

ALASKA SEAFOOD EASY COOKING GUIDE

METHOD	TEMPERATURE	PREP (6 oz. fillets)*	SPECIES/COOK TIME (MINUTES)			DONENESS
			SALMON	COD	POLLOCK	
GRILL	400°F	Oil/season fish, then seal in spray-coated foil packets.	10-12	8-10	5-6	Firm, opaque.
INSTANT POT®	Add 1 cup water to bottom of pot. Place seasoned fish on steam rack. "Steam" using quick release vent.		2-3	2-3	1-2	Moist, firm, opaque.
ROAST	400°F	Oil/season fish. Place on spray-coated foil-lined baking pan on middle rack.	8-10	8-10	4-6	Firm, mostly opaque.
SAUTÉ/ PAN SEAR	Medium-high heat	Oil/season fish; place skin up in heated pan.	3 (then flip) 3-4 (to finish)	2 (then flip) 1-2 (to finish)	2 (then flip) 1-2 (to finish)	Browned, firm, mostly opaque.
STEAM	Bring 1-inch water in a 12-inch pan to a simmer	Line wooden steamer with lettuce/herbs/citrus OR spray-coat to avoid sticking. Use 2 (3oz.) portions, cut to fit.	5-7	4-6	3-4	Moist, tender, opaque.
SOUS VIDE	130°F/54°C	Season fish; add 1 Tbsp. favorite sauce/broth/water to fish in zip-top bag. Remove air using water displacement method. Add sealed bags to hot water bath.	30	30	30	Moist, tender, opaque.

COOKING TIPS

***PREP:** When using cooking oil to brush on fish, select one of the following: canola, avocado, peanut, grapeseed, soybean or safflower. Avoid butter and olive, sunflower or corn oil as they can burn at high heat. Generously brush all sides of fish before sprinkling on seasoning.

****PAN:** may be covered when cooking to prevent splattering.

SEASONING: Sprinkle on your favorite salt, pepper and additional dried herbs or spices for flavor.

SIZE: It's best to cook fish of similar sizes and thicknesses to maintain uniform cooking. If seafood is thicker, additional cook time may be needed; if fillets are thin, less time is needed.

CAUTION: Be diligent when cooking over hot surfaces/water/steam to avoid being burned.