing trends. I have no doubt the team at ASMI will remain leaders in that space.”

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## BEYOND ALASKA

When an Alaska fisherman walks onto the trade show floor at Seafood Expo North America in Boston for the first time, keep an eye on their face as they take in the scope of the global marketplace. In that moment, they get a glimpse of the world market, the scale of influence from powerhouse nations. The show illustrates the magnitude of international seafood markets. Each attendee leaves with a better understanding of how the ASMI team goes to battle every day in an effort to show how Alaska Seafood can stand out, possessing the qualities to rise above the fray.

On a global stage, seafood markets abound with the product of both farmed and wild fisheries. Alaska’s prominence as a relatively small player competing with entire nations and multinational aquaculture corporations is even more remarkable. For example, Norway’s annual seafood export value is about \$3.8 billion, and the nation is reportedly planning to spend upward of \$40 million in global seafood marketing efforts alone for each of the next three years. Alaska seafood’s annual export value is just north of \$3 billion, with a total international, domestic and operations budget of around \$17.5 million. In short, the entire ASMI budget is less than half of what Norway will spend on global trade alone for a similar return.

“The global reach that ASMI has attained is impressive,” said Tonkovich. “Alaska is remote and not the biggest player in the game, so to have an impact in 30-plus countries takes great ingenuity.”

Fishery certification opened markets across Europe, and ASMI's international team continues to develop tastes for Alaska Seafood across Asia as well.

"We had an international marketing program that was functioning well in Europe and Japan, primarily," said Riutta of his arrival at ASMI in 2002. "We were just beginning to talk about China. Then came Eastern Europe and Russia, South America and Brazil."

As these new markets opened, ASMI and its industry partners seized opportunities for new product forms and began selling directly to emerging markets, identified by teams on the ground in international offices.

"The Brazilian connection stemmed from the cod market," Riutta said. "We used to send our cod to Spain. They'd repackage it and send it to Brazil. So we saw the opportunity to develop markets directly."

Strong relationships between ASMI and the Alaska seafood industry, from harvester to processor, turned those opportunities into reality. Identifying new markets and being able to fulfill the needs of those markets are two big tasks that must work hand in hand.

"ASMI has done an incredible job expanding global opportunity right alongside the Alaska seafood industry," said Woodrow. "Alaska's presence in China has grown by orders of magnitude over the last 20-plus years. And more recently, we're seeing new growth year over year from opportunities developing in South America." ASMI is essential for connecting the Alaska seafood industry with buyers worldwide.

"Over the last 20 years, ex-vessel value for all Alaska seafood species combined far exceeds the industry's assessment to fund ASMI," Woodrow said. "Ensuring a positive return to the industry means we are more than meeting our primary mission objective, which is to grow the value of Alaska's seafood resources."







# TASTE OF THE WILD

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**BY JESSICA HATHAWAY**

Recipes were built to be the bridge between the people who harvest the fruits of Alaska's salty waters and the people who would buy, prepare and enjoy them. They have become the steadfast delivery system for remote Alaska communities to reach consumers in every corner of the world. ASMI's recipes bring the people's harvest to new homes across the globe.

This collection of recipes embodies the breadth and scope of ASMI's reach, as well as the fisheries products it represents. From Quick Alaska (canned!) Salmon Chowder to Chu Chee Red Curry Scallops and Chai Grilled Snow Crab, these recipes bring everything to the table — convenience, luxury, speed, allure, nourishment and comfort. Alaska Seafood proves again and again that it provides just the right delicious meal for any occasion. All of these recipes and many more can be found at [AlaskaSeafood.org](http://AlaskaSeafood.org).



# SALMON

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Mediterranean Rubbed  
Alaska Salmon

Pan-Fried Salmon  
with Balsamic Broccoli Purée

# SALMON IS LIFE

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**BY MAYA WILSON**

In Alaska, salmon is life. The pace of our existence here rises and falls like the tide according to the salmon life cycle, as it has for generations. Our wild-capture salmon fisheries are vital to Alaska's communities and economy. As such, sustaining these invaluable resources is paramount. In fact, sustainability is written into Alaska's state constitution, helping ensure that delicious and healthy wild salmon and other seafood inhabit Alaska waters for future generations. Salmon are culturally significant and are intrinsically tied to fishing in Alaska. Families in Alaska's coastal communities and beyond depend on salmon to survive. Beyond subsistence, salmon also bring jobs that sustain our people and our economy. In Alaska, fishing and seafood processing employ more people than any other industry. Our salmon fisheries help put food on the table in every way.

When preparing recipes with any of the five species of wild Alaska salmon - whether king, sockeye, coho, pink, or keta - the options are endless. Salmon lends itself beautifully to almost any cuisine, fitting well as the protein on a great many menus. The health benefits of a diet rich in wild salmon are substantial. More than that, when we bring wild Alaska salmon to the table, we bring much of Alaska's story with it. A story of pristine waters and sustainability, of age-old traditions, of fishing families that go back generations, and of a salmon bounty that returns again and again to these shores.

Whether I'm writing menus for a restaurant or cooking at home, sockeye salmon is always a staple. The high oil and protein content

makes it easy to work with and difficult to overcook. The flavor of sockeye is as robust as its brilliant red color. Because of this, it stands up well for bolder recipes like grilled sockeye with a smoky spice rub or a punchy chimichurri sauce. It also makes a fabulous salmon burger with wasabi mayo. Believe it or not, it's also great pickled. Coho is another species favored by chefs due to its ideal portion sizes, making the task of filleting a breeze. Coho has a subtler flavor than sockeye and pairs nicely with more delicate recipes and gentler cooking techniques, such as poaching, sautéing, or steaming. Pink salmon is most famously canned, which makes it a great pantry staple in the off-season. My favorite way to use canned pink is in salmon pot pie, which will warm you right up in the dead of an Alaska winter. But looking outside the can, its mildly-flavored meat makes pink salmon fillets exceptionally versatile for just about any recipe. And let's not forget keta salmon, which among many other fine uses, is prized for its roe. The beautiful color and intense flavor of the roe will make any plate of oysters or charcuterie board or poached egg to the next level. Of course, all of Alaska's wild salmon species are excellent when smoked.

When I want to impress and feed a crowd, I reach for king salmon – that velvety texture and luxurious mouthfeel can't be beaten. When a whole side of king salmon hits the table, and people take in its sheer size and beauty, it really is a show-stopper. This *Slow-Roasted King Salmon with Mexican Street Corn Salad* is just such a dish. The sweetness and the crunch of the corn and the acidity of the lime pair perfectly with the richness of the salmon. This slow-roasting technique is incredibly easy and allows the fat to render ever-so-slowly, producing the most delectable texture. Enjoy your side of king salmon family style. You and your guests will want to linger long at the table over this one.

# **SLOW-ROASTED ALASKA KING SALMON**

## **WITH MEXICAN STREET CORN SALAD**



Spicy, zesty corn salad gives this Alaska king salmon lots of zip in a show stopping entrée served family style.

**SERVES: 4-6**

**COOK TIME: 45 min**

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## INGREDIENTS

### Salmon

1 side (about 2 ½ pounds) wild king salmon, pin bones removed  
Extra-virgin olive oil  
½ teaspoon salt  
2 teaspoons smoked paprika  
Lime wedges, for serving

### Mexican Street Corn Salad

1 tablespoon olive oil  
3 ears of fresh corn, shucked, kernels removed  
½ cup scallions, thinly sliced  
½ cup cilantro, chopped  
1 large jalapeño, finely diced  
¼ cup mayonnaise  
1 lime, juiced  
½ teaspoon cumin  
½ teaspoon chili powder  
2 cloves garlic, pressed or finely minced  
Salt

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## DIRECTIONS

**Slow roast the salmon.** Place a 9 by 13-inch pan of water on the lower rack of the oven. Preheat the oven to 200°F. Coat a large sheet pan liberally with olive oil. Place salmon, skin side down, onto the sheet pan. Season with salt and rub with smoked paprika to coat. Roast the salmon on the middle rack of the oven for 45 minutes or until medium-rare in the thickest part of the fish.

**Meanwhile, make the corn salad.** Add the oil to a large sauté pan over medium-high heat. Add the corn kernels to the hot pan and season with salt. Allow the corn to char and heat through, stirring occasionally, about 4 minutes. Remove from heat and set aside.

To a mixing bowl, add the scallions, cilantro and jalapeño. In a smaller bowl, whisk together the mayonnaise, lime juice, cumin, chili powder and garlic until smooth. Add the corn to the mixing bowl with the scallions, cilantro and jalapeño. Pour the mayonnaise lime mixture over top and fold everything together to combine. Season with more salt as needed to taste.

**Plate and serve.** When the salmon is done roasting, top with the Mexican street corn salad and serve family style with lime wedges on the side.

# ALASKA SALMON BURGERS

WITH RHUBARB CHUTNEY



Tangy rhubarb chutney pairs beautifully with bright, bold sockeye salmon burgers and your favorite toppings.

**SERVES: 4**

**PREP TIME: 30 min COOK TIME: 35 min**

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## INGREDIENTS

### Rhubarb Chutney

1 pound rhubarb, cut into ½-inch pieces (about 3 cups)  
1 cup dried dark red cherries  
½ large red onion, peeled and diced (about ¾ cup)  
¾ cup dried blueberries  
1 garlic clove, minced  
1, 1-inch piece fresh ginger, peeled and minced  
½ teaspoon dried red pepper flakes  
1 cup light brown sugar, not packed  
½ cup tart red cherry juice  
2 tablespoons red wine vinegar  
2 tablespoons honey

### For Serving

Alaska Grown red onion  
Alaska Grown lettuce  
Pickles

### Salmon Burgers

1 pound wild Alaska sockeye salmon, boneless, skinless and divided  
2 tablespoons fresh cilantro, minced  
2 tablespoons Alaska Grown scallion, thinly sliced  
1 garlic clove, minced  
Juice of half a lime  
1 tablespoon soy sauce  
1 teaspoon sesame oil  
¼ teaspoon smoked paprika  
Salt and freshly ground black pepper, to taste  
Cooking spray  
4 favorite burger buns

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## DIRECTIONS

**Make the rhubarb chutney.** Combine rhubarb and all chutney ingredients except wine vinegar and honey in a large saucepan. Bring mixture to a boil; reduce heat and simmer, stirring occasionally, over medium-low heat for about 20 minutes. Stir in vinegar and honey. Continue to cook and stir over medium-low heat for another 15 minutes. Remove from heat. Reserve half of chutney for burgers; refrigerate remainder for another use.

**Prepare the salmon for burgers.** Dice half of the salmon in ¼-inch cubes; set aside in a medium bowl. Pulse the other half in a mini food processor until smooth; stir into the diced salmon.

**Make salmon burger mixture.** In a separate bowl, combine cilantro, scallions, garlic, lime juice, soy sauce, sesame oil and smoked paprika. Add cilantro mixture to salmon, stirring gently just to combine. Season with salt and pepper. Shape salmon mixture into 4 patties, about ¾ inch thick; chill until ready to cook.

**Cook burgers and serve.** Grill or pan fry salmon patties (in a nonstick spray-coated pan) about 3-4 minutes per side. Place on buns and top with a dollop of rhubarb chutney and desired garnishes.



Spicy turmeric garlic is the foundational flavor for these crispy Alaska salmon cakes, served in cabbage leaves with a simple cucumber yogurt sauce.

# ALASKA SALMON CAKES WITH SPICY TURMERIC GARLIC

**SERVES:** 4

**PREP TIME:** 10 min **COOK TIME:** 45 min

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## INGREDIENTS

### Salmon Cakes

1 heaping cup diced parsnip (about 2 medium)  
1 heaping cup diced golden beet or carrot (about 2 medium)  
Oil from making spicy turmeric garlic  
¼ cup finely minced celery (about 1 stalk)  
1 scallion, minced

1 ½ teaspoons jalapeño or serrano (about 1-2), finely chopped  
14-15 ounces canned wild Alaska sockeye salmon (remove and discard any bones or skin)  
Maldon flake salt and freshly ground black pepper, to taste  
2 Alaska Grown eggs, lightly whisked

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## INGREDIENTS (CON'T)

### Spicy Turmeric Garlic

Grapeseed or avocado oil, for shallow frying  
6-8 garlic cloves, thinly sliced  
2 jalapeños or serrano chiles,  
stemmed and thinly sliced  
½ teaspoon ground turmeric

### Cucumber Yogurt Sauce

2 cups plain yogurt  
1 Alaska Grown cucumber, grated

### For Serving

Whole cabbage leaves

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## DIRECTIONS

**Make the spicy turmeric garlic.** Pour oil to about ½ inch high in a heavy-bottomed 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 to a small bowl; set aside. Strain remaining oil through a sieve, discarding any solids; reserve strained oil for roasting vegetables and frying salmon cakes.

**Make cucumber yogurt sauce.** In a bowl, combine the yogurt and grated cucumber. Refrigerate until serving.

**Roast the root vegetables.** Preheat oven to 400°F. Spread parsnip and beet or carrot evenly on a parchment-lined rimmed baking sheet. Drizzle with some of the strained oil from the spicy turmeric garlic. Roast for 20-25 minutes or until fork tender.

**Make the salmon cakes.** Remove vegetables to a cutting board; roughly chop them into small pieces and add to a mixing bowl. Add celery, jalapeño and scallion. Stir in salmon; season lightly with salt and pepper, to taste. Stir in egg to just combine. Form salmon mixture into 8 round patties.

**Fry the cakes and serve.** 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. When skillet is hot add salmon cakes (cakes will sizzle when pan is hot enough). Cook about 2 minutes until golden brown on one side. Gently turn and cook another 2-3 minutes. Sprinkle with sea salt and pepper to taste. Serve warm in cabbage leaves, topped with spicy turmeric garlic and cucumber yogurt.

# ALASKA SOCKEYE SALMON

## WITH CHIPOTLE HONEY GLAZE



Get your grill on with this amazingly simple and delicious chipotle honey glazed Alaska sockeye salmon.

**SERVES: 4-6**

**PREP TIME: 15 min COOK TIME: 13 min**

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## INGREDIENTS

½ cup honey  
2-3 tablespoons puréed chipotle  
peppers in adobo sauce\*  
1 ½ pounds Alaska sockeye salmon, fresh or thawed  
Kosher salt and pepper, to taste  
1 lime

\*Purée a can of chipotle peppers in adobo sauce with a hand blender, blender or food processor until smooth. Freeze any remaining purée for another use.

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## DIRECTIONS

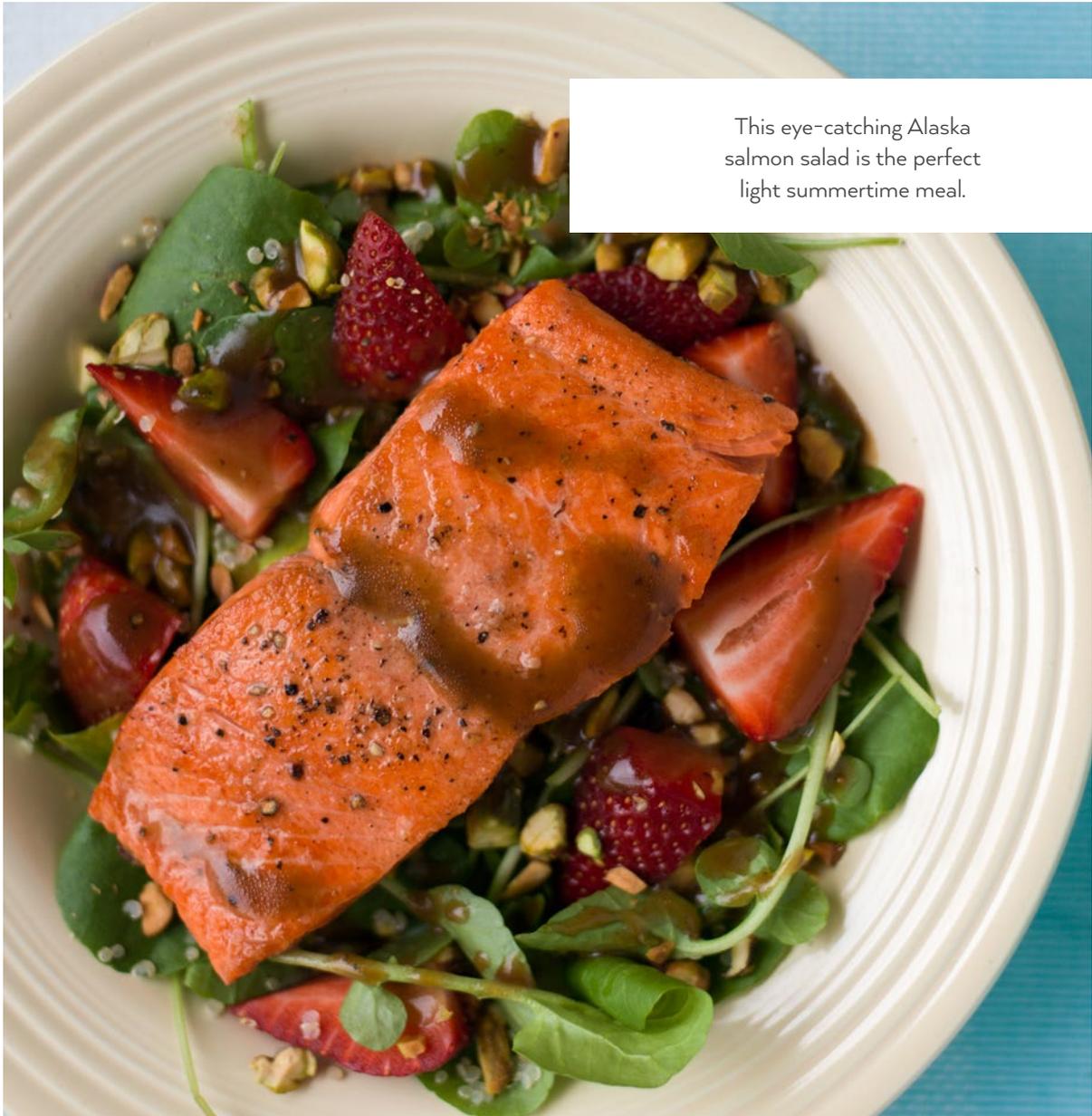
**Make the glaze.** Stir honey and chipotle purée in a small bowl until well combined. Store refrigerated for up to 2 weeks.

