

# QUICK & EASY RECIPES

## ALASKA Smoked Salmon

ASK FOR ALASKA<sup>®</sup>



## GREEK ISLE-STYLE ALASKA SMOKED SALMON PIZZETTE

Prep Time: 30 minutes Cook Time: 25-30 minutes

Serves 2 to 4

- 10 oz. fresh pizza dough
- 1 Tablespoon olive oil
- 4 oz. regular or seasoned goat cheese, crumbled
- 1/2 cup thinly sliced green pepper
- 1/4 cup slivered red onion
- 1/2 cup pitted black or Kalamata olives, cut in half
- 4 oz. Alaska Smoked Salmon, sliced or chunked
- 1/2 teaspoon lemon pepper seasoning

Preheat oven to 450°F.

Roll dough into 2 rounds (6-inches each); transfer to a baking sheet. Brush dough with olive oil. Sprinkle on and arrange half of the goat cheese, green pepper, red onion and olives on each pizzette. Add Alaska Smoked Salmon and sprinkle with lemon pepper. Bake for 8 to 10 minutes or until golden and crisp.



Nutrients per serving: 618 calories, 33g total fat, 11g saturated fat, 49% calories from fat, 48mg cholesterol, 28g protein, 51g carbohydrate, 2g fiber, 1751mg sodium, 360mg calcium and 200mg omega-3 fatty acids.

# ALASKA SMOKED SALMON TART

Prep Time: 25 minutes   Cook Time: 30 minutes   Serves 6 to 8

- 2 Tablespoons vegetable oil
- 2 leeks, trimmed and chopped (about 2 cups)
- 2 teaspoons minced garlic
- 1/4 cup chopped fresh thyme
- 2 Tablespoons chopped fresh parsley
- 2 Tablespoons chopped fresh chives
- 8 oz. Alaska Smoked Salmon, flaked
- 1-1/2 cups shredded Swiss or Emmenthaler cheese
- 2 Tablespoons dried regular or Italian bread crumbs
- 1/4 teaspoon cayenne pepper
- 1 package (17 oz.) frozen puff pastry, thawed
- 1 egg beaten with 1 Tablespoon water



In large pan, cook leeks and garlic in oil over medium heat until leeks are soft, stirring occasionally. (Add water, if necessary, to prevent scorching.) Stir in herbs; cook 2 minutes. Remove from heat.

In a bowl, combine Alaska Smoked Salmon, cheese, bread crumbs and cayenne pepper. Lightly stir in vegetable mixture.

Preheat oven to 400°F. Divide and roll out puff pastry to fit 10-inch tart pan. Fit one pastry sheet into dish. Add filling; top with remaining pastry sheet. Trim and seal edges; brush with egg wash. Bake for 25-30 minutes or until puffed and golden.

Nutrients per serving: 574 calories, 39g total fat, 9g saturated fat, 61% calories from fat, 59mg cholesterol, 19g protein, 37g carbohydrate, 1.5g fiber, 551mg sodium, 270mg calcium and 2400mg omega-3 fatty acids.



## ASIAN-STYLE ALASKA SMOKED SALMON ROLL

Prep Time: 20 minutes   Cook Time: 0 minutes   Serves 4

### Dressing:

1/2 cup mayonnaise

2 Tablespoons rice vinegar

2 teaspoons wasabi paste

### Rolls:

8 oz. Alaska Smoked Salmon, sliced or chunked

3/4 cup thin cucumber slices, marinated in rice vinegar

3/4 cup daikon radish sprouts, Enoki mushrooms,  
shredded lettuce or carrots

4 Bibb lettuce leaves or rice paper rounds (banh trang),  
rinsed under cold water

Whisk together dressing ingredients; set aside.

For each roll, lay one-fourth of salmon and vegetables onto center of a lettuce leaf/rice paper round; roll up. Drizzle with dressing or use as a dip.

Variation: Substitute bottled fruit sauce or soy-ginger dressing.

Nutrients per serving: 275 calories, 25g total fat, 4g saturated fat, 81% calories from fat, 27mg cholesterol, 11g protein, 2g carbohydrate, 1g fiber, 610mg sodium, 25mg calcium and 300mg omega-3 fatty acids.

# ALASKA SMOKED SALMON SUMMER PASTA SALAD

Prep Time: 15 minutes   Cook Time: 10 minutes   Serves 4 to 6

8 oz. bow tie or penne pasta, cooked, drained and cooled

8 oz. Alaska Smoked Salmon, sliced or chunked

12 oz. blanched green or yellow beans, asparagus or zucchini, cooled slightly and cut into 2-inch pieces

1/2 cup julienne red bell pepper

3 Tablespoons sliced green onions

1/3 cup olive oil

1/4 cup fresh lemon juice

1/4 cup fresh chopped dill

1 teaspoon sea salt or salt-free seasoning

1/2 teaspoon black pepper

1/4 teaspoon crushed red pepper flakes or dried sage leaves

In a large bowl, combine pasta, Alaska Smoked Salmon and vegetables. In separate small bowl, whisk olive oil, lemon juice, dill and seasonings. Pour over salad and toss; refrigerate until serving.

