



QUICK & EASY  
**ALASKA**  
SEAFOOD  
GRILLING  
RECIPES  
& TIPS



ASK FOR ALASKA®

## GRILLING TIPS

Grilling is one of the oldest cooking methods known to man. It's also a fast, healthy way to preserve the natural flavor and nutrients of seafood. The following tips will make grilling easy, too!

### PREPARING THE GRILL:

- Thoroughly clean the grill before you begin.
- Fish cooks best over a medium-hot fire; shellfish require a hot grill.
- Make sure the grill is hot before you start cooking.
- Liberally brush oil on the grill just prior to cooking.

### GRILLING FISH AND SHELLFISH:

- Cut large fish steaks or fillets into meal-size portions before grilling (so they will be easy to turn on the grill).
- Use a grill basket or perforated grill rack to keep flaky fish or smaller shellfish from falling through the grill bars.
- Brush fish or shellfish with oil, very lightly, just before cooking to prevent sticking.
- Always start to grill fish with the skin side up. (If the skin has been removed, the skin side will appear slightly darker.) This allows the natural fat carried beneath the skin to be drawn into the fillet, keeping it rich and moist. It's also easier to turn when the more delicate or "flesh" side cooks first.
- Turn fish/shellfish only once. For easy turning, use a two-prong kitchen fork inserted between the grill bars to slightly lift fish fillets or steaks, then slide a metal spatula under the fish and turn. Use long-handled tongs to turn shellfish.
- Cook fish approximately 10 minutes per inch of thickness. Fish/shellfish continues to cook after it's removed from the heat, so take it off the grill just as soon as it is opaque throughout. To check for doneness, slide a sharp knife tip into the center of the *thickest part* of a cooking seafood portion, checking for color. Remove from the heat just as soon as it turns from translucent to opaque throughout.



## PLANK COOKING TIPS

Planking is a traditional Northwest-style of cooking using aromatic pieces of wood. It's a great way to add subtle flavors to your wild Alaska seafood. Grilling gives foods a caramelized flavor, smoking a woodsmoke flavor, and planking an aromatic flavor of wood.

Planking works best for thin foods like fish fillets or shellfish. The flavor comes from contact with the plank, so a thick steak will not get the full aromatic wood flavor that a thin fillet will. Arrange foods in a single layer on the plank so as much food as possible touches the aromatic wood.

### EASY PLANKED SEAFOOD:

Purchase pre-cut planks at barbecue and grill shops or some larger grocery stores. Or go to your local lumberyard and purchase untreated hardwood lumber like cedar, oak, hickory, maple and alder. Do not use pine or other soft woods, as they are too resinous.

- Cut planks into any size you desire, but be certain that the plank will fit on your grill.
- The best wood choices for planking are cedar, alder and oak. Hickory and maple are also good.
- Presoak the plank in water for 30 minutes to two hours.
- Pat planks dry with paper towels and spray-coat or lightly oil one side of the plank (place seafood on oiled side).
- Season seafood lightly with an herb blend, a rub like Sunny Chipotle Rub or Terrific Taj Rub, or just salt and pepper. Go easy, as you don't want to overpower the flavor you will get from the plank.
- Preheat one side of the grill to medium-high, with no heat on the other, indirect side.
- Place the planked seafood on the grill on the indirect side (not over direct heat) and close the lid.
- Turn the heat down to medium.
- Check the seafood frequently for doneness after 10 minutes.
- To glaze seafood, brush on Asian Glaze or an Asian-style barbecue sauce during the last 5 minutes of grilling or planking; cover, and let it cook to a sheen.
- Seafood changes from translucent to opaque as it cooks and will continue to cook after it is removed from the heat. Cook just until opaque throughout.

The plank provides a beautiful, rustic platter for serving.



## RUBS

The secret to cooking with rubs is to let the seafood rest at least 5 minutes after you season it. These rub recipes work great whether you use a plank or cook straight on the grill.

### SUNNY CHIPOTLE RUB

- 2 to 3 Tablespoons white vinegar
- 2 Tablespoons packed brown sugar
- 2 Tablespoons fresh chopped garlic
- 1 Tablespoon chopped chipotle chiles\*

Sprinkle vinegar (1 teaspoon per portion or 2 tablespoons for large fillet or salmon side) onto Alaska seafood. Blend remaining ingredients in coffee grinder/blender. Spread/rub 1 to 2 teaspoons on each portion or all onto large fillet or salmon side.