**Prepare the salmon for grilling.** Remove Alaska sockeye salmon from the refrigerator 15 minutes before cooking. Heat grill to 375°F. 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 and 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. Season salmon with salt and pepper.

**Grill the salmon.** Carefully transfer the foil pan to the center of the preheated grill. Do not cover the salmon or close the foil over the salmon. Close grill cover and cook for 5 minutes.

**Glaze the salmon, finish grilling, and serve.** Carefully spread the glaze on the salmon (1 tablespoon per salmon portion or ⅓ cup per salmon side). Close grill and continue to cook about 5-7 minutes more. Cook 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. Garnish with lime zest and serve with lime wedges.

**Variation!** Salmon can also be roasted in an oven preheated to 375°F or pan-seared and finished in the oven. Cook just until lightly translucent in the center; be sure to let the salmon rest a few minutes before serving.



This eye-catching Alaska salmon salad is the perfect light summertime meal.

# **BALSAMIC ALASKA SALMON SALAD**

## **WITH STRAWBERRIES**

**SERVES: 4**

**COOK TIME: 21 min**

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## INGREDIENTS

### Salmon

4 wild Alaska skinless salmon fillets  
(3-4 ounces each), pin bones removed  
Salt and pepper, to taste  
1 tablespoon canola or avocado oil

### Salad

6 cups baby kale, spinach or arugula (or combination)  
2 cups cooked quinoa, cooled to room temperature  
16 ripe strawberries, hulled and quartered  
½ cup shelled pistachios, roughly chopped

### Balsamic Vinaigrette

½ cup good balsamic vinegar  
½ cup extra-virgin olive oil  
1 tablespoon Dijon mustard  
2 teaspoons brown sugar  
Salt and pepper, to taste

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## DIRECTIONS

**Pan sear the salmon.** Season Alaska salmon fillets with salt and pepper. Add oil to a sauté pan and place over medium-high heat. Add salmon fillets and sear on both sides until golden and cooked just until opaque throughout, about 2-3 minutes per side. Set aside and allow to rest.

**Make the vinaigrette.** Add all ingredients to a jar, seal tightly with a lid, and shake until smooth and emulsified, about 30 seconds. Set aside.

**Assemble salad and serve.** Add kale to a large bowl. Gently stir in cooked quinoa. Drizzle kale and quinoa with half of vinaigrette; toss to combine. Divide salad among 4 plates. Top dressed kale and quinoa with strawberries and salmon fillet. Sprinkle with pistachios and drizzle with remaining vinaigrette.

**Chef's tip!** Bright red sockeye salmon is a great choice for this eye-catching salad. High levels of omega-3s make it an even healthier meal.

Brightly flavored pesto pairs perfectly with the bold flavors of pan-fried Alaska salmon. And no need to worry about thawing out the fish - this recipe starts with frozen!



# **PAN-SEARED ALASKA SALMON WITH PISTACHIO-PARSLEY PESTO**

**SERVES: 4**

**PREP TIME: 10 min COOK TIME: 10 min**

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## INGREDIENTS

½ cup plus 2 tablespoons shelled roasted pistachios  
½ cup firmly packed parsley leaves and stems, chopped  
¼ cup Parmigiano-Reggiano, finely grated  
1 clove garlic  
¼ cup plus 2 teaspoons olive oil, divided

1 tablespoon freshly squeezed lemon juice  
Kosher salt and freshly ground black pepper, to taste  
4, 6 ounce skin-on Alaska salmon fillets, frozen  
1 lemon, quartered

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## DIRECTIONS

**Prepare the pesto.** Roughly chop 2 tablespoons pistachios and set aside. Put remaining ½ cup of pistachios in food processor along with parsley, Parmigiano-Reggiano, and garlic, and pulse until roughly chopped. With the machine running, gradually pour in ¼ cup of olive oil and lemon juice, and blend until smooth. Season to taste with salt, pepper, and more lemon juice, if desired. Set aside. Pesto can be made and refrigerated up to a week and frozen for 3 months; defrost if necessary and bring back to room temperature before using.

**Cook the salmon.** Heat remaining 2 teaspoons olive oil in a large pan over medium heat. Run frozen Alaska salmon fillets under cold water to remove any ice glaze and pat dry with a paper towel.

Brush both sides with oil. Arrange in an even layer in pan, skin side up (if using skin-on fillets) and cook, uncovered, 3-4 minutes, until browned. Flip and season with salt and pepper. Cover and reduce heat to medium, then cook for an additional 6-8 minutes until lightly browned on both sides and cooked through. Salmon should be opaque and flake easily with a fork. For thicker portions, finish in an oven preheated to 400°F (use an ovenproof pan).

**Plate, garnish and serve.** Put each fillet on a plate and spoon about 2 tablespoons pistachio-parsley pesto over each. Sprinkle reserved chopped pistachios over top and serve with a lemon wedge.



This Instant Pot wild Alaska salmon recipe is as easy as 1, 2, 3 - and utterly delicious too!

# **INSTANT POT WILD ALASKA SALMON**

**WITH PEANUT SAUCE**

**SERVES: 4**

**PREP TIME: 10 min COOK TIME: 10 min**

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## INGREDIENTS

2 tablespoons soy sauce  
2 tablespoons brown sugar  
2 tablespoons fresh lime juice  
¼ cup all-natural chunky peanut butter  
2 teaspoons toasted sesame oil  
2 teaspoons fresh ginger, finely grated  
2 teaspoons Sriracha sauce, to taste

1 cup water  
4 wild Alaska salmon fillets,  
preferably center-cut pieces, 6 ounces each  
¼ cup roasted unsalted peanuts,  
coarsely chopped, for garnish  
¼ cup chopped fresh cilantro, for garnish

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## DIRECTIONS

**Make the peanut sauce.** In the bottom of the Instant Pot, whisk together the soy sauce, brown sugar, lime juice, peanut butter, sesame oil, grated ginger, Sriracha sauce and water. Using the sauté function, bring it to a simmer, whisk until smooth, and turn off the heat. (Press “cancel.”)

**Steam the salmon.** Place the fish in the steamer basket and place the basket in the pot. Close the lid and turn the pressure valve to seal. Cook on the steam function for 1 minute. When the time is up, press “cancel” and wait 5 minutes. Release

the pressure manually by moving the valve to the release position. When the pressure valve drops, open the pot. Cut into the salmon to test for doneness. If you like the salmon well done, cook for another minute using the sauté function.

**Plate, garnish and serve.** Lift the salmon basket out of the pot and transfer it to a serving platter. If the sauce is very thin, reduce it by turning on the sauté function for a few minutes. Spoon the sauce over the salmon and garnish it with the peanuts and cilantro. Serve with sugar snap peas, if you like.

This quick Alaska salmon chowder is creamy, smoky and just right for a cozy wintertime meal. Don't toss the liquid from the canned salmon - it's packed with flavor!



# QUICK ALASKA SALMON CHOWDER

**SERVES: 4**

**PREP TIME: 5 min COOK TIME: 20 min**

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## INGREDIENTS

10-15 ounces canned or pouched Alaska salmon  
1 tablespoon butter  
1 small onion, chopped  
1 tablespoon flour  
3 cups skim milk  
8 ounces frozen hash brown potatoes with peppers and onions (O'Brien style)

1, 8-ounce drained can or 1 cup frozen corn kernels  
1 teaspoon dried thyme or dill weed  
½ teaspoon salt  
½ teaspoon lemon pepper or pepper blend seasoning  
¼ cup bacon bits, divided  
2 tablespoons sherry (optional)

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## DIRECTIONS

**Prepare the salmon.** Drain the salmon, reserving liquid; discard skin and bones (if any). Break salmon into chunks and set aside.

**Cook the onions.** Melt butter in a 2-quart saucepan over medium heat. Add onions; cook and stir 5 minutes.

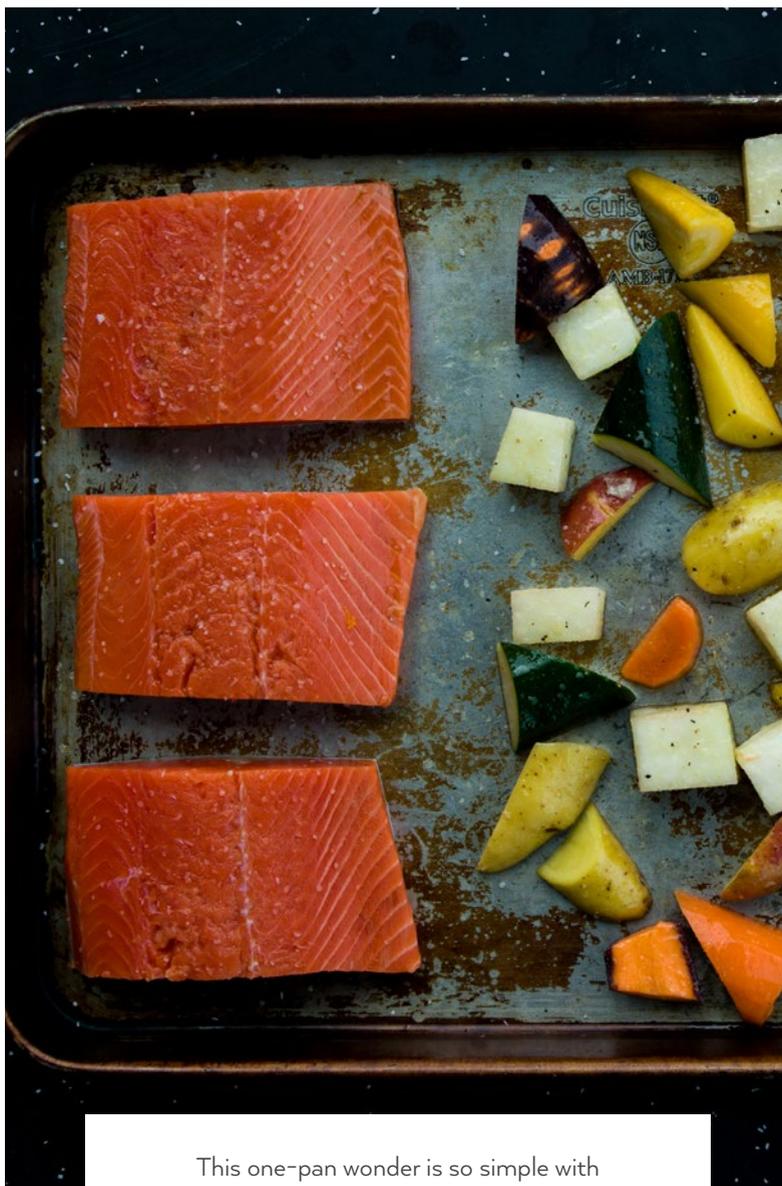
**Thicken chowder and simmer.** Add flour; cook 1 minute, stirring occasionally. Add milk and salmon liquid, bring to a low boil. Stir in potatoes, corn, seasonings and 2 tablespoons bacon bits. Return to simmer, and cook 5 minutes. Stir in salmon and sherry, if desired; heat through.

**Serve and garnish.** Ladle chowder into bowls and sprinkle with remaining bacon bits.

**Spicy variation!** Add Cajun or southwest seasoning and red pepper flakes to taste.

# MUSTARD MAPLE ALASKA SALMON

## WITH ROASTED VEGETABLES



This one-pan wonder is so simple with roasted vegetables and a sweet, tangy glaze to complement the flavors of wild Alaska salmon.

**SERVES: 4**

**PREP TIME: 20 min COOK TIME: 35 min**

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## INGREDIENTS

### Vegetables

4-6 peanut potatoes (about 4 ounces), washed and cut into pieces  
2 medium zucchini, thickly sliced  
2 medium yellow carrots, peeled and sliced  
2 medium orange carrots, peeled and sliced  
1 kohlrabi (about 8 ounces), peeled and cubed  
2 tablespoons olive oil  
1 teaspoon salt  
1 teaspoon garlic powder  
½-1 teaspoon freshly ground pepper

### Salmon

2 tablespoons olive oil  
2 tablespoons maple syrup  
2 tablespoons Dijon mustard  
1 tablespoon poultry seasoning  
2 garlic cloves, minced  
4 Alaska salmon fillets (6 ounces each), fresh, frozen or thawed

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## DIRECTIONS

**Prepare and roast vegetables.** Preheat oven to 450°F. Place cut vegetables in a large zip-top bag; add oil, salt, garlic powder and pepper. Seal bag; turn bag over several times to coat. Spread vegetables evenly onto a large baking sheet. Roast in oven for 15 minutes.

**Meanwhile, make the mustard-maple mixture and coat salmon.** Whisk olive oil, maple syrup, mustard, poultry seasoning and garlic in a small bowl. If using frozen Alaska salmon, rinse fillets under cold running water to remove any ice glaze. Pat dry with paper towels. Coat salmon with mustard-maple mixture.

### **Add salmon to baking sheet, bake and serve.**

Remove baking sheet from oven; turn vegetables over with spatula, then move vegetables closer together, making room to add salmon. Place fillets on sheet; return to oven. Cook additional 15 minutes for frozen salmon or 10-12 minutes for fresh/thawed, just until salmon is opaque throughout. Portion one-fourth of the vegetables with a salmon fillet.

# EASY ALASKA SALMON SPREAD



Salmon spread is a staple of any Alaska get together; create your own Alaska salmon spread platter with this simple recipe.

**SERVES: 8**

**PREP TIME: 10 min COOK TIME: 0 min**

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## INGREDIENTS

### Spread

2, 6-ounce cans of Alaska salmon, drained  
8 ounces Neufchâtel cheese  
2 tablespoons lemon juice  
¼ teaspoon kosher salt  
Freshly ground black pepper, to taste

### Quick Pickles

2 small English cucumbers  
½ cup red wine vinegar  
½ cup water  
1 teaspoon kosher salt  
1 teaspoon sugar

### Toppings

2 tablespoons minced chives  
⅓ cup beets, diced, pre-cooked and pre-peeled  
(find them in the produce department refrigerator)  
Quick pickled cucumber, see right  
Smoked sea salt  
Rye bread toasts

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## DIRECTIONS

**Make the salmon spread.** Add salmon, Neufchâtel cheese, lemon juice, salt and pepper to a food processor. Pulse until smooth and fully combined (you don't want any streaks of Neufchâtel cheese). Refrigerate until ready to serve.

**Make the pickles.** Microwave or use a small pan on the stovetop to heat vinegar, water, salt and sugar.

Slice cucumbers in half lengthwise, scoop out the seeds, and chop into half moons. Add to the heated vinegar mix, stir and refrigerate for at least 10 minutes.

**Assemble spread and serve.** To compile, add spread to a bowl or a plate. Add quick pickles, chives, beets, and smoked salt on top. Serve with rye bread toasts or veggies.

It's a dreamy breakfast for two with this Alaska salmon potato hash served with tangy dill horseradish cream.



# ALASKA SALMON POTATO BREAKFAST HASH

## WITH DILL CREAM

**SERVES: 2**

**PREP TIME: 10 min COOK TIME: 45 min**

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## INGREDIENTS

1 pound baby Yukon Gold potatoes  
⅓ cup lardons or thick cut bacon, diced  
½ cup white or yellow onion, chopped  
¼ cup celery, diced  
1, 6 ounce can of boneless, skinless  
Alaska salmon, drained

¼ cup sour cream  
¼ teaspoon horseradish  
1 teaspoon Dijon mustard  
3 tablespoons fresh dill, chopped  
Salt and pepper, to taste  
2 tablespoons capers

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## DIRECTIONS

**Cook the potatoes.** Bring water to a boil in a large pot. Add potatoes. Cook until fork tender, about 7 minutes. Drain potatoes, cut in half. Smash halves using the palm of your hand against a flat metal pancake turner on a cutting board.

