

THE ALASKA SEAFOOD

spice pantry



With recipes developed by
The Culinary Institute of America
as an industry service to the
Alaska Seafood Marketing Institute


ALASKA SEAFOOD











flavor first

Seafood from Alaska— an abundance of different species, each with its own unique character, each with its own story to tell about quality, purity and responsible fishing practices.

Swimming wild and feeding on a natural diet off some of the most rugged, unspoiled coast in the world, Alaska Salmon, Whitefish varieties and Shellfish develop a rich, delicious taste and superior texture to complement any cooking style and flavor profile.

Because if there's one thing that today's menus all have in common, it's flavor— big, bold, uncompromising flavor. Fresh herbs and fragrant spices, tongue-tingling chiles, distinctive marinades and complex rubs: It's all about building flavor. Consumers want it, and chefs know it.

That's just part of the reason behind the push toward ethnic food. And now that American diners are fully familiar with "The Big 3" of Chinese, Mexican and Italian food, they're becoming more interested in other flavorful ideas from Latin America, Asia and the Mediterranean. The specialties of regions like the Caribbean, Southeast Asia and North Africa represent an opportunity for chefs to introduce their customers to lots of bold new tastes.

Herbs, spices and other seasonings play a big role in the flavor of these ethnic cuisines. Think of the allspice in Jamaican jerk seasoning blend, the lemongrass and ginger in Thai curry, the ras al hanout of Morocco—they're like culinary shorthand; a few pennies worth of ingredients in trade for the taste experience of an entire culture. Developing familiarity with the ethnic spice pantry makes it easy to create one-of-a-kind menu items that are both exciting and cost-effective, using versatile, naturally delicious wild Alaska Seafood.

The Next Big Thing in Flavor Destinations

Of all the places in the world, why single out Latin America, Asia and the Mediterranean? Many chefs believe that these regions hold the key to the most innovative new menu items—recipes that are exciting yet approachable, memorable and distinctive yet easy to execute in the fast-paced environment of a foodservice kitchen. They also enjoy a rich tradition of seafood cookery that translates beautifully to wild Alaska species.

Customers want more seafood on the menu, and they want it to be wild. In fact, recent research* shows that 77% of chain restaurant customers prefer wild-caught seafood to other varieties. This guide is meant to show how a strategically selected pantry of herbs, spices and other seasoning ingredients can serve as a ticket to new flavor destinations that showcase the quality and versatility of wild Alaska Seafood. These 84 recipes, which were developed by The Culinary Institute of America as an industry service to the Alaska Seafood Marketing Institute, are simple but spectacular, offering a starting point for thinking about new ethnically inspired Alaska Seafood menu items.

*SOURCE: The Hale Group, 2005



asia

From the simplicity and discipline of Japan to the riotous flavors of India and Southeast Asia, the food of Asia reflects immense variation. It is the world's largest and most populous continent, yet its many ethnic regions have been insulated from each other by culture and geography across thousands of years of history. Winters in Korea can be brutally cold and snowy, while the temperature in Singapore seldom falls below 70°F. Still, there are similarities among the many sub-cuisines of Asia, including ingredients such as rice, chiles and garlic, and a balance of nutrients that favors vegetables and starch. Many Asian specialties are characterized by the freshness of their ingredients, and a complex layering of herbs, spices and seasonings.

latin america

The cuisine of Mexico, the Caribbean, and Central and South America is united by one characteristic: cultural diversity. Like North America, this wide-reaching region is a tasty melting pot of indigenous ingredients overlaid with a succession of colonizing nations and immigrant populations, not just from Spain, but also the rest of Europe, Africa and Asia. The Caribbean alone feels the influence of the Spaniards, French, Dutch, British, and Portuguese, while Peru takes its flavor from waves of European settlers along with the African slaves and workers from China and Japan. Complex and hearty, Latin cuisine is rich with beans and rice, corn, tropical fruits and vegetables, and a huge array of spices and chiles.

mediterranean

Because of proximity to the ancient trade routes of the Mediterranean Sea, there has been a long history of cultural and economic exchange in this relatively small, temperate region. Today the cuisine bears fascinating evidence of the trade between the original Mesopotamian, Egyptian, Phoenician, Jewish, Greek, Latin, Arab, Persian and Turkish peoples. All Mediterranean food is united by the fruit of the olive tree, and the oil that is ubiquitous in the cooking, along with tomatoes and garlic, onions and citrus fruits. The northern shore of the Mediterranean, from Spain in Southern Europe to Turkey and Egypt in the Eastern Mediterranean, is enriched by the flavors of wine and herbs, while exotic North Africa is a land of complex and fragrant spices.