*\*Canned chiles in adobo sauce (remove seeds, if desired, to reduce heat)*

### TERRIFIC TAJ RUB

- 1 Tablespoon garam masala (Indian spice)
- 1 to 2 teaspoons packed brown sugar, to taste
- 1 teaspoon coarse kosher salt
- 1/2 teaspoon garlic powder
- 1/4 teaspoon paprika
- 1/4 teaspoon onion powder

Blend all ingredients.

- Alaska Salmon: Rub/pat 1/2 to 1 teaspoon on each portion or all onto salmon side.
- Alaska Halibut, Cod, Pollock or Sole: Brush fillets with oil then sprinkle 1/2 to 1 teaspoon rub onto each portion.

### SOL-I-MAR RUB

- 1 teaspoon coarse sea salt
- 1 teaspoon toasted sesame seeds
- 1 teaspoon dried minced onion
- 1/2 teaspoon dried orange peel
- 1/2 teaspoon ginger powder
- 1/2 teaspoon dried cilantro
- 1/2 teaspoon lemon pepper seasoning
- 1/2 teaspoon dried basil

Blend all ingredients in coffee grinder/blender.

- Alaska Salmon: Rub/pat 1/2 to 1 teaspoon on each portion or all onto salmon side.
- Alaska Halibut, Cod, Pollock or Sole: Brush fillets with oil then sprinkle 1/2 to 1 teaspoon rub onto each portion.

## ASIAN GLAZE

- 3 Tablespoons pure maple syrup
- 2 teaspoons fresh grated ginger
- 2 teaspoons fresh lime juice
- 2 teaspoons soy sauce
- 1-1/2 teaspoons fresh minced garlic
- 1 bunch green onions, trimmed and sliced lengthwise (for planking only)

Blend all ingredients, except onions. Brush or spoon 1/2 to 1 teaspoon on each Alaska seafood portion or all onto large fillet or salmon side. If planking, place green onions on plank; top with seafood.

*Variation: Add 1/4 teaspoon crushed red pepper flakes for additional heat, if desired.*

## INDIAN-INSPIRED SPICE RUB OR SEASONING

- |                                |                                 |
|--------------------------------|---------------------------------|
| 1 teaspoon cumin seeds         | 1 teaspoon ground ginger        |
| 1 teaspoon coriander seeds     | 1-1/2 teaspoons ground turmeric |
| 1/2 teaspoon fennel seeds      | 2 teaspoons salt                |
| 1/2 teaspoon white peppercorns | 2 teaspoons brown sugar         |

Toast the cumin, coriander, fennel and peppercorns in a small skillet over moderate heat, shaking the pan occasionally to prevent burning. As soon as mixture becomes fragrant, 3 to 4 minutes, remove from heat and cool spices to room temperature. Grind toasted spices to a powder in a spice grinder or coffee mill. Stir in rest of ingredients.

- Alaska Salmon: Rub/pat 1/2 to 1 teaspoon on each portion or all onto salmon side.
- Alaska Halibut, Cod, Pollock or Sole: Brush fillets with oil then sprinkle 1/2 to 1 teaspoon rub onto each portion. *Note: May be stored tightly covered for up to 4 weeks.*

## MEDITERRANEAN MEDLEY

- |   |   |
|---|---|
| 1/2 lemon                                       |   |
| Seasoned salt and fresh ground pepper, to taste | 2 Tablespoons chopped fresh thyme   |
| 2 Tablespoons chopped chives                    | 2 Tablespoons of <i>one</i> of the following: fresh marjoram, Thai basil, basil, or oregano |
| 2 Tablespoons chopped fresh tarragon            |   |

Squeeze lemon juice on Alaska seafood portions; season liberally with salt and pepper. Pat/rub 1 to 2 tablespoons herb blend on each salmon portion or all onto large fillet or salmon side.

*Best with Alaska Salmon!*



# MARINADES

Marinades are an easy way to add flavor to seafood. Marinate in any container except one made of uncoated cast iron or aluminum, which can react with acids and develop off-flavors. Limit the marinate time for seafood portions to a maximum of 45 minutes (the proteins could start to break down if left longer in many marinades).