**Cook the bacon.** In a large cast iron skillet over medium high heat, cook lardons or bacon until crispy. Remove from heat and set aside.

**Cook the vegetables.** In the same pan with residual pan drippings, add onion and celery. Stir occasionally,

sautéing about 5 minutes until soft. Remove and add potato halves, cut side down. Cook over medium high heat until browned and crisp, about 5 minutes.

**Assemble the hash and serve with accoutrements.** Add salmon to warm through. Add back in lardons, celery and onion. Toss to combine. Plate. In a small bowl, mix together horseradish, sour cream and dill. Add dollops of dill cream around the bowl with potatoes and salmon. Top with capers. Serve immediately.



Smoky crunchy freshness all rolled up in one! These fresh rolls are a colorful and healthy way to eat smoked salmon.

# SMOKED ALASKA SALMON FRESH ROLLS

**SERVES: 4-5**

**PREP TIME: 45 min COOK TIME: 10 min**

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## INGREDIENTS

### Fresh Rolls

2 ounces dried rice noodles  
4 shiitake mushroom caps  
(about 2 ounces), thinly sliced  
2 tablespoons soy sauce  
8-10 round spring roll wrappers, 9-inch size  
2 cups hot smoked sockeye salmon  
(about 8 ounces), thinly sliced  
1 cup cucumbers, julienned  
1 cup carrots, julienned  
1 medium avocado, diced  
1 cup basil leaves, coarsely chopped  
1 cup cilantro, chopped  
¼ cup red onion, minced  
½ cup plain peanuts, coarsely chopped

### Dipping Sauce

1 cup seasoned rice wine vinegar  
1 scallion, minced  
2 tablespoons soy sauce  
2 teaspoons sesame oil  
1 teaspoon ginger, minced

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## DIRECTIONS

**Prepare the fresh roll filling.** Submerge rice noodles in hot water for 8-10 minutes until noodles are soft and clear. Drain and sprinkle with a small amount of water to keep from sticking together; set aside. Toss mushrooms with soy sauce; set aside.

**Assemble the fresh rolls.** Submerge one spring roll wrapper in a large shallow bowl of warm water for about 20-30 seconds, or until softened. Remove carefully and drain. Place on a clean dry cutting board or work surface. Layer about one-eighth of each of the total ingredients across the center of the wrapper, leaving a border on each end: smoked

salmon slices, cucumber, carrots, avocado, rice noodles, mushrooms, basil, cilantro, red onion and peanuts.

Lift the edge of the wrapper closest to you and roll it up and over the ingredients, tucking and compressing all of the ingredients into a cigar shape. Fold in the ends to seal and set roll aside, seam-side down; repeat for remaining rolls.

### **Make the dipping sauce and serve.**

Combine rice vinegar, scallion, soy sauce, sesame oil and ginger in a bowl. Arrange fresh rolls on a platter with the sauce and serve.

# AIR-FRIED ALASKA SALMON

## WITH ISRAELI-STYLE COUSCOUS SALAD



Air frying and Alaska salmon are meant to be together! This recipe is so simple and bursting with flavor, served alongside a zesty couscous salad.

**SERVES: 4**

**PREP TIME: 15 min COOK TIME: 20 min**

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## INGREDIENTS

### Salmon

4, 4-6 ounce frozen Alaska salmon fillets  
2 tablespoons olive oil  
1 teaspoon lemon juice  
½ teaspoon cumin  
½ teaspoon kosher salt

### Israeli Couscous Salad

#### with Lemon-Tahini Dressing

¾ cups uncooked couscous (2 ¼ cups cooked)  
2 tablespoons tahini  
3 teaspoons lemon juice  
½ teaspoon salt  
¼ teaspoon cumin  
1 cup tomatoes, diced  
1 ½ cups cucumber, diced  
½ cup parsley, finely chopped

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## DIRECTIONS

**Prepare and air fry salmon.** Preheat air fryer to 400°F for 5 minutes. Whisk together the olive oil, lemon juice, cumin and salt. Run frozen Alaska salmon fillets under cold water to remove any ice glaze and pat dry with a paper towel. Put the salmon in air fryer and cook for 4 minutes. Remove, brush the tops with the oil mixture, lower heat to 350°F, and cook for another 8-10 minutes, depending on thickness and doneness. Salmon should be opaque and flake easily with a fork.

### Meanwhile, prepare the couscous and dressing.

Cook couscous according to package directions. While it's cooling slightly, whisk together the tahini, lemon juice, salt and cumin for the lemon-tahini dressing. Whisk in water a bit at a time until the dressing thins enough to drizzle (about 6 teaspoons of water, depending on the thickness of your tahini).

**Prepare salad and serve.** Mix the couscous with the lemon-tahini dressing, cucumber, tomato and parsley. Spoon couscous salad on a plate and top with a salmon fillet. Serve immediately.

Dinner for two couldn't be simpler or more refined with pan-seared Alaska salmon in a creamy basil-wine sauce.



# **BRONZED ALASKA SALMON**

## **IN A BASIL-WINE SAUCE**

**SERVES: 2**

**PREP TIME: 5 min COOK TIME: 20 min**

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## INGREDIENTS

2 Alaska salmon steaks or fillets  
(4-6 ounces each), fresh, thawed or frozen  
1 tablespoon olive oil  
Blackened seasoning, to taste  
2 tablespoons chardonnay

### Sauce

1 teaspoon garlic, chopped  
½ cup chardonnay  
½ cup heavy cream  
2 tablespoons fresh basil, chopped  
Salt, to taste  
1 lemon wedge

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## DIRECTIONS

**Pan sear the salmon.** Rinse any ice glaze from frozen Alaska salmon under cold water; pat dry with a 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 3-4 minutes, until browned. Shake pan occasionally to keep fish from sticking.

**Season salmon and finish cooking.** Turn salmon over and sprinkle with blackened seasoning to taste. Cover pan tightly and reduce heat to medium. Cook an additional 6-8 minutes for frozen salmon or 3-4

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.

**Make the sauce and serve.** Place the same skillet back on medium-high heat and add the garlic and ½ cup wine. Simmer until reduced by two-thirds. Add the cream and basil; simmer sauce until thickened, about 2 minutes. Season to taste with salt and add the juice of one lemon wedge.

# THAI-STYLE AROMATIC ALASKA SALMON

WITH SESAME SNAP PEAS



Alaska salmon is stuffed with aromatics and wrapped in a banana leaf before being grilled to flavorful perfection and served as a star of the table.

**SERVES: 6-8**

**PREP TIME: 20 min COOK TIME: 35 min**

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## INGREDIENTS

1 whole Alaska keta salmon, fresh or thawed  
2 tablespoons olive oil  
2 teaspoons sea salt  
1 teaspoon freshly ground pepper  
1 lime, sliced  
2 small stalks lemongrass (2 ounces),  
light part only, halved lengthwise and crushed  
6-8 slices (2 ounces) long,  
thin slices of fresh ginger, peeled  
4-5 sprigs each fresh mint and cilantro  
2 Thai chiles, halved lengthwise  
1 large banana leaf (big enough to wrap fish)

### Sesame Snap Peas

1 tablespoon olive or canola oil  
1 pound snap peas  
1 red bell pepper, sliced  
1 teaspoon sesame oil  
1 teaspoon soy sauce  
1 teaspoon sesame seeds  
1 tablespoon sweet and sour sauce

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## DIRECTIONS

**Prepare the grill and baking sheet.** Remove Alaska keta salmon from refrigerator 15 minutes before cooking. Heat grill to medium-high heat (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; spray top sheet generously with cooking spray.

**Prepare the salmon.** Rinse salmon under cold water, thoroughly rinsing belly cavity; pat dry with a paper towel. On both sides of the salmon, cut 3-4 slits, crosswise, into the skin of salmon, deep enough to almost reach the bone. Brush salmon with oil; sprinkle salt and pepper inside and outside the entire fish. Stuff salmon with layers of lime slices, lemongrass, ginger,

mint, cilantro and chiles. Wrap salmon in banana leaf, then place in center of aluminum foil. Bring foil ends up and crimp to close, forming a sealed packet.

**Grill the salmon.** Carefully transfer the foil packet to the center of the preheated grill. Close grill cover and cook for 25-35 minutes, cooking just until salmon is opaque throughout. Remove from the grill and let rest a few minutes before serving.

**Meanwhile, cook the snap peas.** Heat oil in a pan. Stir in snap peas and bell pepper slices; sauté 3-5 minutes, just until peppers soften. Mix together with sesame oil, soy sauce, sesame seeds, and sweet and sour sauce. Serve vegetables with salmon.

**Variations!** The banana leaf makes a beautiful presentation, but could be omitted – just wrap salmon in several sheets of heavy-duty aluminum foil, bring foil ends up and crimp to close (leave room for heat circulation inside), forming a sealed packet. **OR** Roast in an oven preheated to 400°F, cooking 25-35 minutes, just until fish is opaque throughout. Be sure to let the salmon rest a few minutes before serving.

# PIZZETTA BIANCO

WITH ALASKA SMOKED SALMON  
& SALMON ROE



Get fun and fancy in the kitchen and prepare mini pizzas with a creamy, zesty sauce and topped with Alaska smoked salmon and salmon roe.

**SERVES: 6**

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## INGREDIENTS

1 cup creme fraiche  
2 tablespoons hot horseradish sauce  
1 tablespoon lemon juice  
Grated zest of 1 lemon  
2 tablespoons fresh dill, chopped  
plus small sprigs for garnish  
2 tablespoons fresh chives, chopped  
Sea salt flakes, to taste  
Freshly ground black pepper, to taste

1 large red onion, thinly sliced  
1 tablespoon olive oil, plus more for brushing  
1 ½ cups ciabatta bread mix  
All-purpose flour, for dusting  
A handful of arugula  
7 ounces Alaska smoked salmon, thinly  
sliced and torn into small pieces  
3 ½-ounce jar Alaska keta salmon roe

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## DIRECTIONS

**Make the sauce and oil dressing.** Mix together the creme fraiche, horseradish, lemon juice and zest, dill and chives, season with some salt and pepper and set aside. In a small bowl, toss the red onion with the olive oil and season lightly with salt and pepper. Set aside.

**Make the dough.** Preheat oven to 400°F. Following the instructions on the back of the bread mix packet, create a dough.

**Roll the dough and assemble pizzetta.** Divide the dough into 6 equal pieces. On a floured surface, roll out each piece into a 5-inch round. Brush each round with olive oil and season lightly with salt and pepper. Top each round with the onion slices, dividing them evenly between the 6 rounds.

**Let pizzetta rise and bake.** Carefully slide the pizzetta onto a baking sheet or pizza stone and leave to rise in a warm place for 10 minutes. Place the pizzetta in the oven and bake until the crusts are lightly browned, about 6-8 minutes.

**Remove from oven, add toppings and serve.** Remove the pizzetta from the oven and transfer them to a board or serving platter. Allow to cool for a few minutes, then dollop some of the herb creme fraiche onto each followed by some arugula. Scatter the smoked salmon and salmon roe on top, dividing it evenly between the pizzetta. Garnish each with a sprig of dill and serve immediately.

Quinoa and canned Alaska salmon  
make for a super healthy twist on sushi  
rolls the whole family will love!



# ALASKA SALMON QUINOA SUSHI

**SERVES: 4 (2 rolls each)**

**PREP TIME: 30 min COOK TIME: 0 min**

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## INGREDIENTS

4 cups cooked and cooled quinoa  
¾ cup seasoned rice vinegar  
24-30 ounces canned or pouched Alaska salmon, drained and chunked  
½ cup olive oil mayonnaise or reduced-fat mayonnaise  
2 teaspoons lemon juice  
1 ½ teaspoons celery seed  
1 ½ teaspoons ground ginger

2 medium seedless cucumbers, julienned  
4 small avocados, pitted, peeled and sliced  
1 red bell pepper, julienned  
8 nori (dried seaweed) sheets, each approximately 7 inches square  
8 teaspoons wasabi paste  
Pickled ginger, for serving  
Soy sauce or liquid aminos, for serving

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## DIRECTIONS

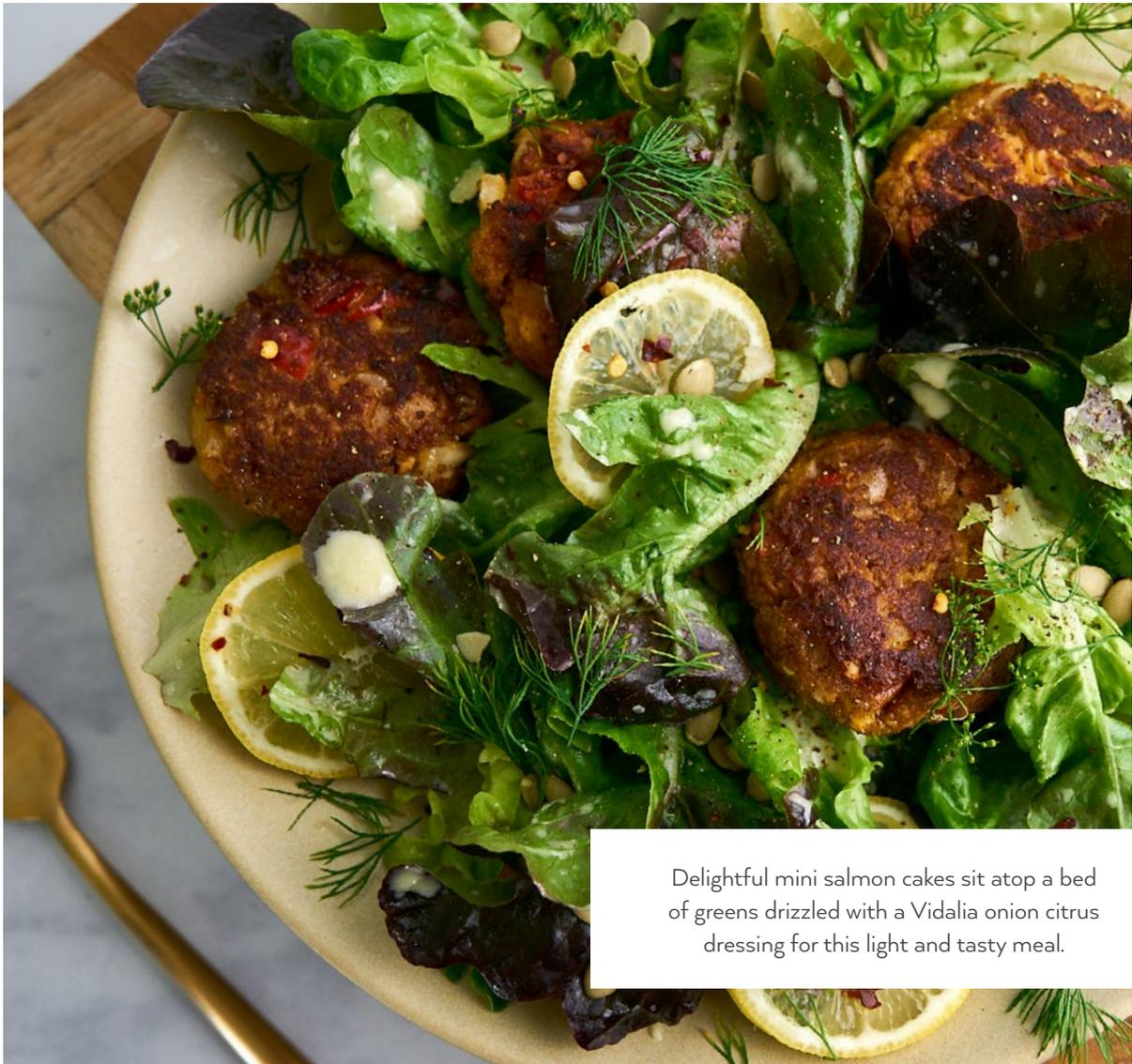
**Prepare the quinoa and salmon.** In a bowl, stir rice vinegar into quinoa until coated. In another bowl, remove any skin and bones from salmon. Blend in mayonnaise, lemon juice, celery seed and ginger.

**Arrange ingredients on nori.** Spread about ½ cup of the cooled quinoa mixture over a nori sheet, leaving 1-inch edge across the top. Thinly spread 1 teaspoon of the wasabi across the center of the quinoa in a thin strip, moving horizontally. Lay ⅙ of the cucumber, avocado and red bell pepper, along with ⅙ of the salmon mixture over wasabi strip (in center of sheet).

**Roll up nori.** Dampen your finger with water and run it along the top edge of the nori so it'll stick when you've finished rolling. Starting at the bottom, roll nori up over the quinoa into one long roll. Apply firm pressure and smooth the roll as you turn it. If the edge of the nori doesn't stick to the roll, dab it with a little more water. Repeat the process with remaining ingredients to form 7 additional rolls.