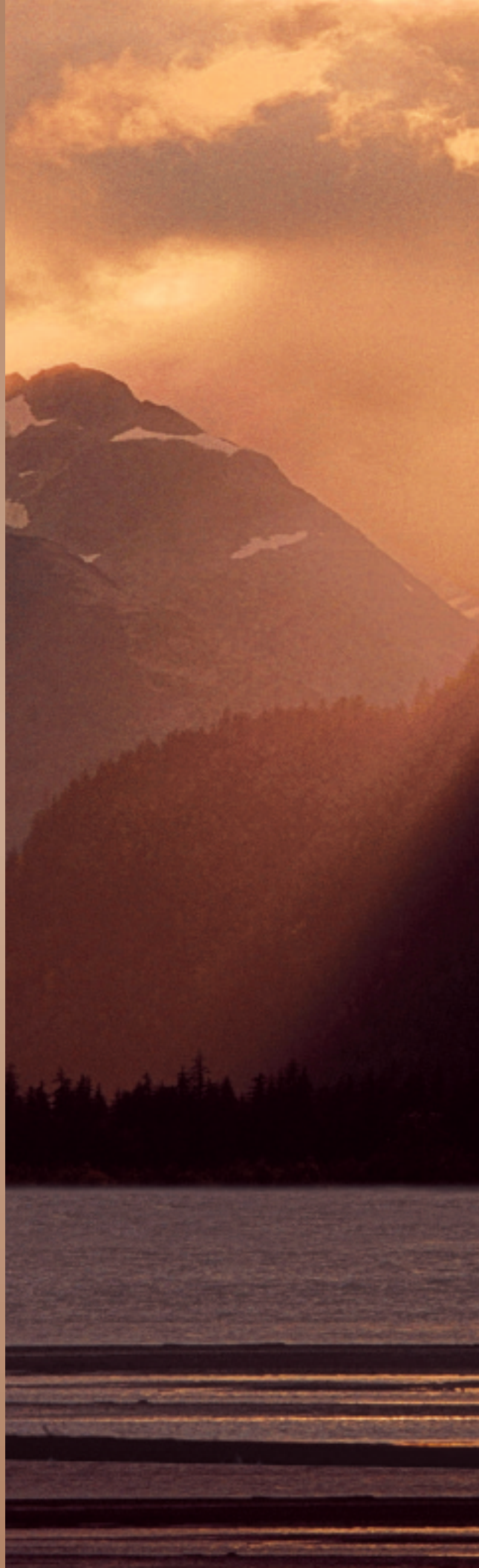


Alaska Seafood
Gold Standard Sustainability

Americans are concerned about their own health and, increasingly, they're also concerned about the health of the planet.

Since 1959, Alaska's constitution has mandated that "fish…be utilized, developed and maintained on the sustained yield principle," and it is still the only state to do so.

With every aspect of Alaska's fisheries strictly regulated, closely monitored, and rigidly enforced for nearly five decades, the state's successful management practices have become the gold standard for the entire world.



Foldout Chart
Front Side: Spice Chart
(see separate document)

Foldout Chart
Back Side: Species Chart
(see separate document)



RECIPES		asia (A)	latin america (L)	mediterranean (M)
halibut	1	Grilled Orange-Glazed Alaska Halibut *(Thailand)*	Oven-Roasted Cilantro-Lime Alaska Halibut *(Mexico)*	Grilled Alaska Halibut de Provence *(France)*
	2	Pan-Roasted Alaska Halibut with Shiitake Mushrooms and Scallions *(Japan)*	Spicy Cumin-Scented Grilled Alaska Halibut *(El Salvador)*	Piquillo Pepper and Basil Alaska Halibut *(Spain)*
cod	3	Steamed Szechwan Alaska Cod *(China)*	Alaska Cod and Avocado Tostada *(Tex-Mex)*	Feta-Crusted Alaska Cod *(Greece)*
	4	Coconut-Red Curry Alaska Cod and Peppers *(Thailand)*	Grilled Alaska Cod with Chipotle Mayonnaise *(Mexico)*	Broiled Alaska Cod with Sweet and Sour Relish *(Italy)*
alaska pollock	5	Alaska Pollock Tempura with Wasabi Dipping Sauce *(Japan)*	Spicy Chili-Lime Alaska Pollock Caesar Salad *(Mexico)*	Alaska Pollock with Garlic, Tomatoes and Rosemary *(France)*
	6	Citrus Alaska Pollock Lettuce Wraps *(Thailand)*	Alaska Pollock Asado *(Cuba)*	Pesto-Infused Grilled Alaska Pollock *(Italy)*
sole	7	Ginger-Steamed Alaska Sole Curls *(China)*	Frijoles-Filled Alaska Sole *(El Salvador)*	Spiced Alaska Sole with Orange and Fennel Salad *(Tunisia)*
	8	Butter-Roasted Curried Alaska Sole *(India)*	Mexican Rice Cazuela with Alaska Sole *(Mexico)*	Citrus Alaska Sole with a Tahini Drizzle *(Egypt)*
black cod	9	Sautéed Alaska Black Cod with Coconut-Shiitake Mushrooms *(Thailand)*	Guajillo-Grilled Alaska Black Cod *(Mexico)*	Smoky Pimenton and Sherry-Roasted Alaska Black Cod *(Spain)*
	10	Miso Yaki Alaska Black Cod *(Japan)*	Garlicky Cilantro Alaska Black Cod *(Brazil)*	Pomegranate-Black Pepper Glazed Alaska Black Cod *(Ethiopia)*
king salmon	11	Seared Ginger-Soy Alaska Salmon *(Japan)*	Sautéed Alaska Salmon in Coconut Milk *(Brazil)*	Provençal Alaska Salmon Sauté *(France)*
	12	Grilled Curried Alaska Salmon *(India)*	Lime-Cured Alaska Salmon with Tomato Garlic Sauce *(Chile)*	Poached Alaska Salmon Bouillabaisse *(France)*
sockeye salmon	13	Flame-Roasted Alaska Salmon Teriyaki *(Japan)*	Pan-Seared Alaska Salmon with Chilled Cumin and Tomato Soup *(Panama)*	Sautéed Moroccan-Spiced Alaska Salmon *(Morocco)*
	14	Poached Alaska Salmon in Miso Broth *(Japan)*	Spicy Ancho-Rubbed Alaska Salmon *(Mexico)*	Baked Alaska Salmon with Yogurt-Mint Sauce *(Greece)*