## MIXED GRILL MARINADE

1/2 cup light olive oil	1 teaspoon dried oregano
1/4 cup lemon juice	1/2 teaspoon red pepper flakes
1 teaspoon ground coriander	1/2 teaspoon pepper
1 teaspoon minced garlic	

Blend ingredients in bowl; reserve 1/4 cup for basting. Place remaining marinade in large resealable bag; add Alaska seafood, seal bag and turn several times to coat. Marinate in refrigerator for 30 minutes.

## FIRECRACKER MARINADE

1/4 cup peanut oil	1 clove garlic, minced
2 Tablespoons soy sauce	3/4 teaspoon grated ginger
2 Tablespoons balsamic vinegar	1/2 teaspoon red chili flakes (or more to taste)
2 Tablespoons chopped green onions	1/2 teaspoon sesame oil
1-1/2 teaspoons brown sugar	Dash of salt (1/8 teaspoon)

Whisk ingredients together in bowl; place in large resealable bag. Add Alaska seafood, seal bag and turn several times to coat. Marinate in refrigerator for 30 minutes.

## MEDITERRANEAN MARINADE

6 oz. frozen limeade, thawed	2 Tablespoons minced fresh garlic
3/4 cup olive oil	2 Tablespoons chopped fresh rosemary
3/4 cup soy sauce	

Combine ingredients in bowl; place in large resealable bag. Add Alaska seafood; seal bag and turn several times to coat. Marinate in refrigerator for 30 to 45 minutes.

Note: If using Alaska Halibut or Cod, substitute 1 teaspoon **each** of dried oregano and ground coriander for rosemary.

# GRILLING FROZEN SIDES

## GREAT GRILLED ALASKA SALMON

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

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

Heat grill to medium-high (400°F). Spray-coat dull side of aluminum foil (18-inch wide sheet, cut 4" longer than salmon side). Rinse any ice glaze from frozen Alaska Salmon under cold water; pat dry with paper towel. Brush both sides of frozen fish with oil and place on foil (skin side down). Bring long sides of foil together and fold over several times to seal; roll up short ends to form a packet. Place packet, seam side down, onto grill grate and cook 8 to 10 minutes.

Remove packet from grill, open, and add seasoning of choice (below). Crimp loosely to close, and return to grill (seam side up). Cook an additional 8 to 10 minutes, just until fish is opaque throughout.

### Asian Seasoning (pictured above)

2 Tablespoons **each** white miso, seasoned rice vinegar,  
sliced fresh ginger, sliced green onions, sliced onions  
Salt, to taste, just before serving  
OR  
2 Tablespoons **each** white miso and lemon juice  
1 Tablespoon chopped chives  
1 teaspoon **each** sesame oil and red pepper flakes  
1/2 teaspoon ground ginger  
Salt, to taste, just before serving

### Thai Seasoning

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

### Moroccan Seasoning

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

### Greek Seasoning

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

### Mediterranean Seasoning

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

### Latin Seasoning

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



# GRILLING CRAB

## GREAT SMOKY GRILLED ALASKA CRAB

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

2 to 3 pounds Alaska Crab legs (King, Snow or Dungeness), thawed or frozen  
2 to 3 Tablespoons olive oil  
2 to 3 teaspoons Cafe Solé Seafood Grill Spice or favorite seafood spice blend  
2 sheets (18-inches wide) heavy duty aluminum foil

Preheat grill to medium-high heat (450°F). Rinse frozen Alaska Crab legs under cold running water to remove any ice glaze; pat dry with paper towels. Discard towels. For each pound of crab, use 1 tablespoon olive oil and 1 teaspoon of seafood spice. Blend olive oil and seasoning. Place foil sheet in a 1-inch deep baking pan. Place crab legs on sheet; pour or brush oil blend onto legs. Lay second foil sheet over crab and thoroughly crimp edges to seal foil, leaving room for heat circulation inside. To cook, slide foil pouch onto grill and cook for 8 to 10 minutes for frozen crab or 3 to 4 minutes for thawed crab.