**Slice sushi and serve.** Using a moistened serrated knife, slice each roll into 6 pieces. Wet the blade after each cut. Serve with florets of pickled ginger and a small dish of soy sauce or liquid aminos.

# BLACKENED PAN-FRIED ALASKA SALMON CAKES WITH GREENS



Delightful mini salmon cakes sit atop a bed of greens drizzled with a Vidalia onion citrus dressing for this light and tasty meal.

**SERVES: 2**

**PREP TIME: 40 min COOK TIME: 15 min**

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## INGREDIENTS

### Cakes

1, 6-ounce can Alaska salmon, drained  
½ cup Vidalia onion or other sweet onion, diced  
½ cup diced red bell pepper  
½ cup panko  
¼ cup mayonnaise  
1 large egg  
½ teaspoon Worcestershire sauce  
1 ½ tablespoons spice mix (see right)  
1 tablespoon butter  
1 tablespoon extra-virgin olive oil

### Salad

Lettuce of choice  
Pumpkin seeds  
Fresh parsley  
Fresh dill

### Spice Mix

¾ tablespoon sweet paprika  
2 ¼ teaspoons kosher salt  
1 ¼ teaspoon onion powder  
1 teaspoon garlic powder  
1 teaspoon cayenne  
¾ teaspoon white pepper  
¾ teaspoon black pepper  
½ teaspoon dried thyme  
½ teaspoon dried oregano

### Vidalia Onion Citrus Dressing

1 cup diced Vidalia onion  
¼ cup extra-virgin olive oil  
¼ cup lemon juice  
3 tablespoons honey  
2 tablespoons Dijon mustard  
¼ teaspoon kosher salt  
2 cloves garlic

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## DIRECTIONS

**Make the spice blend.** Stir spice mix ingredients together in a bowl. Store in an airtight container.

**Make the dressing.** Add onion citrus dressing ingredients to food processor or bowl to blend with an immersion blender. Purée until smooth. Store in fridge.

**Make the salmon cakes.** Add ingredients to a medium bowl and mix until combined. Use a ¼ cup dry measuring scoop and portion 7 cakes, lightly pressing together with damp hands. Place on a plate and refrigerate at least 30 minutes to encourage cakes

to keep their shape. To prepare for later, continue to refrigerate until 20 minutes before meal, then cook.

**Cook the patties.** In a cast iron skillet, melt butter and add olive oil. Once pan sizzles, add a few cakes (do not crowd) and cook each side for 5 minutes until golden brown. Repeat on opposite side and continue until all cakes are cooked.

**Assemble and serve.** Toss greens with a drizzle of dressing. Sprinkle with pumpkin seeds, herbs, and add salmon cakes. Serve immediately.



# MEDITERRANEAN RUBBED ALASKA SALMON

**SERVES:** 4

**PREP TIME:** 15 min **COOK TIME:** 15 min

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## INGREDIENTS

¼ cup finely chopped fresh rosemary  
3 tablespoons minced fresh garlic  
1 teaspoon kosher or sea salt  
½ teaspoon pepper blend seasoning  
1 tablespoon olive oil

4 Alaska salmon steaks or fillets  
(4-6 ounces each), fresh, thawed or frozen  
Canola oil or nonstick cooking spray  
1 lemon, cut in wedges

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## DIRECTIONS

**Make spice paste.** In a small bowl, blend rosemary, garlic, salt and pepper. Stir in 1 tablespoon olive oil to make a thick paste.

**Season the fish.** Rinse any ice glaze from frozen Alaska salmon under cold water; pat dry with a paper towel. Press rub mixture firmly onto cut sides of each steak/fillet (not skin); let salmon rest 5 minutes before cooking.

**Grill or broil the fish.** Heat grill or broiler/oven to medium-high heat. Brush grill surface with canola oil or coat broiling pan with cooking spray. Grill or broil 12-15 minutes for frozen salmon or 8-9 minutes for fresh/thawed fish, turning once during cooking. Cook just until fish is opaque throughout. Serve with lemon wedges.



# PAN-FRIED ALASKA SALMON WITH BALSAMIC BROCCOLI PURÉE

**SERVES: 2**

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## INGREDIENTS

7 ounces Alaska sockeye salmon  
2 tablespoons olive oil  
¼ cup balsamic vinegar  
Salt, to taste

### Broccoli Purée

4 ounces broccoli  
½ cup milk  
1 tablespoon unsalted butter  
Salt, to taste

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## DIRECTIONS

**Cook the salmon.** Season Alaska sockeye salmon with salt. Add oil to a frying pan and heat over medium. When pan is hot, fry salmon skin side down. Remove when salmon measures 110-120°F internally and skin becomes crispy, about 7-9 minutes. Set aside and cover with foil.

**Make the broccoli purée.** Add broccoli and milk to

the pan and simmer for 15 minutes. When broccoli is very soft, use an immersion blender to puree the milk and broccoli. Add butter and season with salt to taste.

**Plate and serve.** Place a dollop of broccoli purée on a plate and form into an olive shape. Place salmon skin side up on plate and drizzle with balsamic vinegar. Serve immediately.



# SHELLFISH

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# SUCCULENT WILD SHELLFISH

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**BY MAYA WILSON**

When it comes to succulent wild shellfish, Alaska is king. People come here from all over the world to relish the privilege of dining on local king crab legs with drawn butter. This is the same crab they've likely seen on television being caught in pots on icy fishing vessels in the turbulent Bering Sea. Enjoying a plate of crab legs is a luxurious experience, to be sure. But the famous Alaska king crab is just one of our many fine shellfish species, and there are countless other ways to prepare them. All of Alaska's wild shellfish – crabs, scallops, and spot prawns – have been harvested under sustainable and eco-friendly responsible fisheries management. This means that when you enjoy a plate of Alaska shellfish and taste that fresh, briny sweetness, it can taste even sweeter knowing it was responsibly sourced and will be around for future generations to enjoy, too. Let's take a deep dive into the wild world of Alaska shellfish.

Weathervane scallops have long been one of my favorite proteins to work within the kitchen and to enjoy on the plate. Plump and sweet, they are quick to thaw from frozen and even quicker to cook. I recommend patting them dry, seasoning them, and giving them a good hard sear on both sides, pressing them down firmly into the surface of a hot pan for even color. Take care not to overcook them, as they can rapidly turn chewy on you. When perfectly cooked to 125 to 130 degrees in the center, they have an almost silky texture. They are ideal atop pasta, risotto, salads, grain bowls, and as an appetizer. They are also lovely when broiled. Or go the uncooked route and they make a luxurious ceviche or crudo.

Wild Alaska spot prawns are equally as exquisite. They can be roasted whole in the shell or you can remove the shells and save them to make a robust seafood stock. Spot prawns cook rapidly, so keep a close eye on them. You're looking for that magical moment when they turn bright pink and fleshy. Don't overcook them. They're effortlessly impressive and ready to stand alone as the star of any entrée, whether on a skewer or atop a glorious heap of pasta or bowl of pho. Take surf and turf to the next level by adding spot prawns alongside a perfectly cooked steak. They also make a beautiful addition to any seafood paella or cioppino. Or consider a mean high-end spot prawn taco for the win.

When it comes to all of the wild Alaska crab species, my advice to you is to not be intimidated. They may look large and spiny, but because most Alaska crab comes pre-cooked to lock in freshness and flavor, they are notoriously easy to prepare. Give them a quick bath in boiling water and they are ready to be dunked in butter, perfectly pre-seasoned by the saltwater of Alaska's seas. Or toss those whole or split crab legs on the grill until heated through, which brings a little smokiness to the party. Reserve the shells to incorporate into a crab bisque or rich seafood stock. Crab meat is ideal for countless preparations. Consider using it for a sushi roll, atop avocado toast at brunch, or made into a fabulous crab dip appetizer. And everyone needs a reliable crab cake recipe in their arsenal. My recipe for *Alaska Crab Cakes* can be used not just with a dipping sauce, but also on a slider bun or in a crab cake Benedict topped with hollandaise sauce. You can use any species of crab for these crab cakes – king, snow, or Dungeness – giving you all the flexibility you need to use whatever delicious wild Alaska crab you can get your hands on.

# ALASKA CRAB CAKES



This classic appetizer is easy to make and absolutely delicious - especially when served with your favorite dipping sauce!

**YIELD: about 8 cakes**

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## INGREDIENTS

¼ cup mayonnaise  
1 egg, beaten  
2 teaspoons Worcestershire sauce  
1 tablespoon Dijon mustard  
1 teaspoon lemon zest  
½ teaspoon Old Bay seasoning  
½ teaspoon black pepper  
1 pound Alaska king, snow or Dungeness crab meat  
2 tablespoons red bell pepper, finely diced  
2 tablespoons celery, finely diced  
2 tablespoons flat leaf parsley, finely chopped  
¾ cup panko  
Cooking oil, for pan frying

## For Serving

Lemon wedges  
Chipotle mayo, Sriracha aioli, or tartar sauce  
Sliced scallions or chives

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## DIRECTIONS

**Make the crab cakes.** To a mixing bowl, add the mayonnaise, egg, Worcestershire, Dijon, lemon zest, Old Bay seasoning and pepper. Stir to combine. Add the crab meat, bell pepper, celery, parsley and panko. Fold together to combine. Using your hands, form the mixture into 8 patties.

**Fry the crab cakes.** Coat a skillet with cooking oil and heat over medium-high. When the oil is hot and shimmering, add the patties to the pan. Cook until crispy and browned on both sides, about 3 minutes per side.

**Plate and serve.** Serve with lemon and dipping sauce of choice. Sprinkle with scallions or chives to serve.



There are many ways to dip a crab leg. Here are four delicious dipping sauces to accompany rich, buttery Alaska crab.

# ALASKA CRAB LEGS

## WITH DIPPING SAUCES

**SERVES: 8**

**PREP TIME: 10 min COOK TIME: 10 min**

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### INGREDIENTS

#### Crab

3-4 pounds Alaska crab legs  
(king, snow or Dungeness), thawed or frozen

#### Sauce(s)

Listed on next page

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## DIRECTIONS

**Prepare the crab.** Fill a large sauté or frying pan with ½ inch of water; add crab legs and bring to a boil. Reduce heat, cover and simmer for 8-10 minutes for frozen crab or 3-4 minutes for thawed crab, until heated through. Drain and set aside.

**Prepare dipping sauce of choice.**

**Plate crab and serve.** Serve crab with dipping sauce of choice.

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## MEDITERRANEAN DIP

### Ingredients

1, 6.5-ounce jar artichoke hearts, drained and chopped  
1 cup Parmesan cheese, grated  
1 cup low-fat sour cream  
1 cup low-fat mayonnaise  
¼ cup sun-dried tomatoes, chopped  
1, 4-ounce can sliced olives, drained  
¼ cup fresh chives, chopped or 2  
tablespoons scallions, sliced

### Directions

Blend artichoke hearts, Parmesan cheese, sour cream, mayonnaise, sun-dried tomatoes, olives and chives in bowl.

**Variation:** Bake at 350°F until bubbly.

## BUTTER SAUCE

### Ingredients

½ cup unsalted melted butter  
1 tablespoon lemon juice  
¾ teaspoon garlic salt  
½ teaspoon dried dill weed  
Dash white pepper

### Directions

Blend ingredients together in a bowl.

## BASIL-MINT PESTO SAUCE

### Ingredients

2 cups fresh basil leaves  
1 ½ cups fresh mint leaves  
½ cup olive oil  
3 tablespoons walnuts, toasted  
3 cloves garlic  
3 ½ teaspoons lemon juice  
½ cup grated Parmesan cheese

### Directions

Combine basil, mint, oil, walnuts, garlic and lemon juice in a food processor; purée until smooth. Add Parmesan and pulse until well combined.

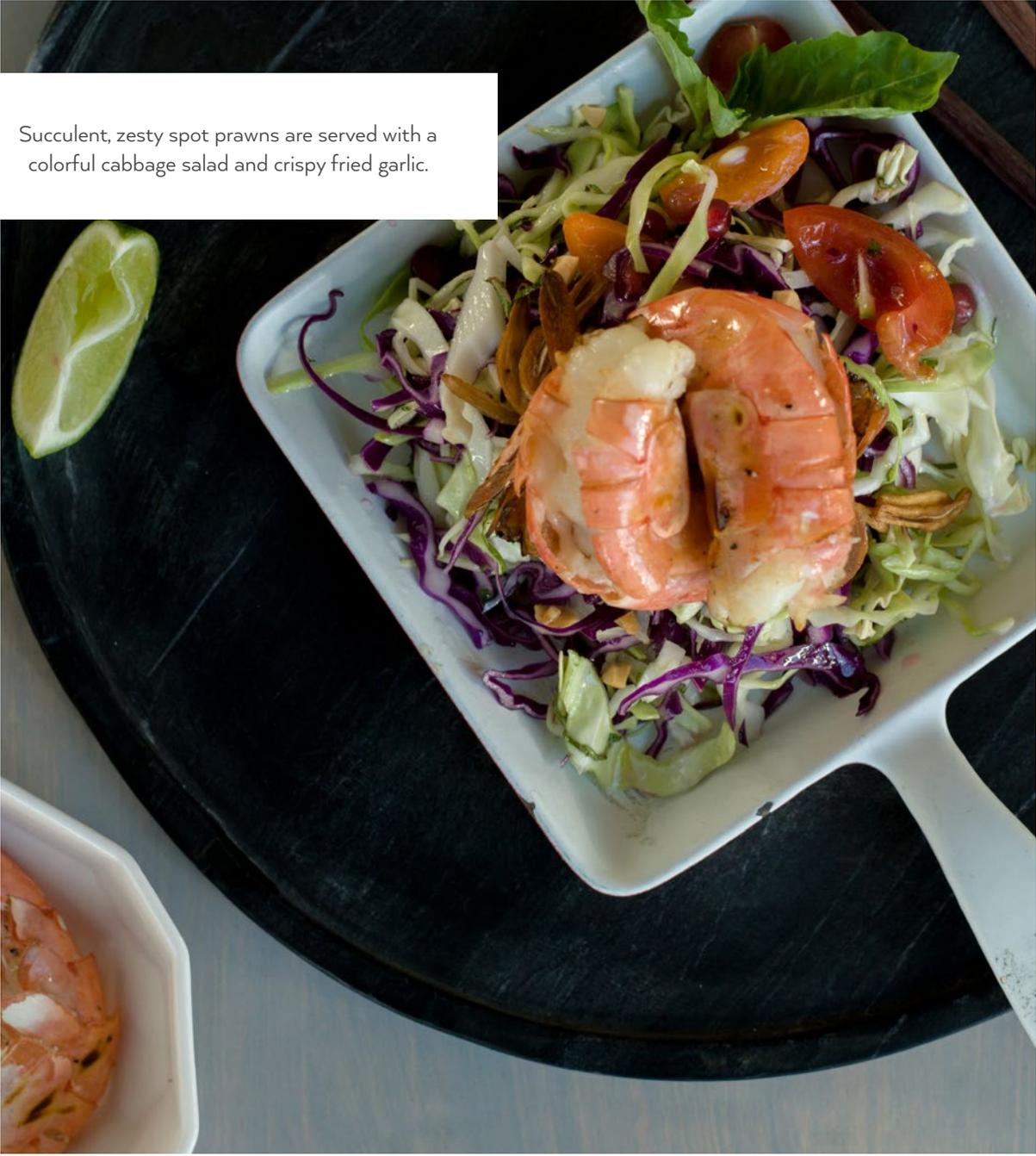
## ROUILLE SAUCE

### Ingredients

⅓ cup bottled roasted red peppers  
2 cloves garlic, minced  
⅔ cup low-fat mayonnaise  
1 teaspoon lemon juice  
½ teaspoon red pepper flakes

### Directions

Combine peppers and garlic in a food processor and process until well minced. Pulse in remaining ingredients until well combined. Transfer to small bowl.



Succulent, zesty spot prawns are served with a colorful cabbage salad and crispy fried garlic.

# CITRUS SPOT PRAWNS

## WITH SESAME CABBAGE SALAD

**SERVES: 4**

**PREP TIME: 45 min COOK TIME: 10 min**

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## INGREDIENTS

### Fried Garlic

½ cup sesame oil  
10 garlic cloves, thinly sliced  
½ cup canola, corn or grapeseed oil

### Cabbage Salad

1 small head purple cabbage (about 1 pound)  
1 small head green cabbage (about 1 pound)  
1-2 teaspoons kosher salt, to taste  
Juice of 2 limes  
1 pint cherry tomatoes, cut in quarters  
Seeds of 2 pomegranates (about 1 cup)  
1 cup each herbs, leaves only: mint, cilantro and basil

### Alaska Prawns

1 tablespoon salt  
1 lemon, zested and juiced  
1 orange, zested and juiced  
4 ounces dry white wine  
1 tablespoon pickling spice  
(or 1 tablespoon black peppercorns and 2 bay leaves)  
2 pounds Alaska spot prawns,  
heads removed, shells on  
Salt and pepper, to taste  
4 ounces roasted peanuts, chopped

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## DIRECTIONS

**Fry the garlic.** Heat the sesame oil over medium heat in pan; add garlic. Gently fry until golden brown. Strain out garlic, reserving oil. Blot garlic on paper towels to dry. If needed, crisp in 200°F oven for 10-15 minutes. Blend cooled sesame oil with canola oil. Set garlic and oil aside. This step may be done up to a day ahead.