RECIPES		A asia	L latin america	M mediterranean
coho salmon	15	Grilled Alaska Salmon with Thai-Chili Mayonnaise *(Thailand)*	Sizzling Alaska Salmon Fajitas *(Tex-Mex)*	Grilled Alaska Salmon with Eggplant Ragout *(Italy)*
	16	Thai-Green Curry Alaska Salmon *(Thailand)*	Flame-Roasted Alaska Salmon Caesar Salad *(Mexico)*	Steamed Alaska Salmon with Couscous *(Morocco)*
keta salmon	17	Yakitori Alaska Salmon *(Japan)*	Alaska Salmon Quesadillas *(Baja California)*	Grilled Harissa-Herb Alaska Salmon *(Morocco)*
	18	Stir-Fried Alaska Salmon with Broccoli and Black Bean Sauce *(China)*	Alaska Salmon à la Veracruzana *(Mexico)*	Pan-Fried Alaska Salmon and Prosciutto *(Italy)*
pink salmon	19	Sautéed Alaska Salmon with Curried-Coconut Yogurt Sauce *(India)*	Chili-Rubbed Alaska Salmon en Salsa Verde *(Colombia)*	Oven-Roasted Alaska Salmon with Roasted Spanish Pepper Salad *(Spain)*
	20	Chilled Alaska Salmon and Snow Pea Salad *(China)*	Mexican-Spiced Alaska Salmon with Yellow Molé *(Mexico)*	Steamed Alaska Salmon Greek-Style *(Greece)*
king crab	21	Simmered Lemongrass Alaska King Crab Legs *(Indonesia)*	Crunchy Alaska King Crab Tostones *(Cuba)*	Grilled Tuscan Alaska King Crab Legs *(Italy)*
	22	Alaska King Crab, Cucumber and Scallion in Steamed Bun *(China)*	Chili-Flavored Alaska King Crab Sandwich *(Baja, Mexico)*	Alaska King Crab Focaccia Panini *(Italy)*
snow crab	23	Coconut-Red Curry Roasted Alaska Snow Crab Legs *(Thailand)*	Steamed Alaska Snow Crab Legs with Oregano-Citrus Dipping Sauce *(Brazil)*	Grilled Sage and Prosciutto Alaska Snow Crab Legs *(Italy)*
	24	Cool Alaska Snow Crab Rice Noodle Salad *(Vietnam)*	Baked Alaska Snow Crab Croquettes *(Cuba)*	Alaska Snow Crab and Brie Omelet *(France)*
dungeness crab	25	Alaska Dungeness Crab Fritters *(Pan-Asian)*	Mexican Alaska Dungeness Crab Quiche *(Pan-Latin)*	Pomegranate, Alaska Dungeness Crab and Walnut Salad *(Syria)*
	26	Cucumber-Sesame Alaska Dungeness Crab Salad *(Japan)*	Alaska Dungeness Crab and Jicama Slaw with Charred Chiles *(Cuba)*	Alaska Dungeness Crab-Stuffed Belgian Endive with Lemon *(Italy)*
weathervane scallops	27	Grilled Sesame-Crusted Alaska Scallops *(Hong Kong)*	Caribbean Jerk-Dusted Alaska Scallops with Mango Confetti *(Jamaica)*	Sautéed Alaska Scallops with Lemon on Piquillo Pepper Salad *(Turkey)*
	28	Alaska Scallops and Cucumber Mosaic *(Thailand)*	Sautéed Alaska Scallops with Black Beans and Roasted Garlic *(Guatemala)*	Mustard Herb-Crusted Alaska Scallops *(France)*

Grilled Orange-Glazed Alaska Halibut [thailand]

SERVES 10

Frozen orange juice concentrate	½ cup	1. Whisk together orange juice concentrate, chili sauce, soy sauce, scallions and ginger.
Thai sweet chili sauce	1 cup	2. Season halibut to taste with salt and pepper, and grill on first side, creating grill marks.
Light soy sauce	¼ cup	3. Turn fillets and baste heavily with glaze; cook on second side until cooked through.
Scallions, minced	¼ cup	4. Use additional glaze to drizzle plate.
Ginger, minced	¼ cup	
Alaska Halibut fillets, 6 to 8 oz.	10 ea.	
Salt and pepper	to taste	

SUGGESTED ACCOMPANIMENT: Spiced Snow Peas

A 1

halibut

Oven-Roasted Cilantro-Lime Alaska Halibut [mexico]