*Variation: Soak wood chips (alder, cedar, apple, etc.) in water for 30 minutes; drain. Add chips to coals. Grill rinsed and dried crab legs on baking sheet until crab is thoroughly heated through.*

## LIME-BUTTERED GRILLED ALASKA CRAB with TRINIDAD SALAD

Makes 4 to 6 servings Prep Time: 15 minutes Cook Time: 10 minutes

### Trinidad Salad:

1/2 cup olive oil  
1 lime, juiced and divided  
1/4 cup Pinot Gris or Chardonnay wine  
2 Tablespoons whole grain mustard  
1 can (14 to 15 oz.) palm hearts, drained and sliced crosswise  
1 large, firm ripe papaya, skinned and chunked  
1 cup thinly sliced celery  
1/2 fresh small red chili pepper, sliced and minced  
1/4 small sweet onion, thinly sliced, then quartered  
2 large, firm ripe avocados, pitted and chunked

### Alaska Crab:

1/3 cup butter, melted  
1/4 to 1/2 teaspoon chili oil  
1/8 teaspoon cayenne pepper  
3 to 4 pounds Alaska Crab legs  
(King, Snow or Dungeness),  
thawed or frozen

Whisk together olive oil, 1/2 of the lime juice, wine and mustard for salad dressing. In large bowl, add salad ingredients, topping with avocado. Pour dressing over avocado; cover and refrigerate. Preheat grill or broiler/oven to medium-high heat. Rinse frozen crab legs under cold running water to remove any ice glaze; pat dry with paper towels. Discard towels. Split open shell to expose meat. Blend butter, chili oil, cayenne and remaining lime juice. Brush butter mixture onto exposed crabmeat; place crab legs onto grill and cook for 8 to 10 minutes for frozen crab or 3 to 4 minutes for thawed crab or until heated through. (Drizzle any unused sauce over crab legs when serving.) Gently stir salad mixture to coat evenly; serve with crab legs.

## GRILLED ALASKA KING CRAB LEGS WITH TABASCO® AIOLI

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

*Recipe by Chef/Author Barton Seaver*

### **Tabasco® Aioli**

2 egg yolks

1 teaspoon kosher salt, or to taste

Juice of 1 lemon

1 cup canola oil

Tabasco® sauce, to taste

### **Alaska King Crab Legs**

12 Alaska King crab legs, defrosted and cut at joints

2 lemons

Whisk together the egg yolks with salt and lemon juice.

Slowly begin to drizzle in the oil while continuing to whisk vigorously. After about half the oil has been added, thin out the aioli with a few drops of water. Continue to whisk in the remainder of the oil in a slow stream. Once all the oil has been added, the sauce should be thick and hold its form when a whisk is pulled through it. Add Tabasco® sauce in small increments, tasting after each addition so the aioli does not become too spicy. Divide the aioli between four bowls.

Prepare a large charcoal fire and let the coals die down to a nice red ember bed. While the fire is being prepared, remove the crab legs from the refrigerator so they begin to come to room temperature. They should not be out of the refrigerator for more than 15-20 minutes before they go onto the grill. (They should certainly be defrosted as they will burn on the grill before they heat all the way through!) Place the crab legs on the grill directly over the hot coals and allow to grill until the shell begins to turn dark brown, almost black. If the shell chars a little bit that is fine; it adds to the flavor. Turn the crab legs over and remove to a cooler part of the grill. Allow to sit for another 4-5 minutes. Place the lemons, cut in half, on the hottest part of the grill. The lemons should be golden brown and sweetly caramelized in the time that it takes to fully heat the crab legs.

Prepare a salad of mixed greens lightly dressed with olive oil and salt.

Place the grilled crab legs onto a large platter and serve with the grilled lemons and a separate salad of mixed greens. Suggest to guests that they squeeze a little grilled lemon juice over their salad. Eat the crab just as you would normally, by peeling back the shell and dipping the meat into the aioli.



## COMPOUND BUTTERS

by Chef John Ash

One of the simplest but most delicious ways to complete grilled seafood is to use a compound butter. They can be made ahead of time and can be stored in the refrigerator for 3 days or kept in the freezer for up to 3 months.

To make compound butters, soften the butter by beating it for a minute or two with an electric mixer or by hand with a wooden spoon. Stir in the flavoring ingredients (be sure they are cool if any of them are cooked). Cover and refrigerate for up to 3 days or roll into logs, wrap tightly in aluminum foil and freeze for later use.