**Make the cabbage salad.** Quarter cabbages; thinly slice each into a separate bowl. Rinse, strain and dry cabbages thoroughly; refrigerate if not using immediately (may be done up to a day ahead). Place cabbages into a large mixing bowl, season liberally with salt; toss lightly and let stand 5 minutes. Pour on lime juice, add tomatoes and pomegranate seeds. Thinly slice the herbs and lightly toss into salad.

**Boil the prawns.** Prepare an ice bath and set aside. Boil 3 quarts water in a large pot; add salt, lemon and orange juices and zest, wine and pickling spice. Return to a boil; add prawns. Cook 3-4 minutes, just until prawn shells are bright and prawns are opaque throughout. Place prawns in ice bath for 1-2 minutes to chill. Remove prawns; peel off shells if preferred. In a bowl, coat prawns lightly with about 2-3 tablespoons of reserved oil blend. Season with salt and pepper to taste.

**Plate and serve.** Drizzle just enough oil blend onto cabbage mixture salad to coat. Portion cabbage among 4 large bowls. Sprinkle on fried garlic and peanuts. Divide and place prawns over salad. Serve immediately.

# ALASKA SEAFOOD CIOPPINO



Mix and match various Alaska seafoods to create this hearty and stunning stew.

**SERVES: 4**

**PREP TIME: 10 min COOK TIME: 25 min**

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## INGREDIENTS

1 ½ tablespoons olive oil

¾ cup chopped onion

1 cup celery, sliced

1 cup fennel, sliced

2 cloves garlic, minced

1 teaspoon dried basil

½ teaspoon dried tarragon

¼-½ teaspoon red pepper flakes

¼ teaspoon black pepper

1 slice bacon, finely chopped

2, 8-ounce bottles clam juice

1, 28-ounce can diced tomatoes in juice

¼ cup red wine (cabernet or pinot noir)

2 pounds of your favorite Alaska seafood, to include Alaska crab (king, snow or Dungeness) and finfish such as Alaska pollock, salmon, cod, halibut or sole – fresh, thawed or frozen

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## DIRECTIONS

**Prepare cioppino.** Heat olive oil in heavy stockpot. Sauté onion, celery and fennel over medium heat until softened, about 5 minutes. Add garlic, basil, tarragon, red pepper flakes, pepper and bacon; sauté for 3-5 minutes. Add clam juice, tomatoes and wine; simmer 10 minutes.

**Prepare seafood.** Rinse any ice glaze from frozen Alaska seafood under cold water.

Turn off heat and add seafood to liquid, skin side down. Return heat to a simmer.

**Finish cioppino and serve.** Once simmering, cover pot and cook 4-5 minutes for frozen seafood or 2 minutes for fresh/thawed fish. Turn off heat and let seafood rest 5 minutes or until opaque throughout. To serve, ladle into warm soup bowls.



Chu Chee, a traditional Thai red curry made of red chiles and shrimp paste, plays well with wild Alaska scallops and fresh green beans in this colorful entrée.

# **CHU CHEE RED CURRY ALASKA SCALLOPS AND GREEN BEANS**

**SERVES: 4**

**PREP AND COOK TIME: 25 min**

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## INGREDIENTS

2 tablespoons canola or grapeseed oil, divided  
1 tablespoon Thai red curry paste  
2 cups Alaska Grown green beans, trimmed and cut into bite-sized pieces (about 8 ounces)  
1 Alaska Grown carrot, cut into bite-sized pieces (about 1 cup)  
1, 13.6-ounce can unsweetened coconut cream  
1 ½ teaspoons fish sauce  
1 ½ teaspoons sugar  
1 small red bell pepper, thinly sliced (about 1 cup)  
1 kaffir lime leaf thinly sliced, divided (substitute 2 Thai basil leaves or 1 large basil leaf)  
8-10 wild Alaska scallops  
Sea salt and freshly ground black pepper, to taste  
Cooked jasmine rice, as needed  
2-4 lime wedges

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## DIRECTIONS

**Make the curry.** Heat a large saucepan over medium heat. Add 1 tablespoon of the oil and curry paste; cook, stirring constantly until fragrant, about 1 minute. Stir in green beans and carrot; cook for 1-2 minutes. Add coconut cream, fish sauce, sugar, bell pepper, and half of kaffir lime leaf; stir and cook 2 minutes.

**Cook the scallops.** Pat scallops dry with paper towels. Heat remaining 1 tablespoon oil in a large skillet until hot. Add scallops in a single layer (do not overcrowd the pan) and sear until golden brown on both sides. Place scallops and liquid into curry sauce and heat through.

**Plate and serve.** Serve over jasmine rice; season with salt and pepper, the remaining slices of kaffir lime leaf and a squeeze of lime.



# CHAI-GRILLED ALASKA SNOW CRAB

**SERVES: 4**

**PREP TIME: 20 min COOK TIME: 10 min**

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## INGREDIENTS

1 teaspoon kosher salt

1 tablespoon unsalted butter, melted

2-3 cups prepared chai

4 pounds Alaska snow crab clusters, frozen

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## DIRECTIONS

**Prepare chai marinade.** Mix the salt and butter into the prepared tea – the salt will balance out some of the sweetness in the chai and the butter will give it some depth.

**Marinate the crab.** Rinse any ice glaze from frozen Alaska snow crab under cold water; pat dry with paper towels. Marinate crab in chai for 15-20 minutes to allow flavor to infuse into the shells.

**Grill the crab.** Preheat grill to 400°F. Tear an 18-inch sheet of heavy duty aluminum foil so that it is 4 inches longer than the seafood. Spray-coat the dull side of the foil with cooking spray; place crab on foil with some of the marinade. Bring the sides of the foil together and fold over several times to seal, leaving room for air circulation inside. Transfer packet to grill and cook for 8-10 minutes. Serve with grilled seasonal vegetables and a little more melted butter for dipping.



# GARLIC BUTTER ALASKA SPOT PRAWNS

**SERVES: 4**

**PREP AND COOK TIME: 20 min**

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## INGREDIENTS

¼ cup unsalted butter

3 cloves garlic, thinly sliced

1 tablespoon olive oil

24 ounces wild Alaska spot prawns,  
peeled and deveined

1 cup Alaska Grown tomatoes, diced

¾ cup Alaska Grown fresh basil, roughly chopped

Salt and freshly ground black pepper, to taste

Fresh cooked pasta or grilled bread, for serving

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## DIRECTIONS

**Sauté the garlic.** Melt butter with garlic in a small pan over medium-low heat, just until garlic begins to brown. Remove from heat.

**Cook the prawns.** Heat olive oil in a large sauté pan over medium-high heat. Pat prawns dry with a paper towel and add to pan, shaking the pan back and forth to prevent sticking, until prawns begin to turn opaque, 1-2 minutes.

**Finish and serve.** Stir in tomatoes and basil, then the garlic butter; turn off the heat. Season with salt and pepper. Serve with cooked pasta or grilled bread.

This popular recipe is the perfect comfort food enjoyed by the whole family and also great in a foodservice setting.



# ALASKA CRAB MAC & CHEESE

**SERVES: 6-8**

**PREP TIME: 15 min COOK TIME: 30 min**

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## INGREDIENTS

1 pound Italian fusilli or trottolo pasta,  
cooked al dente, drained and kept warm

1 pound Alaska crab meat  
(2 pounds Alaska king, snow or Dungeness crab legs)

9 ounces bite-sized pieces of fresh asparagus

½ cup butter

½ cup flour

1 teaspoon salt, garlic salt, or onion salt

½ teaspoon cracked black pepper

1 quart nonfat or 1% milk, warmed

1 cup shredded Gruyère or Swiss cheese

1 cup shredded Parmesan cheese

2 cups shredded sharp white cheddar cheese

½-¾ cup panko

½ teaspoon smoked paprika

½ teaspoon dried thyme

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## DIRECTIONS

**Prepare mac and cheese.** In a large pot over medium-low heat, melt butter. Whisk in flour and cook 2 minutes, stirring constantly. Stir in the salt, pepper and warm milk. Cook and whisk until sauce has thickened and is smooth. Turn heat to lowest setting; stir in cheeses. Turn off heat; continue stirring until sauce is smooth. Gently blend in the pasta, crab meat and asparagus.

**Bake mac and cheese.** Preheat oven to 400°F. Turn mixture into a spray coated 9 by 13-inch pan or 8 (1 ½ cup) baking dishes. Blend together panko, smoked paprika and thyme; sprinkle evenly over pasta. Bake 20 minutes or until sauce is bubbly and topping is browned.

# CHILI LIME ALASKA KING CRAB

## WITH JALAPEÑO CILANTRO BUTTER



Alaska king crab remains the star of the plate in this recipe with a kick.

**SERVES: 4**

**PREP TIME: 5 min COOK TIME: 25 min**

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## INGREDIENTS

6 garlic cloves, crushed  
1 small shallot, halved  
1 tablespoon chili powder  
Kosher salt and freshly ground black pepper  
1 lime  
4 pounds Alaska king crab legs, thawed or frozen  
½ cup unsalted butter  
1 jalapeño, seeded and minced  
1 garlic clove, minced  
3 tablespoons cilantro, minced  
1 tablespoon chili lime seasoning (such as Tajín)  
Lime wedges, for serving

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## DIRECTIONS

**Prepare cooking water.** Combine 5 cups water, garlic, shallot, chili powder and 1 teaspoon salt into a large Dutch oven or stock pot. Halve lime and squeeze juice into water; add lime halves to water. Bring to a boil over medium heat; cover and simmer 5 minutes.

**Prepare king crab.** If using frozen crab, rinse any ice glaze under cold running water. Add crab legs to pot and simmer covered for 7-8 minutes for frozen crab or 4 minutes for thawed crab, or until thoroughly heated. Remove crab from liquid and drain well.

**Meanwhile, prepare sauce.** Melt butter in a medium saucepan over medium-low heat. Add jalapeño and minced garlic. Cook, stirring constantly until very fragrant, about 2 minutes. Remove from heat and stir in cilantro. Season with salt and pepper to taste.

**Plate and serve.** Sprinkle crab legs with chili lime seasoning. Serve warm with butter mixture and lime wedges.

# BACON WRAPPED ALASKA SCALLOP SLIDERS



Bacon and wild Alaska scallops come together in this fan favorite recipe.

**YIELD: 8 sliders**

**PREP TIME: 15 min COOK TIME: 10 min**

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## **INGREDIENTS**

1 cup mayonnaise  
2 teaspoons smoked paprika  
2 tablespoon olive oil  
1 ½ cups red onion, sliced  
2 tablespoon balsamic vinegar  
8 Alaska weathervane scallops,  
10/20 count size, patted dry  
8 bacon slices, fully cooked to pliable, not crisp  
8 mini hamburger buns, split  
8 small (3-inch) lettuce leaves

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## **DIRECTIONS**

**Make the sauce.** Blend mayonnaise and smoked paprika in a bowl and set aside.

**Prepare onions.** Heat olive oil over medium heat in a large pan. Stir in onions; cook until softened, about 5 minutes. Add balsamic vinegar and simmer 1 minute. Remove from heat and keep warm.

**Prepare scallops.** Wrap each Alaska scallop with a cooked bacon slice. Grill or sauté scallops for 2-3 minutes per side, cooking just until scallops are opaque and bacon is crisp.

**Prepare sliders and serve.** Place buns on grill and lightly toast. To serve, spread about 1 tablespoon mayonnaise on cut side of each bun. Place about 2 tablespoons onions on the bun bottoms, top with a bacon-wrapped scallop and lettuce leaf, then close with bun tops.



Buttery Alaska king crab pairs exquisitely with a garlicky white wine cream sauce in this classic pasta dish.

# **GARLICKY LINGUINE**

## **WITH ALASKA KING CRAB & CREME FRAICHE**

**SERVES: 4**

**PREP TIME: 15 min COOK TIME: 15 min**

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## INGREDIENTS

1 pound fresh or dry linguine  
¼ cup olive oil  
2 tablespoons butter  
½ cup minced shallots (3-4 shallots)  
1 tablespoon minced garlic (about 6 cloves)  
½ cup dry white wine  
8 ounces Alaska king crab meat  
(from about 1 pound crab legs and claws)  
½ cup creme fraiche  
½ teaspoon salt  
¼ cup chopped parsley, plus more for garnish

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## DIRECTIONS

**Cook the pasta.** Cook pasta according to directions. Reserve 1 cup pasta water.

**Meanwhile, prepare the crab meat.**

Remove the crab meat from the shells. Cut or shred as needed to make bite-sized pieces.

**Cook the shallots and garlic.** Heat the oil and butter in a large skillet over medium heat. When the butter is melted, add the shallots and garlic and sauté for 2 minutes, until softened. Pour in the wine and simmer until reduced by half.

**Add crab and pasta to pan.** Add the crab meat, lower the heat, and toss so it is fully coated and warmed through. Remove from the heat. Add the pasta and toss. Add the creme fraiche, salt, and enough pasta water to just loosen it slightly (a few tablespoons should be plenty). Add the parsley, toss, and taste for seasoning. Add more salt as needed.

**Plate, garnish and serve.** Divide between four plates or shallow bowls and top with additional parsley for garnish.

# SEARED ALASKA WEATHERVANE SCALLOPS

WITH POMEGRANATE & CUCUMBER SALAD



A simple salad dotted with ruby red pomegranate seeds and drizzled with creamy dill dressing is a beautiful way to enjoy buttery Alaska scallops.

**SERVES: 4**

**PREP TIME: 20 min COOK TIME: 5 min**

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## INGREDIENTS

### Dill Cucumber Dressing

2/3 cup mayonnaise  
1/3 cup sour cream  
3 tablespoons buttermilk  
1/3 seedless cucumber, finely diced  
3 tablespoons fresh dill, chopped  
1/2 teaspoon lemon juice  
Pinch of dry mustard  
Kosher salt and freshly ground pepper, to taste

### Pomegranate and Cucumber Salad

8 cups (about 6 ounces) seasonal/spring salad greens  
1 cup fresh mint leaves  
1/3 seedless cucumber, finely diced  
1/2 small red onion, thinly sliced  
2 ounces pomegranate seeds  
12-16 Alaska weathervane scallops (10/20 count size)  
Kosher salt, to taste  
3 tablespoons olive oil

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## DIRECTIONS

**Make the dressing.** Whisk together all dressing ingredients until blended. Cover and refrigerate, if needed, until serving.

**Make the salad.** Mix together salad greens and mint. Divide and portion salad mix among 4 dinner plates, then drizzle on the dressing. Garnish each salad with one-fourth of the cucumbers, onions and pomegranate seeds.

**Cook the scallops, plate and serve.** Heat olive oil in a large pan over medium heat. Pat scallops dry with paper towels; discard towels. Season scallops with salt. Sear scallops, about 2 minutes per side, just until opaque throughout. Place 3-4 scallops around each salad. Serve immediately.

Pop open the bubbly for this recipe! Not only will it add to the flavor of the buttery dipping sauce, but it's a perfect accompaniment to Alaska crab.



# ALASKA CRAB PROVENÇAL

**YIELD: 10-12 appetizers**

**PREP TIME: 10 min COOK TIME: 15 min**

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## **INGREDIENTS**

½ cup unsalted butter  
4 cloves garlic, slivered  
1 tablespoon shallot, minced  
1 tablespoon fresh thyme and marjoram, chopped  
1 tablespoon (total) additional fresh herbs:  
lemon thyme, parsley, rosemary or lavender  
1, 750 ml bottle brut Champagne  
¼ teaspoon sea salt, or to taste  
3-4 pounds Alaska crab legs  
(king, snow or Dungeness), thawed or frozen  
1 small loaf of warmed crusty French  
or country bread, sliced

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## **DIRECTIONS**

**Sauté the aromatics.** Melt butter in a small saucepan over medium-low heat. Stir in garlic and shallot; cook 3-4 minutes, until garlic is soft. Stir in herbs and cook 2 minutes. Add ½ cup Champagne into butter; place a stopper in the Champagne bottle and chill until ready to serve. Bring sauce mixture to a simmer; cook an additional 3-5 minutes, until sauce is reduced slightly. Add sea salt to taste. Keep sauce warm.

**Cook the crab and serve.** Rinse frozen Alaska crab legs under cold running water to remove any ice glaze; pat dry. Steam or boil crab in a large pot, 8-10 minutes for frozen crab or 3-4 minutes for fresh/thawed crab, until heated through. Serve with dipping sauce, warm bread and chilled Champagne.