SERVES 10

Lime zest, grated	2 Tbsp.	1. Combine lime zest, cilantro, garlic, cumin and olive oil.
Cilantro, chopped	1 cup	2. Season halibut to taste with salt and pepper; coat pieces with cilantro-lime mixture.
Garlic, minced	¼ cup	3. Roast fillets at 425°F until cooked through.
Cumin, ground	1 Tbsp.	
Olive oil	¼ cup	
Alaska Halibut fillets, 6 to 8 oz.	10 ea.	
Salt and pepper	to taste	

SUGGESTED ACCOMPANIMENT: Smoky Black Beans

L 1

halibut

Grilled Alaska Halibut de Provence [france]

SERVES 10

Herbes de Provence (dried herb mixture)	2 Tbsp.	1. Combine herbes de Provence, garlic and olive oil.
Garlic, minced	¼ cup	2. Marinate halibut in olive oil mixture.
Olive oil	¼ cup	3. Grill to desired doneness. If preferred, use sea salt and black pepper while grilling.
Coarse black pepper	2 Tbsp.	
Alaska Halibut fillets, 6 to 8 oz.	10 ea.	

SUGGESTED ACCOMPANIMENT: Baked Whole Tomatoes with Parmesan

M 1

halibut

A
2

halibut

Pan-Roasted Alaska Halibut with Shiitake Mushrooms and Scallions [japan]

SERVES 10

Canola oil	¼ cup
Shiitake mushrooms, ¼-in. slices	1 lb.
Scallions, white portion only, ½-in. pieces	1 cup
Carrot, julienne	2 lbs.
Garlic, minced	1 Tbsp.
Salt	to taste
Cooking oil	as needed
Alaska Halibut fillets, 6 to 8 oz.	10 ea.
Sweet soy sauce	¼ cup

1. Toss together the canola oil, mushrooms, scallions, carrots and garlic. Season with salt.
2. Heat cooking oil in sauté pan, and brown one side of halibut.
3. Turn fillets, mound mushroom mixture around each portion, and place entire pan in 375°F oven for approximately 10-12 minutes or until cooked through.
4. Transfer halibut and roasted vegetables to plate and drizzle with sweet soy sauce.

SUGGESTED ACCOMPANIMENT: Cilantro Fried Rice

L
2

halibut

Spicy Cumin-Scented Grilled Alaska Halibut [el salvador]

SERVES 10

Cumin, ground	2 Tbsp.
Coriander, ground	1 tsp.
Cayenne pepper	½ tsp.
Dried oregano	2 tsp.
Olive oil	¼ cup
Alaska Halibut fillets, 6 to 8 oz.	10 ea.
Salt and pepper	to taste

1. Mix cumin, coriander, cayenne, oregano and olive oil to form a paste.
2. Season halibut to taste with salt and pepper; coat with spice paste.
3. Grill to desired doneness.

SUGGESTED ACCOMPANIMENT: Chilled Avocado & Corn Salad

M
2

halibut

Piquillo Pepper and Basil Alaska Halibut [spain]

SERVES 10

Garlic, ⅛-in. slices	1 cup
Extra virgin olive oil	½ cup
Piquillo pepper strips	4 cups
Clam juice	1 cup
Alaska Halibut fillets, 6 to 8 oz.	10 ea.
Salt and pepper	to taste
Fresh basil, shredded	1 cup

1. Sauté garlic in olive oil over high heat until garlic begins to brown.
2. Add piquillo pepper and clam juice; bring to a boil.
3. Transfer piquillo pepper mixture to individual baking dishes; cool.
4. Season halibut to taste with salt and pepper; place in baking dishes.
5. Bake at 400°F for 15 minutes.
6. Sprinkle with basil right before service.

SUGGESTED ACCOMPANIMENT: Spinach Risotto

Steamed Szechwan Alaska Cod [china]

SERVES 10

Szechwan chili paste	¼ cup
Rice wine or dry sherry	¼ cup
Sesame oil	2 Tbsp.
Alaska Cod fillets, 6 to 8 oz.	10 ea.
Scallions, shredded	2 cups
Sesame seeds, crushed and toasted	¼ cup

1. Toss cod in chili paste, wine and sesame oil.
2. Top cod with scallions.
3. Steam to desired doneness.
4. Garnish with sesame seeds.

SUGGESTED ACCOMPANIMENT: Steamed Ginger Rice

A 3

cod

Alaska Cod and Avocado Tostada [tex-mex]

SERVES 10

Tostada shells	10 ea.
Lettuce, shredded	3 cups
Black beans, cooked	2 cups
Alaska Cod, cooked and flaked	2 lbs.
Fresh tomato and cilantro salsa	2 cups
Avocado, sliced	2 cups

1. Using tostada shell as base, top each with shredded lettuce and black beans.
2. Arrange cod on top, then garnish with salsa and avocado.

SUGGESTED ACCOMPANIMENT: Poblano Chile Salsa

L 3

cod

Feta-Crusted Alaska Cod [greece]

SERVES 10

Feta cheese, crumbled	2 cups
Curly parsley, chopped	1 cup
Egg yolks	2 ea.
Extra virgin olive oil	¼ cup
Breadcrumbs	½ cup
Alaska Cod fillets, 6 to 8 oz.	10 ea.