Variation: Add 2 to 3 ounces crumbled Bleu cheese or 1/4 cup shredded Parmesan cheese just before serving.

Nutrients per serving: 376 calories, 17g total fat, 2.5g saturated fat, 40% calories from fat, 10mg cholesterol, 16g protein, 41g carbohydrate, 4g fiber, 824mg sodium, 46mg calcium and 300mg omega-3 fatty acids.



# ALASKA SMOKED SALMON FETTUCINI JARDINIÈRE

Prep Time: 15 minutes    Cook Time: 20 minutes    Serves 4

- 8 oz. dried egg fettuccini
- 4 oz. asparagus (about 1-1/2 cups), trimmed and cut into 1- to 2-inch pieces
- 2 oz. sliced mushrooms (about 1 cup)
- 2 Tablespoons butter
- 1 teaspoon minced garlic
- 1 cup half-and-half
- 1 cup shredded Asiago or Parmesan cheese
- 1/4 cup chicken broth
- 6 to 8 oz. Alaska Smoked Salmon, chunked
- Salt and crushed red pepper flakes, to taste



Cook pasta in a pot of boiling salted water according to package directions, adding asparagus during the last 3 minutes of cooking time and mushrooms during the last 2 minutes; drain.

While pasta is cooking, melt butter in a large pan. Add garlic; cook and stir 1 minute over medium heat. Reduce heat to low. Stir in half-and-half and cheese until melted. Stir in broth and Alaska Smoked Salmon; heat through. Season to taste with salt and red pepper flakes, if desired. Pour sauce over pasta to serve.

Nutrients per serving: 517 calories, 23.5g total fat, 14g saturated fat, 42% calories from fat, 139mg cholesterol, 28.5g protein, 45g carbohydrate, 2g fiber, 608mg sodium, 349mg calcium and 300mg omega-3 fatty acids.

# ALASKA SMOKED SALMON AND CHIPOTLE CHOWDER

Prep Time: 30 minutes    Cook Time: 25-30 minutes    Serves 6 to 8

- 2 Tablespoons extra-virgin olive oil
- 1 small onion, chopped
- 1 large carrot, peeled and chopped
- 2 celery ribs, thinly sliced
- 1 can (14.5 oz.) chicken, fish or vegetable broth
- 1 can (12 oz.) evaporated fat-free milk
- 1 cup half-and-half
- 2 medium Yukon Gold, Finnish or Red Potatoes, peeled and chopped (about 2 cups)
- 8 oz. Alaska Smoked Salmon, chunked
- 1 can (8 oz.) cut corn, drained
- 1-2 teaspoons chopped chipotle peppers in adobo sauce
- Chopped parsley, as needed for garnish

Sauté onion, carrot and celery in oil until tender, about 5 minutes, in stockpot or saucepan. Stir in broth, milk and half-and-half. Add potatoes, bring to simmer and cook, covered, on low until potatoes are almost tender, about 15 minutes.

Stir in Alaska Smoked Salmon, corn and chipotle peppers; continue cooking an additional 5 minutes. Garnish with chopped parsley, if desired.

Nutrients per serving: 238 calories, 10g total fat, 3g saturated fat, 37% calories from fat, 27mg cholesterol, 13g protein, 24g carbohydrate, 2g fiber, 706mg sodium, 209mg calcium and 200mg omega-3 fatty acids.





## ALASKA SMOKED SALMON, CELERY and APPLE SALAD

Recipe by Jerry Traunfeld, Executive Chef of The Herbfarm

Prep Time: 20 minutes Serves 8

- 2 Tablespoons whole grain mustard
- 1/4 cup apple cider vinegar
- 1/2 cup extra-virgin olive oil
- 4 cups thinly sliced celery
- 2 crisp unpeeled apples, cored and fine-diced
- 1-1/2 cups flat-leaf parsley leaves
- 1/4 cup chopped dill
- Freshly ground black pepper
- 8 ounces hot smoked Alaska Salmon, skinned and flaked

Whisk together the mustard, vinegar, and olive oil. Toss in the celery, apples, parsley, and dill. Season with a good grinding of black pepper. Right before serving, toss with the smoked salmon.

Nutrients per serving: 225 calories, 17g total fat, 2g saturated fat, 66% calories from fat, 6.5mg cholesterol, 7g protein, 12g carbohydrate, 3g fiber, 284mg sodium, 58mg calcium and 400mg omega-3 fatty acids.



## ALASKA SMOKED SALMON PANINI

Prep Time: 10 minutes Cook Time: 10 minutes Serves 4

**8 pieces bell pepper quarters or onion slices**  
**8 slices dense white bread, sandwich-sized**  
**8 oz. pepper-jack cheese slices**  
**8 oz. Alaska Smoked Salmon, sliced or chunked**  
**1/2 cup flavored cream cheese (jalapeno, dill, etc.)**

Grill bell pepper quarters or onion slices. For each sandwich, layer one bread slice, 2 vegetable slices, 2 oz. sliced cheese and 2 oz. Alaska Smoked Salmon. Spread 2 tablespoons cream cheese on one side of each remaining bread piece. Top each sandwich, spread side down.