To serve, cut and place thick coin-sized pieces on top of hot fish and let it melt. If using frozen butters, soften them just a bit before placing them on top of your grilled foods so that they can begin to melt as you bring them to the table.



### BASIL CURRANT COMPOUND BUTTER

2/3 cup currants or coarsely chopped  
golden raisins  
3/4 cup dry white wine  
1/4 cup minced shallots or green onions  
1 Tablespoon minced garlic

1 pound unsalted butter, divided  
3/4 cup lightly packed fresh chopped basil  
leaves (2 Tablespoons dry)  
Salt and freshly ground black pepper

In a small saucepan, heat the currants and wine together until steaming. Remove from heat and allow the currants to soften and plump, approximately 30 minutes. Drain the currants, reserving the liquid.

In a separate skillet, sauté the shallots and garlic in 2 tablespoons of the butter until soft but not brown. Add the reserved liquid from the currants and reduce over moderate heat until most of the liquid is evaporated. Cool. With a mixer or by hand beat the remaining butter until softened. Quickly stir in currants, shallot mixture and basil. Season to taste with salt and pepper; store per above.

### **OLIVE and SUN-DRIED TOMATO COMPOUND BUTTER**

1 cup finely diced red onion	2/3 cup Kalamata or Niçoise olives, rinsed, pitted and finely chopped
1 pound sweet, unsalted butter, divided	3 Tablespoons chopped fresh parsley
1/2 cup merlot wine	Salt and freshly ground pepper
1/2 cup sun-dried tomatoes in oil, drained and finely chopped	

Sauté the onions in 2 tablespoons butter over moderate heat until just beginning to soften but not brown. Add wine and continue to cook until most of the liquid has evaporated. Cool. Soften remaining butter with an electric mixer or by hand and stir in the onion mixture, sun-dried tomatoes, olives, parsley and salt and pepper to taste. Store per above.

### **LEMON and HERB COMPOUND BUTTER**

8 Tablespoons (1 stick) unsalted butter, softened	2 teaspoons finely chopped fresh thyme leaves
3 Tablespoons packed finely grated lemon zest	3 Tablespoons finely chopped chives
1 Tablespoon fresh lemon juice	2 teaspoons salt
	1 teaspoon freshly ground white pepper

Beat together the softened butter, zest, juice, thyme, chives, salt and pepper in a small bowl. Scoop out onto waxed paper or plastic wrap and form into a sausage shape about 3/4-inch in diameter; store per above.

### **FRESH HERB, SHALLOT and LEMON BUTTER**

1-1/2 cups finely chopped shallots or green onions	1 Tablespoon finely grated lemon zest
1 pound unsalted butter, divided	2 Tablespoons fresh lemon juice
1/4 cup dry white wine	Salt and freshly ground pepper
1/4 cup chopped mixed fresh leafy herbs, such as chives, tarragon, dill, parsley, or basil	

Sauté the shallots in 3 tablespoons of the butter until soft but not brown. Add the wine and continue to cook until all of the liquid is evaporated. Cool. Soften the remaining butter with an electric mixer or by hand and stir in the shallot mixture, herbs, lemon zest and juice. Season to taste with salt and pepper. Store per above.

# SO WILD, IT PRACTICALLY FLIPS OVER ON ITS OWN!

Whether you use your favorite marinade, savory rub, or a compound butter, there's a reason why Alaska seafood always tastes so wildly delicious – because it is truly wild. Born in the pristine waters of one of the world's last unspoiled coastlines, these hearty fish and shellfish thrive in abundance in natural surroundings, developing the firm texture and superior flavor that make wild Alaska seafood the perfect choice for grilling. So for a wild taste that you'll flip over, ask for Alaska.

And each time you fire up the grill, remember that Alaska's long-term fisheries management practices ensure that this unmatched, delicious resource will be enjoyed for generations to come. In fact, Alaska's comprehensive fisheries management practices are considered a model for the world.

For more great recipes, preparation tips and videos, visit [www.wildalaskaseafood.com](http://www.wildalaskaseafood.com)



*Wild, Natural & Sustainable®*

The Alaska Seafood logo affirms your support for  
**SUSTAINABLE FISHERIES**

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