## ALASKA:

pristine, unspoiled, wild and natural.

Alaska's clean, icy waters are home to the world's finest seafood and nearly 60% of the seafood that is harvested in the US.

Known for its wild salmon, crab and whitefish varieties, Alaska preserves much of the fresh catch immediately after it leaves the icy water. By rapidly chilling, then commercially flash freezing it at well below zero, Alaska seafood is kept at the peak of freshness, locking in quality and flavor.

The seafood is held or transported at or below zero degrees Fahrenheit until it's ready to be eaten, preventing dehydration and preserving nutritional value and flavor. Best of all, home cooks can take frozen Alaska seafood from Frozen to Fork<sup>TM</sup> in minutes.



www.WildAlaskaSeafood.com
#FrozentoFork



## FROZEN ALASKA SEAFOOD IS AS EASY AND CONVENIENT TO PREPARE AS IT IS SATISFYING.

There's no need to wait for it to thaw. With Alaska Seafood's simple, time-saving COOK IT FROZEN!® techniques, prepare a delicious, healthy meal in as little as 15 minutes cooking directly from frozen using familiar methods – sautéing, roasting, steaming, broiling, poaching and grilling.



## Try this pan-steaming technique and watch as it goes from Frozen to Fork™:

Simply rinse seafood under cold water to remove any ice glaze

Bring an inch of water or seasoned liquid to a simmer over medium-high heat

Place the seafood in the pan, skin side down

Return liquid to a simmer; liquid should simmer not boil

Cover the pan tightly

Cook frozen fillets for 5 minutes; turn off the heat and let seafood rest in liquid for 5 minutes

If desired, create a quick reduction sauce with the poaching liquid