1. Fold together the feta, parsley, egg yolks, olive oil and breadcrumbs to form a soft paste.
2. Divide mixture into 10 balls; spread each ball into a thin-layered crust on each portion of cod.
3. Bake at 350°F for 10-15 minutes or until fish is cooked through.

SUGGESTED ACCOMPANIMENT: Chopped Grilled Vegetable Salad

M 3

cod

A
4

Coconut-Red Curry Alaska Cod and Peppers [thailand]

SERVES 10

Thai red curry paste	¼ cup
Canola oil	2 Tbsp.
Coconut milk, light, 13 ½-oz. cans	3 ea.
Oyster sauce	¼ cup
Light brown sugar	2 Tbsp.
Sweet peppers, various colors, cut into short strips	3 ea.
Alaska Cod fillets, 6 to 8 oz., cut into ¾-in. wafers	10 ea.

1. Cook red curry paste in oil until fragrant.
2. Add coconut milk, oyster sauce and sugar; bring to boil.
3. Add sweet peppers; bring to simmer.
4. Add cod and simmer gently until cooked through.

SUGGESTED ACCOMPANIMENT: Asian Basil and Lemongrass Rice

cod

L
4

Grilled Alaska Cod with Chipotle Mayonnaise [mexico]

SERVES 10

Mayonnaise	1 cup
Chipotle peppers in adobo sauce, pureed	1 Tbsp.
Lime juice	1 Tbsp.
Alaska Cod fillets, 6 to 8 oz.	10 ea.
Salt and pepper	to taste

1. Combine mayonnaise with chipotle puree and lime juice.
2. Season cod to taste with salt and pepper.
3. Grill to desired doneness and serve with Chipotle Mayonnaise.

SUGGESTED ACCOMPANIMENT: Black Bean Cakes

cod

M
4

Broiled Alaska Cod with Sweet and Sour Relish [italy]

SERVES 10

Red onion, ½-in. dice	1 cup
White wine vinegar	½ cup
Sugar	½ cup
Sicilian green olives, chopped	1 cup
Flat-leaf parsley, chopped	¼ cup
Salt and pepper	to taste
Alaska Cod fillets, 6 to 8 oz.	10 ea.

1. Marinate onions in vinegar and sugar for 1 hour. Add olives and parsley. Taste and adjust seasoning.
2. Season cod to taste with salt and pepper.
3. Broil to desired doneness and serve with Sweet and Sour Relish.

SUGGESTED ACCOMPANIMENT: Garlic-Herb Lemon Wedges

cod

Alaska Pollock Tempura with Wasabi Dipping Sauce [japan]

SERVES 10

Wasabi powder	2 tsp.
Light soy sauce	½ cup
Mirin (Japanese sweet rice wine)	½ cup
Daikon (Japanese radish), grated	½ cup
Cornstarch	as needed
Prepared tempura batter	1 qt.
Alaska Pollock fillets, 5-oz. portions, each cut into 5 strips	10 ea.

1. Whisk together wasabi, soy sauce, mirin and daikon.
2. Dust strips of pollock in cornstarch, dip in tempura batter and deep-fry at 400°F.
3. Drain on paper towels.

SUGGESTED ACCOMPANIMENT: Edamame Salad

A 5 alaska pollock

Spicy Chili-Lime Alaska Pollock Caesar Salad [mexico]

SERVES 10

Caesar salad dressing	20 oz.
Lime zest, grated	1 Tbsp.
Jalapeños, minced	2 Tbsp.
Alaska Pollock fillets, 6 to 8 oz.	10 ea.
Olive oil	as needed
Chili powder	2 Tbsp.
Romaine lettuce head, cleaned and chopped	20 cups

1. Whisk together the Caesar dressing, lime zest and jalapeños.
2. Coat seasoned pollock with olive oil and chili powder. Heat additional oil in a pan and sauté fish until cooked through.
3. Toss romaine in dressing and transfer to chilled plates.
4. Place cooked fish on side of salad.

SUGGESTED ACCOMPANIMENT: Multi-Colored Fried Tortilla Strips

L 5 alaska pollock

Alaska Pollock with Garlic, Tomatoes and Rosemary [france]

SERVES 10

Alaska Pollock fillets, 6 to 8 oz.	10 ea.
Salt and pepper	to taste
Olive oil	2 Tbsp.
Rosemary, chopped fine	1 Tbsp.
Red onions, sliced	2 cups
Cherry tomatoes	50 ea.
Garlic cloves, roasted	2 cups

1. Season pollock to taste with salt and pepper. Toss fish with olive oil and rosemary.
2. Arrange red onions, tomatoes and garlic in small baking dishes.
3. Nestle fish into vegetables.
4. Bake to order; 375°F is best if using convection oven.