# WHITEFISH

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Cauliflower Steaks, Turmeric  
& Curry Butter

Alaska Sole Piccata  
with Lemon-Butter Sauce

Atka Mackerel Rice Bowl

Alaska Herring Butter on Toast

# WILD-CAUGHT WHITEFISH

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**BY MAYA WILSON**

When looking to add variety and versatility to your plate, look no further than Alaska's plentiful array of wild-caught whitefish. From massive, meaty halibut to decadent sablefish to crowd-pleasing cod and everything in between, Alaska has a whitefish option to suit most any menu, cooking preparation, or budget. Nothing is more ideal than sitting down in one of our breezy coastal towns to a perfect plate of beer-battered fish and chips, made with cod fresh from the sea. Or sinking your teeth into a trio of rockfish tacos after a long day on the water. With whitefish on board, you can also effortlessly go upscale and elegant, impressing eaters with a rich glazed sablefish or highly sought-after halibut cheeks. Wild Alaska pollock is also a favorite menu option among those in search of leaner, lighter fare. The health benefits are tremendous, as whitefish pack a punch of protein, omega-3s, vitamins, and minerals. No matter which wild Alaska whitefish you try, you can head confidently into the kitchen knowing this healthy, sustainable choice will provide you with endless menu options and versatility. There's really no limit to the delicious opportunities wild Alaska cod, sablefish, halibut, pollock, rockfish, flounder, sole, and other flatfish bring to the table.

I'll never forget the first time I had halibut on the line in Cook Inlet. It was a deep grey, overcast day and the water reflected back to the sky a glossy shade of charcoal, in contrast to the white peak of Mount

Redoubt in the background. My tall, sturdy fishing rod had been waiting for some action when it doubled over abruptly. I grabbed it tightly and leveraged it against my body as I struggled to reel. Due to their staggering size, Alaska halibut are often called “barn doors” by the fishermen responsible for hauling them up. This barn door had a mind of its own. It was also about 300 feet deep and made of almost solid muscle. I was no match. My arms were burning as I slowly tried to bring it the long way up to the surface, reel by excruciating reel. I fought for what felt like forever before suddenly, my heavy-weight test line snapped angrily and I stumbled backward on the bobbing skiff in complete defeat.

I think of this moment often when I work with halibut in the kitchen – how formidable they are, how strong, how deserving of respect. This translates across to their trademark firm, lean texture, which begs to be handled with care so as not to overcook it. Because of this, my favorite method for cooking halibut – also the most popular both at home and in the restaurant kitchen – is poaching it. This gentle technique will ensure the flesh remains moist and tender. This method will come in handy with other lean wild Alaska whitefish as well.

For my *Halibut Poached in Coconut Green Curry* recipe, you begin by making a simple coconut green curry broth. Then, when hot and simmering, you submerge the halibut fillets and cover them tightly with a lid, leaving them undisturbed. Five minutes later, you will have expertly cooked and astonishingly tender halibut. The dish is colorful, full of flavor, and restaurant quality. Best of all, no one will know how easy it was to prepare.

Alaska halibut is delicately poached in a flavorful Thai-style green curry for a dinner that's bursting with flavor and color.



# **ALASKA HALIBUT**

## **POACHED IN COCONUT GREEN CURRY**

**SERVES: 4**

**COOK TIME: 17 min**

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## INGREDIENTS

1 tablespoon neutral flavored oil  
2 shallots, sliced  
2 tablespoons Thai green curry paste  
1 cup seafood or chicken stock  
1, 14-ounce can coconut milk  
1 tablespoon fish sauce  
1 teaspoon sugar  
1 cup red bell peppers, sliced  
1 ½ cups snap peas  
4, 4-6 ounce halibut fillets, skin  
and pin bones removed  
1 lime, juiced  
Salt

### For Serving

2 cups steamed jasmine rice  
Thai basil leaves  
Scallions, sliced on the bias  
Lime wedges

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## DIRECTIONS

**Make the green curry.** In a deep skillet with a lid, heat the oil over medium heat. Add the shallots and sauté, stirring, about 90 seconds. Stir in the green curry paste. Pour in the stock, coconut milk and sugar. Bring to a simmer, reduce heat to low, and cook for 10 minutes or until the curry is reduced by half. Taste for seasoning and add salt if needed.

**Poach the vegetables and halibut.** Stir the peppers, snap peas and lime juice into the curry and bring it back up to a simmer. Submerge the

halibut fillets in the simmering curry. Cover the pot tightly with a lid and poach the fillets for 5 minutes or until cooked to medium in the center, being very careful not to overcook the fish.

**Garnish and serve.** Add steamed jasmine rice to four serving bowls. Using a seafood spatula, carefully place each halibut fillet on top of the jasmine rice. Ladle some of the curry broth and vegetables over the halibut fillets. Garnish with Thai basil, scallions and lime wedges. Serve promptly.



Wild Alaska pollock is delicately poached in a tomatillo-poblano sauce, which becomes the sauce for cheesy, creamy enchiladas.

# CREAMY WILD ALASKA POLLOCK ENCHILADAS

**SERVES: 4**

**PREP TIME: 40 min COOK TIME: 30 min**

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## INGREDIENTS

3 poblano peppers  
1 large onion, roughly chopped  
1 ½ pounds tomatillos, husks and stems removed  
2 serrano peppers, stems removed  
3 medium garlic cloves, peeled  
2 cups homemade or store-bought, low-sodium chicken stock  
1 cup loosely packed cilantro leaves and fine stems, plus chopped cilantro for garnish  
Kosher salt and freshly ground black pepper

6, 4-6 ounce wild Alaska pollock fillets, patted dry  
16 soft corn tortillas  
8 ounces shredded pepper jack cheese, divided  
1 cup Mexican-style crema, divided\*

\*Mexican-style crema can be found in most Hispanic grocery stores or in the refrigerated dairy section of many supermarkets. If unavailable, substitute with  $\frac{3}{4}$  cup sour cream whisked together with  $\frac{1}{4}$  cup milk and  $\frac{1}{4}$  teaspoon salt.

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## DIRECTIONS

**Broil the vegetables.** Adjust broiler rack to 8 inches below element and preheat broiler to high. Place poblanos, onion, tomatillos, serranos and garlic on a foil-lined rimmed baking sheet. Broil, turning vegetables occasionally, until tomatillos and serranos are completely softened and lightly charred, about 10-12 minutes. Transfer tomatillos and serranos to a bowl. Continue broiling until poblanos are charred on all sides, about 2 minutes longer. Transfer to separate bowl and cover tightly with foil. Continue broiling until onion and garlic are softened and charred, about 5 minutes longer. Transfer to bowl with tomatillos along with any juices and set aside.

**Prepare enchilada sauce.** Adjust oven rack to middle position and set oven to 375°F. Add chicken stock to bowl with poblanos and peel poblanos while submerged in stock. Transfer flesh to a bowl with tomatillos, leaving skin and seeds with the stock. Strain stock through a fine-mesh strainer into the bowl with tomatillo-pepper mixture. Discard skins and seeds. Add cilantro to the mixture. Set mixture aside. Add tomatillo-pepper mixture to Dutch oven. Using an immersion blender, purée mixture into a chunky sauce. Season to taste with salt and pepper. Bring to a simmer over medium-low heat.

**Poach the pollock.** Lightly pat wild Alaska pollock fillets dry and cut in half if they are too long to fit in the pot. Season both sides with salt and pepper and add into the sauce. Cover with lid slightly ajar and

simmer until fish is cooked through, about 10 minutes. Meanwhile, wrap tortillas in aluminum foil and place in the oven to warm (no longer than 10 minutes).

**Prepare enchilada filling.** When the fish is cooked, remove from heat and transfer to a large bowl using a slotted spatula. Use two forks to gently shred fish (not too small or it can become mushy). Add 1 cup of sauce, half of cheese and half of Mexican crema to bowl and toss to combine. Season to taste with salt and pepper.

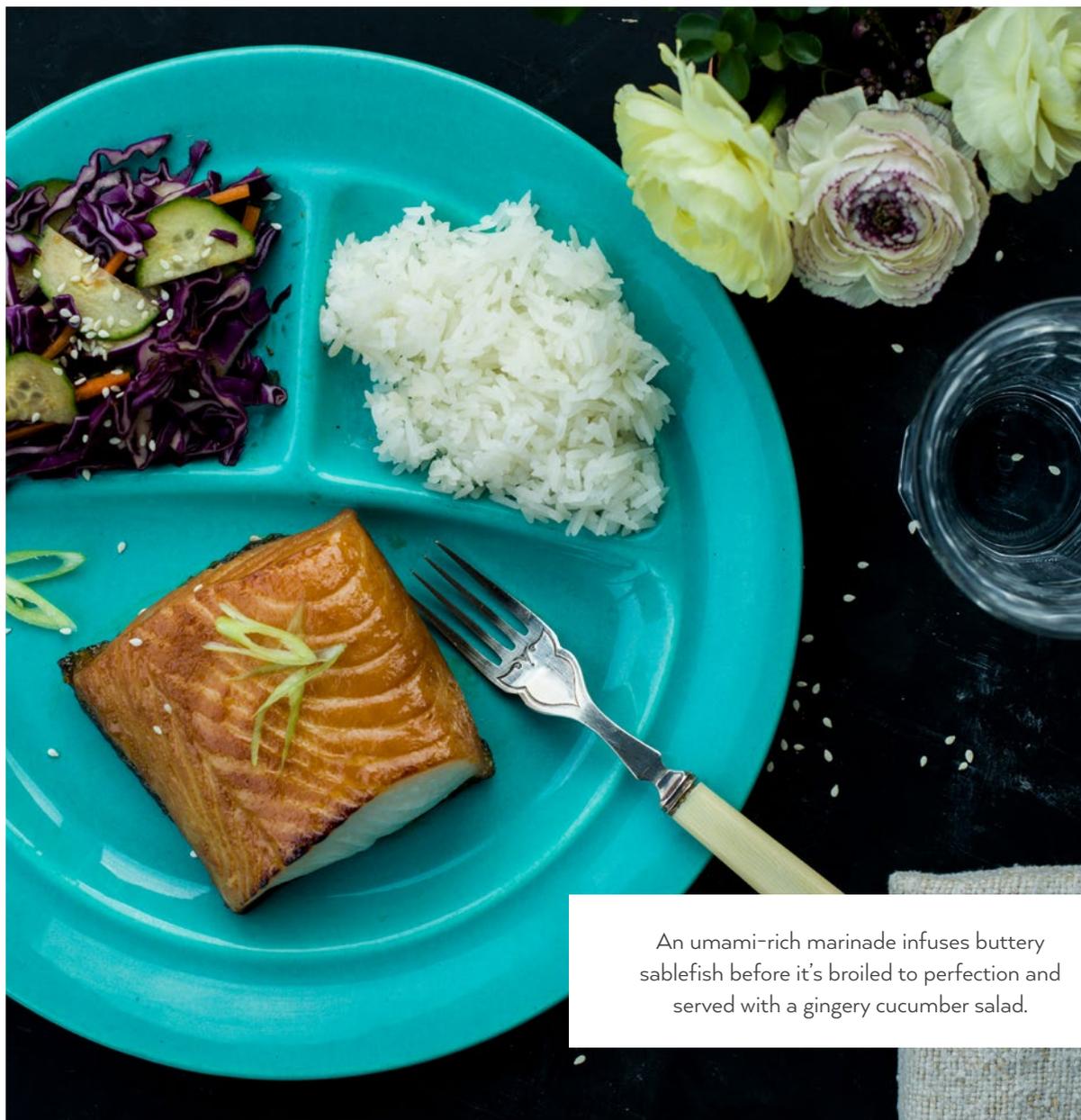
**Form the enchiladas.** Remove tortillas from the oven and unwrap. Spread one-third of the sauce (about  $\frac{2}{3}$  cup) in the bottom of a 13 by 9-inch casserole dish. Dip each tortilla in the remaining sauce and stack on a cutting board. Working one tortilla at a time, place 2 tablespoons of the wild Alaska pollock filling in a line down the center and roll up tightly. Place in the casserole dish seam side down. Continue until all the tortillas and filling are used (the casserole will be tightly packed).

**Bake and serve.** Spread remaining sauce over enchiladas and lay remaining cheese down in a line through the middle of each row of enchiladas. Cover tightly with aluminum foil and bake for 10 minutes. Remove foil and continue baking until cheese is lightly browned and bubbly, about 10 minutes longer. Remove enchiladas from the oven, drizzle with remaining crema, sprinkle with chopped cilantro, and serve immediately.

**Make ahead!** You can make this recipe the night before you plan to serve it. Follow the steps through forming the enchiladas, then wrap and chill. Resume at “Bake and serve” the next day. Reheat/bake the dish at a slightly lower temperature until it reaches an internal temperature of 165°F, then crank up heat to brown the cheese.

# MISO GLAZED ALASKA SABLEFISH

## WITH SESAME GINGER CUCUMBER SALAD



An umami-rich marinade infuses buttery sablefish before it's broiled to perfection and served with a gingery cucumber salad.

**SERVES: 4**

**PREP TIME: 12 hrs COOK TIME: 5 min**

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## INGREDIENTS

### Alaska Sablefish and Marinade

⅓ cup dry sake  
⅓ cup mirin  
⅓ cup red miso  
3 tablespoons packed brown sugar  
2 tablespoons soy sauce  
1 teaspoon grated fresh ginger  
4 Alaska sablefish fillets (6 ounces each)  
2 tablespoons chopped scallions

### Sesame Ginger Cucumber Salad

1 pound cucumbers, halved lengthwise and thinly sliced  
2 carrots, peeled and cut matchstick-sized  
(about 6 ounces)  
⅔ cup shredded red cabbage  
½ teaspoon grated fresh ginger  
2 tablespoons sesame oil  
2 tablespoons rice vinegar  
2 teaspoons sugar  
1 tablespoon soy sauce  
1 teaspoon Sriracha sauce  
2 teaspoons toasted sesame seeds

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## DIRECTIONS

**Marinate the fish.** In a medium bowl, mix together the sake, mirin, miso, brown sugar, soy sauce and ginger until smooth and blended. Place Alaska sablefish fillets and marinade in a large zip-top bag; squeeze out air and seal. Place the bag in a shallow bowl or baking dish. Refrigerate at least 12 hours or up to 72 hours, turning the bag over occasionally to coat all sides. Remove fish from marinade; drain thoroughly.

**Make the cucumber salad.** In a bowl, combine cucumbers, carrots and cabbage. In a smaller bowl, whisk together the ginger, sesame oil, rice vinegar, sugar, soy sauce and Sriracha sauce until the sugar is

dissolved. Pour dressing over vegetables; sprinkle with sesame seeds and toss to combine. Cover and refrigerate until serving, up to 8 hours.

**Broil fish and serve.** Turn oven on to broil setting. Place fish in an oven-proof pan. Arrange oven rack so that top of fish is 4-5 inches from broiler heat element. Broil 4-5 minutes, or until top of fish is caramelized and dark brown; remove and allow fish to rest 2-3 minutes. To serve, portion about 2 cups cucumber salad on each plate. Top sablefish with ½ tablespoon scallions.

# WILD ALASKA POLLOCK COCONUT CURRY

## WITH CUCUMBER YOGURT SAUCE



Wild Alaska pollock is gently poached with vegetables in a spice-filled coconut curry and spooned over fragrant basmati rice with a cooling cucumber yogurt sauce.

**SERVES: 4**

**PREP TIME: 15 min COOK TIME: 15 min**

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## INGREDIENTS

2 tablespoons olive oil  
1 medium onion, chopped (about 1 ½ cups)  
1 teaspoon garlic, minced  
1 teaspoon fresh ginger, grated  
1 teaspoon black cumin (nigella) seeds  
1 teaspoon ground turmeric  
1 cup cauliflower florets  
1 cup broccoli florets  
1 cup red bell pepper, chopped  
1, 15-ounce can full-fat coconut milk  
3 teaspoons serrano pepper, finely chopped (optional)  
16 ounces wild Alaska pollock fillets,  
cut into ½-inch pieces  
1 ½ teaspoons salt  
1 cup Greek yogurt  
1 cup cucumber, grated  
¼ teaspoon garam masala  
Steamed basmati rice, for serving

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## DIRECTIONS

**Cook aromatics.** Heat olive oil in a large sauté pan over medium heat. Add the onion and cook until softened, about 3 minutes. Add the garlic and ginger and sauté for a minute until fragrant. Add the turmeric and black cumin seeds.

**Add vegetables and coconut milk.** Add the cauliflower, broccoli and bell pepper and toss to coat in spices. Pour in the coconut milk and serrano pepper (if using) and bring to a low simmer. Cover and simmer for 5 minutes.

**Poach the pollock.** Place the wild Alaska pollock and 1 teaspoon salt into the pan. Simmer for 5 minutes, or until the fish is cooked through.

**Make the cucumber yogurt sauce.** In a bowl mix together the yogurt, cucumber, remaining ½ teaspoon salt, and garam masala.

**Serve over rice.** Serve wild Alaska pollock coconut curry spooned over steamed basmati rice with the yogurt cucumber sauce on the side or on top.