Grill sandwiches on panini grill, or in pan topped with heavy plate/cover, just until cheese begins to melt. Slice and serve.

Variation: Roasted red peppers can be substituted for fresh peppers.

Nutrients per serving: 541 calories, 32.5g total fat, 20g saturated fat, 55% calories from fat, 104mg cholesterol, 30g protein, 30.5 carbohydrate, 2g fiber, 1354mg sodium, 510mg calcium and 400mg omega-3 fatty acids.



## ALASKA SMOKED SALMON CAPRI SALAD

Prep Time: 10 minutes   Cook Time: 0 minutes   Serves 4 to 6

### Salad:

- 1 package (7 to 10 oz.) salad greens: mâche or spinach, arugula, spring greens or chopped romaine
- 1 jar (14 oz.) quartered marinated artichoke hearts, reserving liquid
- 1 cup canned hearts of palm, cut in 1/2-inch slices
- 8 oz. Alaska Smoked Salmon, chunked
- 1 avocado, pitted, peeled and sliced/chunked

### Dressing:

- Reserved artichoke liquid (approximately 1/2 cup)
- 1 Tablespoon tarragon or white wine vinegar
- 2 Tablespoons olive oil
- 2 teaspoons Dijon-style mustard
- Salt and pepper, to taste

Divide salad greens among four plates. Layer artichokes, hearts of palm, Alaska Smoked Salmon and avocado over greens. Whisk dressing ingredients in small pitcher/jar. Pour over salad just before serving.

Nutrients per serving: 454 calories, 40g total fat, 4g saturated fat, 75% calories from fat, 10mg cholesterol, 14g protein, 16g carbohydrate, 7g fiber, 915mg sodium, 70mg calcium and 300mg omega-3 fatty acids.



## ALASKA SMOKED SALMON BENEDICT CARIBE

Prep Time: 15 minutes   Cook Time: 5 minutes   Serves 4

- 1 package (approximately 1 oz.) Hollandaise sauce mix
- 1 teaspoon dry Caribbean Jerk Seasoning
- 1 Tablespoon vinegar
- 8 large eggs
- 4 split English muffins or 8 slices sourdough bread, toasted or grilled
- 8 oz. Alaska Smoked Salmon, sliced or chunked
- 2 Tablespoons chopped chives or green onions, for garnish

Make Hollandaise sauce according to package directions. Stir in jerk seasoning; cover and keep warm.

Fill a large saucepan with about 3 inches of water; bring to a simmer. Pour in vinegar. Carefully break the eggs into the water and cook 2 to 3 minutes, until whites are set but yolk is still soft. Remove eggs and keep warm.

Assemble by topping each bread slice with 1 ounce of Alaska Smoked Salmon, an egg and 2 tablespoons sauce. Garnish with green onions.

Variation: Grilled hash brown patties, polenta, crab cakes or bagels may be substituted for English muffins or bread slices.

Nutrients per serving: 529 calories, 31g total fat, 14g saturated fat, 53% calories from fat, 485mg cholesterol, 29g protein, 32g carbohydrate, 2g fiber, 1133mg sodium, 217mg calcium and 600mg omega-3 fatty acids.

# ALASKA SMOKED SALMON – *Wild, Natural & Sustainable*®

Alaska Smoked Salmon is a delicacy traditionally reserved for special occasions, enjoyed as a treat at brunch or evening hors d'oeuvres. Yet, Alaska Smoked Salmon can also transform everyday meals into easy, elegant entrées.

Carefully cured in time-honored tradition, the flavor and texture of Alaska Smoked Salmon varies according to the salt curing (brining) process, time and temperature of the smoking process:

- **Mild Cured and Cold Smoked Salmon** has a delicate, moist texture and mild flavor. Commonly called Lox or Nova, this smoked salmon has been cured under salt and lightly smoked at very low temperatures.
- In contrast, **Kipperd or Hot Smoked Salmon** is cured in a brine solution and smoked at high temperatures, creating a flakier texture and stronger smoked flavor.

Whether light and delicate or deep and smoky, either variety works beautifully in these entrées and adds elegance to your meal. From soups to salads, sandwiches, pizza or pasta, wild Alaska Smoked Salmon makes it special.

Swimming wild in icy, pure waters and feeding on a natural diet, Alaska Salmon develops a superior texture and unparalleled flavor prized by chefs and connoisseurs alike. It is also a smart ecological choice: strict harvesting quotas and fishing regulations ensure that Alaska will have an abundance of seafood for years to come. Alaska is the only state in the nation whose constitution explicitly mandates that all fisheries be maintained on the sustained yield principle. In fact, Alaska's management practices are considered a model of sustainability for the world.

**For more information and recipes, visit the Alaska Seafood Marketing Institute at [www.wildalaskaflavor.com](http://www.wildalaskaflavor.com)**



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