SUGGESTED ACCOMPANIMENT: Pine Nut Polenta

M 5 alaska pollock

alaska pollock 6 A

Citrus Alaska Pollock Lettuce Wraps [thailand]

SERVES 10

Alaska Pollock fillets, 6-oz. portions, each cut into 3 strips	10 ea.
Orange and lime zest, grated	2 tsp. ea.
Ginger, grated	2 Tbsp.
Salt and pepper	to taste
Lettuce leaves (romaine, butter or iceberg)	30 ea.
Thai sweet chili sauce	1 cup
Peanuts, toasted and chopped	¼ cup

1. Rub pollock with citrus zests and ginger. Season to taste with salt and pepper; sauté.
2. Divide fish among lettuce leaves; drizzle with sauce.
3. Garnish with peanuts.

SUGGESTED ACCOMPANIMENT: Mango and Coriander Salsa

alaska pollock 6 L

Alaska Pollock Asado [cuba]

SERVES 10

Alaska Pollock fillets, 6 to 8 oz.	10 ea.
Salt and pepper	to taste
Olive oil	2 Tbsp.
Cumin powder	1 Tbsp.
Garlic, chopped	¼ cup
Dried oregano	2 tsp.

1. Season pollock to taste with salt and pepper. Combine olive oil, cumin, garlic, oregano and coat fillets.
2. Broil fish until cooked through.

SUGGESTED ACCOMPANIMENT: Jicama-Orange Slaw

alaska pollock 6 M

Pesto-Infused Grilled Alaska Pollock [italy]

SERVES 10

Basil pesto	1 cup
Alaska Pollock fillets, 6 to 8 oz.	10 ea.

1. Marinate pollock in pesto.
2. Grill to desired doneness.

SUGGESTED ACCOMPANIMENT: Sun-Dried Tomato and Pine Nut Compote

Ginger-Steamed Alaska Sole Curls [china]

SERVES 10

Alaska Sole fillets, 2 oz.	30 ea.
Salt and pepper	to taste
Ginger, julienne	½ cup
Cilantro leaves	½ cup
Scallions, shaved	½ cup

1. Season sole fillets to taste with salt and pepper; sprinkle cilantro and ginger on the skinned side and roll each fillet, meat side out, into pinwheel.
2. Per order, place three pinwheels in a heat-proof dish, rolled side facing up.
3. Steam until cooked through, about 10 minutes.
4. Garnish with scallions.

SUGGESTED ACCOMPANIMENT: Sesame Cucumber Salad

A 7

sole

Frijoles-Filled Alaska Sole [el salvador]

SERVES 10

Alaska Sole fillets, 6 to 8 oz.	10 ea.
Salt and pepper	to taste
Chili powder	1 Tbsp.
Black beans, seasoned, smashed and cooked until very thick	2½ cups
Lime wedges	10 ea.

1. Season sole to taste with salt and pepper; dust flesh side with chili powder.
2. Place fish chili-side down on work surface; scoop ½ cup of beans in middle of each fillet.
3. Wrap fish, skinned side in, around beans; transfer to pan for broiling.
4. Broil fish until golden brown and cooked through.
5. Serve with lime wedge.

SUGGESTED ACCOMPANIMENT: Mango Pico de Gallo

L 7

sole

Spiced Alaska Sole with Orange and Fennel Salad [tunisia]

SERVES 10

Fennel, shaved	6 cups
Herb vinaigrette	½ cup
Harissa	1 Tbsp.
Oranges, peeled, cut in ⅓-in. slices	10 ea.
Alaska Sole fillets, 6 to 8 oz.	10 ea.

1. Toss together the fennel, herb vinaigrette and harissa.
2. Arrange orange slices on plate; top with fennel salad.
3. Sauté sole until cooked through and place on top of salad.

SUGGESTED ACCOMPANIMENT: Crispy Parmesan Chips

M 7

sole

A

8

sole

Butter-Roasted Curried Alaska Sole [india]

SERVES 10

Unsalted butter	½ cup
Curry powder	2 tsp.
Alaska Sole fillets, 6 to 8 oz.	10 ea.
Salt and pepper	to taste

1. Melt butter with curry powder, whisking to combine.
2. Season sole to taste with salt and pepper; brush with butter.
3. Roll, skinned side in, into desired shape.
4. Roast in 450°F oven until cooked through.

SUGGESTED ACCOMPANIMENT: Sautéed Spinach with Yogurt

L

8

sole

Mexican Rice Cazuela with Alaska Sole [mexico]

SERVES 10

Cilantro, chopped	1 cup
Red onion, slivered	1 cup
Rice, cooked	5 cups
Alaska Sole fillets, 6 to 8 oz.	10 ea.
Salt and pepper	to taste
Roma tomatoes, each cut into 6 wedges	10 ea.
Queso fresco, shredded	1 cup

1. Mix cilantro and red onions into rice. Transfer to individual baking dishes.
2. Season sole to taste with salt and pepper; nestle fillets and tomato wedges in rice.
3. Bake at 400°F until fish is cooked through.
4. Garnish with cheese.

SUGGESTED ACCOMPANIMENT: Poblano Potatoes

M

8

sole

Citrus Alaska Sole with a Tahini Drizzle [egypt]

SERVES 10

Alaska Sole fillets, 6 to 8 oz.	10 ea.
Orange zest	4 Tbsp.
Orange juice	¼ cup
Tahini	1 cup
Parsley, finely chopped	½ cup
Garlic, minced	¼ cup
Lemon juice	¾ cup
Salt	to taste
Water	as needed
Coarse black pepper	to taste

1. Marinate sole in orange zest and orange juice.
2. Whisk together tahini, parsley, garlic and lemon juice. Adjust seasoning with salt and viscosity with water (about 1 cup).
3. Season fillets to taste with salt and coarse black pepper. Broil until golden and cooked through.
4. Drizzle with tahini sauce.