# ALASKA SEAFOOD ZUPPA DI PESCE



All the flavors of Italy are enhanced by Alaska halibut in this easy-to-prepare traditional fish soup.

**SERVES: 4**

**PREP TIME: 10 min COOK TIME: 25 min**

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## INGREDIENTS

¼ cup olive oil

1 small onion, chopped

1 large yellow (or green) bell pepper, chopped

1 tablespoon minced garlic

1 bay leaf, broken in half

½ teaspoon dried oregano

¼ cup fresh parsley, chopped

¾ cup white wine

1, 28-ounce can whole plum tomatoes

2, 15-ounce cans cannellini beans, rinsed and drained

1 pound skinless Alaska halibut, fresh  
or thawed, cut into 2-inch pieces

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## DIRECTIONS

**Sauté aromatics.** Heat olive oil in large heavy stockpot. Stir in onion, pepper and garlic. Cook and stir over medium heat until onions are softened, about 5 minutes. Add bay leaf, oregano and parsley; cook an additional 1-2 minutes.

**Add remaining ingredients and simmer.** Stir in white wine and cook 1-2 minutes. Stir in and break up tomatoes. Cook 10-15 minutes, adding beans and fish during the last 5 minutes of cooking.

**Chef's tip!** If using frozen seafood portions, rinse any ice glaze off under cold water, then add seafood to soup during the last 5 minutes of cooking. Cover the pan tightly and cook 5 minutes. Turn off the heat and let the seafood rest in the soup for 5 minutes. Break seafood into large chunks to serve. This soup is also excellent with Alaska pollock and cod.

Pan-seared cod topped with blistered cherry tomatoes is just right alongside brightly flavored orzo - all it needs is a squeeze of lemon!



# **PAN-SEARED ALASKA COD WITH LEMON-PARSLEY ORZO**

**SERVES: 4**

**PREP TIME: 5 min COOK TIME: 25 min**

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## INGREDIENTS

1 ⅓ cups uncooked orzo

¼ cup finely chopped parsley, plus more for garnish

1 tablespoon freshly squeezed lemon juice

1 teaspoon lemon zest

2 tablespoons plus 2 teaspoons olive oil

1 ¼ teaspoons salt

4, 4-6 ounce frozen Alaska cod fillets

Sliced lemons, for squeezing over fish and serving

1 pint cherry tomatoes (about 10 ounces)

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## DIRECTIONS

**Prepare the orzo.** Cook the orzo according to the package directions. When it's done, drain and put in a large bowl. Mix in the parsley, lemon juice and zest, 1 teaspoon of olive oil, and ½ teaspoon of salt (or more to taste). Set aside.

**Prepare the cod.** Run the frozen Alaska cod fillets under cold water to remove any ice glaze and pat dry with a paper towel. Brush both sides with oil and heat a large heavy-bottomed/nonstick pan over medium-high heat. Add frozen cod and cook, uncovered, about 3-4 minutes, until lightly browned on the bottom. Flip the cod, sprinkle with ¾ teaspoon salt, then cover pan and reduce heat to medium. Cook for another

5-6 minutes, depending on thickness and doneness. Cod should be opaque and flake easily with a fork. Remove from the heat, drizzle with a teaspoon or so of olive oil and a squirt of lemon and set aside.

**Cook the tomatoes.** Carefully wipe out the skillet. Add remaining 1 tablespoon olive oil and heat over high heat until quite hot. Add the tomatoes and cook, shaking the pan occasionally, until blistered, about 2-3 minutes.

**Plate, garnish and serve.** Serve the cod with the lemon-parsley orzo, blistered tomatoes and lemon wedges and garnish with parsley.



# ALASKA SURIMI SEAFOOD ARTICHOKE DIP

**SERVES:** 4

**PREP AND COOK TIME:** 10 min

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## INGREDIENTS

1, 8-ounce package low-fat cream cheese, softened  
½ cup low-fat mayonnaise  
1 tablespoon creamy horseradish or  
½ teaspoon hot pepper sauce  
¼ teaspoon lemon pepper seasoning

1 cup shredded Parmesan cheese  
1, 14.75-ounce can artichoke hearts,  
drained and chopped  
8 ounces Alaska surimi seafood (imitation crab)  
Assorted crackers or cut fresh vegetables, for dipping

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## DIRECTIONS

**Make the dip.** Preheat oven to 450°F. Blend cream cheese, mayonnaise, horseradish or hot sauce, lemon pepper and Parmesan cheese. Stir in artichokes and Alaska surimi seafood; place in shallow baking dish.

**Bake the dip and serve.** Place baking dish in oven for 10 minutes or until hot and the top is browned. Serve with crackers or vegetables.

**Microwave variation!** Place dip in microwavable dish. Heat on medium power (50%) for 3-4 minutes, stirring occasionally, until hot.



# ALASKA TROPICAL SURIMI POKE BOWL

**SERVES:** 4

**PREP TIME:** 5 min **COOK TIME:** 0 min

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## INGREDIENTS

8 ounces Alaska surimi seafood, chunked or sliced  
4 cups cooked brown rice  
1 ½ cups fresh pineapple, diced  
2 ½ teaspoons red jalapeño, seeded and minced  
⅓ cup sliced scallions  
½ cup cilantro, roughly chopped  
⅓ cup macadamia nuts, chopped and toasted  
Pea vines and/or sprouts (optional garnish)

### Poke Sauce

2 ½ tablespoons Kikkoman Poke Sauce  
2 ½ tablespoons light soy sauce  
1 ¼ teaspoons sesame oil  
½ teaspoon rice vinegar  
1 ¼ teaspoons toasted sesame seeds (white or black)

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## DIRECTIONS

**Make the poke sauce.** Blend the Kikkoman Poke Sauce and light soy sauce with the sesame oil, rice vinegar and sesame seeds; pour mixture over Alaska surimi chunks. Cover and refrigerate.

**Make the poke.** Add pineapple, jalapeño, scallions and cilantro to a large bowl. Gently

stir in the Alaska surimi poke mixture.

**Place in bowls and serve.** Place 1 cup of the brown rice into a serving bowl; top with about 1 cup of the poke-pineapple mixture. Garnish with macadamia nuts and pea vines/sprouts.

# GRILLED ALASKA ROCKFISH KEBABS

## WITH CHIMICHURRI SAUCE



This summertime grill staple has an added kick of super fresh chimichurri sauce, which accompanies the Alaska rockfish just right.

**SERVES: 4**

**PREP TIME: 40 min COOK TIME: 5 min**

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## INGREDIENTS

### Chimichurri

½ cup fresh parsley  
½ cup fresh cilantro  
2 cloves garlic  
3 tablespoons extra-virgin olive oil  
2 tablespoons red wine vinegar  
2 tablespoons fresh oregano leaves  
1 tablespoon water  
½ teaspoon kosher salt  
¼ teaspoon freshly cracked black pepper

### Kebabs

1 pound Alaska rockfish, cut into 1-inch pieces  
1 medium red onion, peeled and cut into 1-inch pieces  
1 large bell pepper, seeded and cut into 1-inch pieces  
1 pint cherry tomatoes  
2 tablespoons extra-virgin olive oil, for brushing  
½ teaspoon kosher salt

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## DIRECTIONS

**Prepare the chimichurri.** Place all ingredients in a blender or food processor and blend until smooth. Set aside. (The chimichurri can be refrigerated for up to a week.)

**Assemble the kebabs.** Preheat a charcoal or gas grill and oil the grates. Thread fish, red onion, bell pepper and cherry tomatoes onto 8 metal skewers\*, alternating ingredients. Brush lightly on all sides with olive oil and season with salt.

**Grill the kebabs.** Place kebabs on grill (as many as will fit at once without crowding) and close grill lid. Cook for 2-3 minutes per side, turning once, until fish is cooked through and vegetables are barely charred. Transfer to a platter.

**Serve.** Drizzle kebabs with chimichurri sauce (or pass the sauce alongside) and serve immediately.

**\*Chef's tip!** If using wooden skewers, soak in water for 30 minutes prior to using to keep them from burning on the grill.

# BREADED ALASKA POLLOCK SKEWER

WITH PAD THAI SAUCE



This recipe takes fried Alaska pollock to a whole new level. With a sweet and salty Pad Thai dipping sauce and colorful garnishes, you're sure to have a meal that shines!

**SERVES: 1**

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## INGREDIENTS

### Pad Thai Sauce

2 teaspoons olive oil  
3 tablespoons shallots, chopped  
2 tablespoons tamarind paste plus ¼ cup water  
1 tablespoon Sriracha sauce or  
Huy Fong chili garlic sauce  
2 tablespoons palm sugar  
(substitute brown sugar or maple syrup)  
2 tablespoons fish sauce  
½ teaspoon salt

### Breaded Alaska Pollock

4 ounces Alaska pollock  
½ teaspoon salt  
½ teaspoon pepper  
⅓ cup all-purpose flour  
2 eggs  
⅓ cup bread crumbs  
1 cup palm oil (substitute coconut oil)

### Garnish

1 tablespoon ground roasted peanuts  
2 tablespoons alfalfa sprouts  
1 teaspoon chives, finely sliced  
1 teaspoon red chili, finely sliced  
3 edible flowers

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## DIRECTIONS

**Make the Pad Thai sauce.** Set a small saucepan over medium heat. Add olive oil and shallots and sauté until fragrant. Add tamarind paste and water, chili sauce, sugar, fish sauce and salt. Simmer until the sauce is slightly thick; set aside in small bowl for dipping.

**Fry the pollock.** Season the Alaska pollock with salt and pepper. Put a skewer through the pollock. Place the flour and bread crumbs each in their own shallow bowl. Whisk the eggs in a separate shallow

bowl. Coat pollock in flour, then into the eggs and finish by covering in bread crumbs. Heat oil in a small skillet and fry pollock until golden brown.

**Garnish and serve.** Place pollock on a plate and add garnishes to your liking. Serve immediately.

# BRAISED ALASKA SABLEFISH

## WITH GINGER & SCALLION



Buttery Alaska sablefish is made even more decadent with the addition of a savory sauce in this simple, yet unusual, recipe.

**SERVES: 3**

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**INGREDIENTS**

12 ounces Alaska sablefish  
4 teaspoons olive oil  
½ cup shredded scallions  
¼ cup cream

**Sauce**

½ cup sunflower oil  
4 teaspoons garlic, minced  
4 teaspoons ginger, grated  
1 cup chicken stock  
4 teaspoons soy sauce  
2 teaspoons mirin  
Freshly ground pepper, to taste

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**DIRECTIONS**

**Prepare the sauce.** Sprinkle sablefish with salt and set aside while you prepare the sauce. Heat sunflower oil in a small saucepan over medium. Sauté garlic until fragrant, about 30 seconds. Add remaining sauce ingredients, turn heat to high and bring to a boil. Reduce to low heat and simmer for 5 minutes.

**Cook the sablefish.** In a straight-sided sauté pan, heat the olive oil over medium-high. Add the sablefish and pan fry until both sides are golden. Add sauce and simmer for 5 minutes on low heat.

**Cook the scallions.** In a small saucepan, pour in cream and heat until just below a simmer. Add the scallions and cook until softened, about 3 minutes.

**Plate and serve.** Ladle the sauce into two shallow bowls. Cut sablefish into three, 4-ounce portions and place one piece in each bowl. Top with scallions and serve immediately.



# ALASKA COD RICE BOWL

## WITH SNOW PEAS

**SERVES: 2**

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### INGREDIENTS

2 portions of Alaska cod  
2 tablespoons Japanese sake  
2 tablespoons mirin  
¼ teaspoon salt

2 eggs  
2 teaspoons sugar  
15-20 snow peas, boiled in salted water until tender  
1 cup cooked rice

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### DIRECTIONS

**Poach the fish.** Fill a straight-sided sauté pan halfway with water and bring to a boil. Gently add Alaska cod, cover and simmer for 2-3 minutes. Place the fish into a bowl of cold water. Remove skin and bones.

**Flake the fish.** In a small frying pan, add the sake, mirin, salt and cod; cook over medium heat. Shred fish with a wooden spatula and cook until it flakes.

**Prepare the toppings.** Make scrambled eggs using your favorite method and thinly slice the boiled snow peas diagonally into ¼-inch pieces.

**Assemble bowls and serve.** Add cooked rice to each bowl. Top with cod, scrambled eggs and snow peas. Serve immediately.



## FAST & SPICY

# ALASKA HALIBUT

**SERVES: 4**

**PREP TIME: 5 min COOK TIME: 15 min**

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### INGREDIENTS

1 tablespoon paprika

1 ½ teaspoons each dried oregano and dried thyme

1 teaspoon each onion powder and garlic powder

1 teaspoon each black pepper and salt

½ teaspoon cayenne pepper, or to taste

4, 4-6-ounce Alaska halibut steaks or fillets, fresh, thawed or frozen

1 ½ tablespoons butter, melted

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### DIRECTIONS

**Combine the dry seasoning.** Preheat broiler or grill to medium-high heat. Mix together all dry seasoning ingredients until well combined.

**Season the halibut.** Rinse any ice glaze from frozen Alaska halibut under cold water; pat dry with a paper towel. Place halibut on a spray-coated or foil-lined baking sheet. Brush butter onto top surfaces of

halibut and sprinkle with ½ teaspoon seasoning mixture. (Note: For best results with frozen fish, cook halibut 4 minutes before adding butter and spices.)

**Grill or broil the halibut.** Grill or broil halibut 5-7 inches from heat for 13 minutes for frozen halibut or 8 minutes for fresh/thawed fish. Cook just until fish is opaque throughout.

# ALASKA SABLEFISH

## WITH BOK CHOY & SWEET POTATO PURÉE



Vegetables served with a beautiful sweet potato purée is the foundation for this buttery, delicious Alaska sablefish entrée.

**SERVES: 3-4**

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## INGREDIENTS

10 ounces purple or orange sweet potato, peeled and diced

4 teaspoons butter

12 cherry tomatoes

½ cup olive oil, divided

2 heads bok choy

2 shallots, quartered

1 cup zucchini, julienned

½ cup button mushrooms, quartered

6 garlic cloves

12 ounces Alaska sablefish

High quality sea salt, to taste

Pepper, to taste

Truffle oil, for serving

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## DIRECTIONS

**Make sweet potato purée.** Preheat oven to 400°F. Spray a baking sheet lightly with cooking spray and place sweet potatoes evenly on sheet. Bake for 10 minutes or until fork tender. In a food processor, purée the sweet potato, add butter and pulse until creamy. Set aside.

**Bake the tomatoes.** Toss the tomatoes with 2 tablespoons olive oil and place on a baking sheet. Bake for 5 minutes. Set aside.

**Cook the vegetables.** Separate the layers of the shallot quarters. Trim the bottoms of the bok choy and separate the leaves. In a large skillet, heat ¼ cup of olive oil; add the zucchini, shallot slices,

mushrooms and 4 garlic cloves. Season with salt and pepper. Add the bok choy to the pan and sauté until the vegetables are caramelized. Set aside.

**Cook the sablefish.** Wipe out the skillet and heat the remaining 2 tablespoons olive oil; add the sablefish and the remaining garlic cloves. Season with sea salt to taste. Pan fry until sablefish is cooked through, about 2-3 minutes per side.

**Plate and serve.** In a shallow dish, serve the sweet potato purée, add the sautéed vegetables, the sablefish fillets and cherry tomatoes. Serve with a drizzle of truffle oil and sea salt to taste.



Panko and parmesan-coated Alaska cod is baked and served with a light and bright salad for the perfect summertime meal in under 30 minutes.

# PARMESAN-CRUSTED ALASKA COD

## WITH SUMMERTIME ARUGULA SALAD

**SERVES: 4**

**PREP TIME: 15 min COOK TIME: 12 min**

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## INGREDIENTS

¾ cup panko  
½ cup grated Parmesan  
2 teaspoons lemon zest, finely grated  
2 teaspoons fresh rosemary, minced  
1 teaspoon kosher salt, plus more for dressing  
3 tablespoons mayonnaise  
4, 6-8-ounce Alaska cod fillets  
1 tablespoon extra-virgin olive oil

½ tablespoon white wine vinegar  
Freshly ground pepper, to taste  
2 ½ ounces baby arugula  
½ medium zucchini, sliced super thin with a vegetable peeler or mandoline  
2 tablespoons mint chiffonade  
½ cup blueberries or sliced figs  
2 tablespoons pine nuts, lightly toasted

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## DIRECTIONS

**Prepare to bake the cod.** Preheat oven to 425°F and put the oven rack in the middle slot. Line a baking sheet with aluminum foil and lightly coat with cooking spray. Set aside.

**Prepare the cod.** In a bowl, mix together panko, Parmesan, lemon zest, rosemary and salt, then spread out on a plate. Spread mayonnaise over the cod fillets. Take a cod fillet and press it, mayo-side down, into the plate of panko. Press down firmly so the mixture adheres evenly. Put the cod on the prepared baking sheet, panko side up, and repeat with the remaining fillets.