SUGGESTED ACCOMPANIMENT: Orzo Pasta Salad

Sautéed Alaska Black Cod with Coconut-Shiitake Mushrooms [thailand]

SERVES 10

Onions, sliced	2 cups
Shiitake mushrooms, sliced	2 lbs.
Cooking oil	as needed
Yellow curry paste	2 Tbsp.
Coconut milk, light	64 oz.
Asian fish sauce	¼ cup
Brown sugar	to taste
Salt and pepper	to taste
Alaska Black Cod fillets, 6 to 8 oz.	10 ea.

1. Sauté onions and shiitake mushrooms until they begin to brown.
2. Add yellow curry paste and cook, stirring constantly for 3 minutes. Add coconut milk and fish sauce and bring to boil; cook until reduced to sauce consistency. Season to taste with brown sugar and salt.
3. Season black cod to taste with salt and pepper; sauté seasoned fish in additional oil to desired doneness.
4. Serve fish on top of the shiitake mushroom mixture.

SUGGESTED ACCOMPANIMENT: Lemongrass Fried Jasmine Rice

A 9 black cod

Guajillo-Grilled Alaska Black Cod [mexico]

SERVES 10

Alaska Black Cod fillets, 6 to 8 oz.	10 ea.
Guajillo chile paste	¼ cup
Extra virgin olive oil	¼ cup

1. Rub black cod with chile paste and olive oil.
2. Grill to desired doneness.

SUGGESTED ACCOMPANIMENT: Smoky Tomato Rice

L 9 black cod

Smoky Pimenton and Sherry-Roasted Alaska Black Cod [spain]

SERVES 10

Alaska Black Cod fillets, 6 to 8 oz.	10 ea.
Salt and pepper	to taste
Dry sherry	½ cup
Parsley, chopped	¼ cup
Pimenton (smoked Spanish paprika)	2 Tbsp.

1. Season black cod to taste with salt and pepper; marinate in sherry and parsley.
2. Sear fillets on both sides, then bake in 350°F oven until cooked through and brown on edges.
3. Sprinkle with pimenton.

SUGGESTED ACCOMPANIMENT: Roasted Garlic Torta de Papa

M 9 black cod

A
10

black cod

Miso Yaki Alaska Black Cod [japan]

SERVES 10

Miso paste (Japanese fermented soybean paste), Saikyo or other white miso preferred	½ cup
Sugar	¼ cup
Mirin (Japanese sweet rice wine)	¼ cup
Sake (Japanese rice wine)	¼ cup
Alaska Black Cod fillets, 6 to 8 oz.	10 ea.

1. Whisk together the miso paste, sugar, mirin and sake.
2. Coat black cod with miso mixture and refrigerate for a minimum of 1 day.
3. Broil black cod until it browns and is cooked through, about 5-10 minutes.

SUGGESTED ACCOMPANIMENT: Scallion and Wasabi Potato Cake

L
10

black cod

Garlicky Cilantro Alaska Black Cod [brazil]

SERVES 10

Garlic, smashed	1 cup
Cilantro	1 cup
Extra virgin olive oil	½ cup
Alaska Black Cod fillets, 6 to 8 oz.	10 ea.

1. Purée garlic, cilantro and olive oil in blender.
2. Marinate fillets in purée for 1 day.
3. Roast black cod at 350°F to desired doneness.

SUGGESTED ACCOMPANIMENT: Clay Pot Boiled White Rice

M
10

black cod

Pomegranate-Black Pepper Glazed Alaska Black Cod [ethiopia]

SERVES 10

Pomegranate molasses	¾ cup
Black pepper, coarsely ground	¼ cup
Garlic, minced	¼ cup
Alaska Black Cod fillets, 6 to 8 oz.	10 ea.
Chives, minced	½ cup

1. Mix molasses, pepper and garlic.
2. Sear black cod on presentation side, flip and brush with pomegranate glaze.
3. Transfer to 350°F oven and bake until cooked through. If desired, brush with additional glaze halfway through baking.
4. Sprinkle with chives.

SUGGESTED ACCOMPANIMENT: Pistachio-Studded Couscous

Seared Ginger-Soy Alaska Salmon [japan]

SERVES 10

Light soy sauce	2 cups
Mirin (Japanese sweet wine)	2 cups
Ginger, minced	½ cup
Alaska King Salmon fillets, 6 to 8 oz.	10 ea.
Oil for cooking	as needed

1. Combine soy sauce, mirin and ginger; add salmon and marinate for no longer than 10 minutes.
2. Heat oil in a sauté pan or wok.
3. Sear fish on both sides to brown.