**Bake the cod.** Bake until fish is opaque and topping is light golden, about 10 minutes. Switch to broil until the topping is golden brown, about 2 minutes more. Remove from the oven.

**Make the salad and serve.** Whisk together olive oil and vinegar in a large bowl. Season to taste with salt and freshly ground pepper. Add the arugula, mint and zucchini and toss so they are fully but lightly coated in the oil and vinegar. Transfer to a serving platter and sprinkle with blueberries and pine nuts. Arrange the cod fillets on top and garnish with shaved Parmesan. Serve immediately.



Add some punch to your lunch with these spicy Peruvian-style grilled Alaska pollock sandwiches.

# PERUVIAN GRILLED ALASKA POLLOCK SANDWICHES

## WITH SPICY GREEN SAUCE

**SERVES:** 4

**PREP TIME:** 40 min **COOK TIME:** 10 min

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### INGREDIENTS

#### Sauce

3 fresh jalapeños, roughly chopped (see note)  
1 tablespoon ají amarillo pepper paste (optional, see note)  
1 cup fresh cilantro  
2 medium garlic cloves

½ cup mayonnaise  
¼ cup sour cream  
2 teaspoons fresh lime juice  
1 teaspoon distilled white vinegar  
¼ cup extra-virgin olive oil  
Kosher salt and freshly ground black pepper, to taste

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## INGREDIENTS (CON'T)

### Wild Alaska Pollock

3 medium garlic cloves, roughly chopped  
4 teaspoons kosher salt  
2 tablespoons ground cumin  
2 tablespoons paprika  
1 teaspoon freshly ground black pepper  
2 tablespoons white vinegar

2 tablespoons vegetable or canola oil  
4, 4-6-ounce wild Alaska pollock fillets

### For Serving

4 sturdy buns, such as ciabatta  
2 ripe avocados, halved, pitted, and scooped  
Thinly sliced red onion  
Crisp lettuce leaves, such as romaine

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## DIRECTIONS

**Make the sauce.** Combine jalapeños, ají amarillo, cilantro, garlic, mayonnaise, sour cream, lime juice and vinegar in a blender. Blend on high speed, scraping down as necessary, until smooth. With blender running, slowly drizzle in olive oil. Season to taste with salt and pepper. Sauce will be quite loose at this point but will thicken as it sits. Transfer to a sealed container and refrigerate until ready to use.

**Prepare the pollock.** Using a large mortar and pestle, pound garlic and salt until a smooth, sticky paste forms. Add cumin, paprika, black pepper and vinegar and grind them together to form a paste. Drizzle in vegetable oil while grinding. Alternatively, mince all ingredients with a knife and form into a paste. Cut the fillets in half, so you have 8 pieces total. Transfer fish and marinade to a large bowl and massage very gently with your hands until fish is completely coated in the marinade. Set aside while you heat your grill pan.

**Grill the pollock.** Heat a grill pan over medium-high heat (or set an electric griddle to 400°F). Spray with nonstick cooking spray. Place fish on grill pan and cook about 4 minutes. Flip and cook on second side until cooked through and slightly browned, about 2 minutes more. Carefully transfer to large plate.

**Assemble sandwiches and serve.** Place buns cut side down over the grill pan and cook, moving and rotating occasionally, until well toasted and beginning to char, about 1 minute. Transfer to a large cutting board. Use a fork to mash half an avocado on each bottom bun. Sprinkle with a little salt. Top with red onions, lettuce, and 2 pieces of fish each. Spread top buns with sauce and close sandwiches. Serve immediately with any extra green sauce on the side.

**Variation!** For a less spicy sauce, remove the ribs and seeds of the jalapeños before puréeing. Ají amarillo is a Peruvian yellow pepper paste that can be found in most Latin markets. It can be omitted.

# WILD ALASKA HALIBUT CAKES



Polenta and potatoes help keep these tasty and gluten-free Alaska halibut cakes together while scallions add a fresh burst of flavor.

**SERVES: 16 appetizer cakes**

**PREP TIME: 10 min COOK TIME: 30 min**

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## INGREDIENTS

2 pounds russet potatoes, peeled and cut into large chunks\*

2 tablespoons butter

6 scallions, trimmed and finely chopped (about  $\frac{3}{4}$  cup)

1 pound skinless Alaska halibut, cut into large pieces

1 large egg, beaten

Salt and freshly ground black pepper, to taste

$\frac{3}{4}$  cup (3 ounces) instant polenta, divided

Vegetable oil, as needed for frying

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## DIRECTIONS

**Prepare the potatoes.** Cook the potatoes in lightly salted boiling water until tender. Drain potatoes and transfer to a large bowl. Mash the potatoes and let cool slightly.

**Meanwhile, cook the scallions and halibut.**

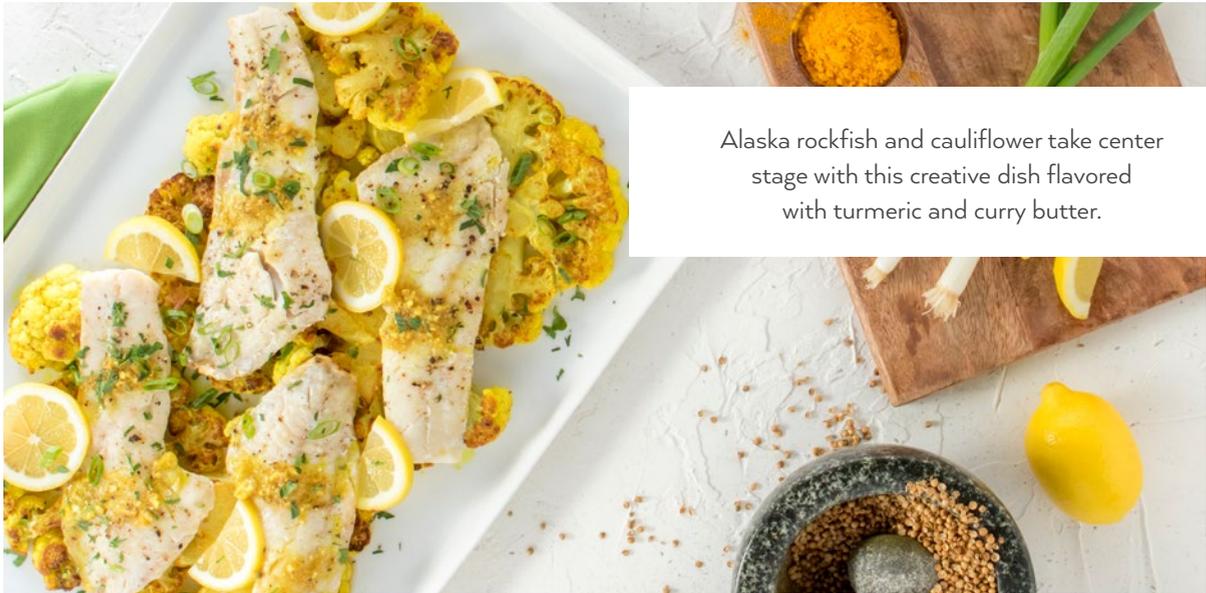
Melt butter in a medium pan. Add scallions and cook over medium heat for 3-4 minutes, until softened. Remove from pan and set aside. Add halibut and cook until opaque throughout, breaking fish into chunks while cooking.

**Make the cake mix and form into patties.**

Add the scallions and halibut, along with any remaining butter from pan, to the potatoes. Mix well; add beaten egg and 2 tablespoons polenta. Season with salt and pepper, to taste. Form into 16 cakes (2  $\frac{1}{2}$  inches wide) using  $\frac{1}{4}$  cup portion to form each cake. Sprinkle the remaining polenta onto a large plate; lightly coat the fish cakes in polenta.

**Fry the cakes and serve.** Heat a thin layer of vegetable oil in a large pan over medium heat. Add the fish cakes in batches, cooking about 3-4 minutes per side, until browned and cooked through. Serve immediately.

**\*Chef's tip!** 3 cups of cooked, firm instant mashed potatoes can be substituted for russet potatoes.



Alaska rockfish and cauliflower take center stage with this creative dish flavored with turmeric and curry butter.

# WILD ALASKA ROCKFISH

## WITH CAULIFLOWER STEAKS, TURMERIC & CURRY BUTTER

**SERVES:** 4

**PREP TIME:** 20 min **COOK TIME:** 40 min

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### INGREDIENTS

#### Cauliflower

1 large or 2 small heads cauliflower (at least 3 pounds)  
¼ cup olive oil  
Salt and pepper, to taste  
1 ¼ teaspoons ground turmeric  
1 teaspoon coriander seeds, coarsely crushed with a rolling pin or pestle  
1 lemon, sliced into wedges

#### Curry Butter

1 lemon  
4 tablespoons unsalted butter at room temperature  
1 tablespoon fresh ginger, chopped  
1 teaspoon curry powder  
1 teaspoon finely grated lemon zest  
⅓ teaspoon salt  
Pinch of black pepper

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## INGREDIENTS (CON'T)

### Rockfish

4, 6-ounce Alaska rockfish fillets

2 tablespoons olive oil

½ teaspoon salt

⅓ teaspoon freshly ground black pepper

2 scallions, finely sliced, including some of the green part (for garnish)

2 tablespoons parsley, chopped

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## DIRECTIONS

**Prepare the cauliflower steaks.** Preheat the oven to 450°F. Spray or brush a rimmed baking sheet with olive oil. Slice the cauliflower into steaks: remove all the outer leaves from the cauliflower and stand it upright on your cutting board (trim the bottom of the stem as needed to keep the cauliflower stable). With a large knife, cut it into ¾-inch thick slices. You will have some “scraps”—slices or florets of cauliflower that are not attached to the core and fall apart, but you should get at least 4 slices that are intact.

**Roast the cauliflower.** Brush both sides of the steaks with oil, and toss the “scraps” with a little oil as well. Arrange them on the baking sheet, and sprinkle generously with salt and pepper, followed by the turmeric and coriander. Squeeze the lemon wedges over top. Roast for 25–30 minutes, or until golden and tender when you insert the tip of a knife into the steak. Remove from the oven and set aside. Lower the oven temperature to 400°F.

### Meanwhile, make the lemon-curry butter.

Remove about 1 teaspoon of zest from the lemon and squeeze about 1 ½ tablespoons of juice. In a food processor, process the butter, lemon zest and juice, ginger, curry powder, ⅓ teaspoon salt and a pinch of black pepper until combined. Scrape down the bowl once or twice as needed. Transfer to a bowl.

**Bake the fish.** Line a baking sheet with foil and lightly brush with oil or spray with olive oil spray. Set the fillets on the baking sheet. Brush with 2 tablespoons of olive oil and sprinkle generously with salt and pepper. Bake for 6–8 minutes, or until the fish is cooked through and opaque. Remove from the oven, cover loosely with foil, and let the fish rest for 5 minutes.

**Plate and serve.** The cauliflower can be served warm or room temperature; return it to the oven for a few minutes to rewarm, if desired. Transfer the cauliflower to a large platter. Set the fillets on top and dot each fillet with the curry butter. Sprinkle with chopped scallions and parsley and serve.



Delicately fried Alaska sole with a zingy caper lemon sauce makes for a simple yet impressive meal.

# ALASKA SOLE PICCATA

## WITH LEMON BUTTER SAUCE

**SERVES:** 4

**PREP TIME:** 10 min **COOK TIME:** 35 min

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### INGREDIENTS

1 cup all-purpose flour  
3 large eggs, beaten  
2 cups panko, roughly crushed by hand if very large  
½ cup grated Parmesan cheese  
8, 4-6-ounce Alaska sole fillets  
Kosher salt and freshly ground black pepper, to taste

Vegetable oil, for frying  
½ cup dry white wine  
1 ½ tablespoons capers, drained  
5 tablespoons unsalted butter and a dash of cream (optional)  
2 tablespoons fresh lemon juice  
1 ½ tablespoons flat-leaf parsley, minced

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## DIRECTIONS

**Prepare the breading.** Set three wide, shallow bowls on a work surface. Add flour to the first one, beaten eggs to the second and panko and Parmesan cheese to the third. Mix panko and Parmesan thoroughly.

**Prepare the sole.** Line a rimmed baking dish with parchment paper. Lightly dry sole and season both sides with salt and pepper. Working with one at a time, dredge a fillet in flour with your left hand, shaking off excess. Transfer to egg dish; turn fillet with your right hand to coat both sides. Lift and allow excess egg to drain off; transfer to panko mixture. With your left hand, scoop panko on top of fish and gently press, turning to ensure a good layer on both sides. Transfer to prepared baking sheet and repeat with remaining fillets.

**Heat the oil.** Fill a large skillet with ¼ inch oil. Heat on high until oil shimmers and is just shy of smoking, about 375°F on an instant-read thermometer.

**Fry the fish.** Working in batches, gently lower fish into pan, laying them down away from you to prevent hot oil from splashing toward you. Fry, gently swirling pan and rotating for even browning, and adjusting heat as necessary for a steady, vigorous bubble, until bottom side is browned and crisp, about 3 minutes. Flip fish and fry until other side is browned and crisp, about 3 minutes longer. Transfer to paper towels to drain and season with salt right away. Repeat with remaining cutlets, adding oil if necessary.

**Make lemon-butter sauce.** Drain all but 1 tablespoon of oil from skillet. Add wine and bring to a boil over medium-high heat, cooking until raw alcohol smell has mostly cooked off, about 2 minutes. Add capers and butter, whisking constantly, until butter has melted. Lower heat to medium and continue whisking and reducing until a creamy, emulsified sauce forms. If sauce over-reduces and breaks at any point, add one tablespoon cold water and whisk to emulsify it again. To keep sauce stabilized, you can add in a dash of cream, then whisk in lemon juice and parsley, season with salt and pepper, and remove from heat.

**Plate and serve.** Arrange fillets on a platter and drizzle with warm butter sauce. Serve immediately.



# ALASKA ATKA MACKEREL RICE BOWL

**SERVES: 2-4**

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## INGREDIENTS

1, 10-12-ounce Alaska Atka mackerel fillet (salted, semi-dried)

1 ½ cups uncooked rice

2 tablespoons Japanese sake

1 teaspoon soy sauce

1 ½ - 1 ¾ cups Japanese soup stock of choice (bonito, kelp, flying fish broth)

¼ cup boiled sweet corn

2 teaspoons butter

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## DIRECTIONS

**Cook the rice.** Rinse and drain uncooked rice. Pour drained rice into a rice cooker. Add Japanese sake and soy sauce. Add soup stock of choice and cook rice according to rice cooker's instructions.

**Grill the mackerel.** Prepare a charcoal or gas grill. Grill fish for 10-15 minutes until lightly browned. Remove bones and skin and flake the fish.

**Assemble bowls and serve.** Divide the cooked rice into bowls. Add flaked Atka mackerel, sweet corn and butter. Mix well and serve.



# ALASKA HERRING BUTTER ON TOAST

**SERVES: 4-6**

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## INGREDIENTS

12 ounces canned wild Alaska smoked herring, drained  
1 pound butter, unsalted and softened  
Zest of one lemon  
Juice of one lemon  
2 shallots, minced  
Salt and pepper, to taste

### For Serving

Thickly sliced crusty bread  
Pickled onion  
Minced shallots or chives

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## DIRECTIONS

**Make the spread.** Using a hand mixer or stand mixer, whip all the ingredients together till well combined. Taste and adjust the seasonings if needed.

**Spread on toast, garnish and serve.** Toast the crusty bread slices and spread on the herring butter. Top with pickled onion, shallots or chives, if desired.





## ABOUT THE AUTHORS

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**JESSICA HATHAWAY**  
**EDITOR IN CHIEF OF NATIONAL FISHERMEN**  
**ASMI COMMUNICATIONS COMMITTEE MEMBER**

Jessica Hathaway is the editor in chief of National Fisherman, the publication of record for the U.S. commercial fishing industry, through which she has covered the industry for 17 years. She also serves on the Alaska Seafood Marketing Institute's Communications Committee and is a board member of the National Fisheries Conservation Center.

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**MAYA WILSON**  
**CHEF & AUTHOR, ALASKA FROM SCRATCH**

Maya Wilson is the author of The Alaska from Scratch Cookbook (Penguin Random House, 2018). She has been an executive chef on the Kenai peninsula, a food columnist for Anchorage Daily News, a recipe developer, food photographer, stylist, brand ambassador, and social media specialist. She currently works for US Foods as a corporate chef and consultant for restaurants across Alaska.



A stylized, blue, textured illustration of a fish, likely a salmon, is positioned on the left side of the page. The fish is shown from the side, swimming downwards, with its tail and fins visible. The illustration has a grainy, hand-drawn appearance.

## ABOUT THE ALASKA SEAFOOD MARKETING INSTITUTE

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ASMI is a public-private partnership between the State of Alaska and the Alaska seafood industry established to foster economic development of a renewable natural resource. ASMI plays a key role in the positioning of Alaska's seafood industry as a competitive market-driven food production industry.



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