SUGGESTED ACCOMPANIMENT: Sushi Rice Croquettes

Sautéed Alaska Salmon in Coconut Milk [brazil]

SERVES 10

Alaska King Salmon fillets, 6 to 8 oz.	10 ea.
Salt and pepper	to taste
Oil for cooking	as needed
Green pepper, minced	1 cup
Jalapeño pepper, minced	¼ cup
Tomatoes, chopped	¼ cup
Firm ripe plantains, ½-in. slices	2 ea.
Coconut milk, light	1 pt.

1. Season salmon to taste with salt and pepper.
2. Heat oil in a large sauté pan. Sauté fillets until brown on both sides. Remove and hold warm.
3. Add peppers, jalapeños and tomatoes to pan; sauté until tender.
4. Add plantains and coconut milk to pan; simmer until tender.
5. Return fish to sauce to reheat.

SUGGESTED ACCOMPANIMENT: Cilantro Scented Rice

Provençal Alaska Salmon Sauté [france]

SERVES 10

Tomatoes, ½-in. diced	1 cup
Niçoise olives, chopped	1 cup
Herbes de Provence (dried herb mixture)	1 tsp.
Capers, chopped	½ cup
Olive oil	¼ cup
Alaska King Salmon fillets, 6 to 8 oz.	10 ea.
Salt and pepper	to taste

1. Combine tomatoes, olives, herbes de Provence and capers. Season to taste with salt and pepper.
2. Heat olive oil in a large sauté pan. Season salmon to taste with salt and pepper and sauté to desired doneness.
3. Top sautéed salmon with tomato and olive mixture.

SUGGESTED ACCOMPANIMENT: Orzo Grilled Vegetable Salad

A
12
king salmon

Grilled Curried Alaska Salmon [india]

SERVES 10

Alaska King Salmon fillets, 6 to 8 oz.	10 ea.
Curry powder	¼ cup
Kosher salt	2 tsp.
Oil or ghee (clarified butter)	¼ cup

1. Coat salmon with curry powder, salt and oil or ghee.
2. Grill to desired doneness.

SUGGESTED ACCOMPANIMENT: Spicy Mango and Apple Chutney

L
12
king salmon

Lime-Cured Alaska Salmon with Tomato Garlic Sauce [chile]

SERVES 10

Alaska King Salmon fillets, 6 to 8 oz.	10 ea.
Lime juice	1½ Tbsp.
Salt	1 Tbsp.
Oil for cooking	as needed
Shallots, minced	8 oz.
Garlic, minced	2½ Tbsp.
Water	3 cups
Tomatoes, chopped	4 ea.

1. Marinate the salmon briefly in the lime juice and salt.
2. In a small amount of oil, sweat shallots and garlic. Add 3 cups of water and tomatoes.
3. Add fillets and marinade; bring to 165°F, cover and allow fish to poach to desired doneness.
4. Remove fish and keep warm; reduce cooking liquid to sauce consistency and drizzle over fish.

SUGGESTED ACCOMPANIMENT: Red Rice and Black Beans

M
12
king salmon

Poached Alaska Salmon Bouillabaisse [france]

SERVES 10

Clam juice	2 qt.
Tomatoes, ½-in. dice	2 cups
Fennel, sliced	1 cup
Leeks, julienne	1 cup
Saffron	1 tsp.
Alaska King Salmon fillets, 6 to 8 oz.	10 ea.
Salt and pepper	to taste

1. Combine clam juice, tomatoes, fennel, leeks and saffron; bring to a boil.
2. Simmer gently for 10 minutes to create a flavorful poaching liquid.
3. Lower liquid temperature to 165°F and add salmon fillets.
4. Poach to desired doneness. Season broth to taste with salt and pepper.
5. Serve fish with the vegetables and broth.

SUGGESTED ACCOMPANIMENT: Roasted Garlic Bread

Flame-Roasted Alaska Salmon Teriyaki [japan]

SERVES 10

Alaska Sockeye Salmon fillets, 6 to 8 oz.	10 ea.
Teriyaki sauce	1 cup

1. Marinate salmon in teriyaki sauce for 1 hour.
2. Grill to desired doneness, brushing with sauce throughout the grilling process.

SUGGESTED ACCOMPANIMENT: Crispy Soba Noodle Cake

Pan-Seared Alaska Salmon with Chilled Cumin and Tomato Soup [panama]

SERVES 10

Tomatoes	2 cups
Cucumber, seeded	½ cup
Garlic cloves	2 ea.
Cumin, ground	2 tsp.
Basil, chopped	¼ cup
Salt and pepper	as needed
Balsamic vinegar	if desired
Alaska Sockeye Salmon fillets, 6 to 8 oz.	10 ea.
Olive oil	as needed

1. Combine tomatoes, cucumbers, garlic and cumin in a blender. Purée until smooth. Add basil. Season soup mixture to taste with salt and pepper, and balsamic vinegar, if desired.
2. Season salmon to taste with salt and pepper. Heat olive oil in a sauté pan and sear fillets to desired doneness.
3. Place a thin layer of soup in a wide shallow bowl. Serve salmon on top.

SUGGESTED ACCOMPANIMENT: Olive and Pepper Salsa

Sautéed Moroccan-Spiced Alaska Salmon [morocco]

SERVES 10

Alaska Sockeye Salmon fillets, 6 to 8 oz.	10 ea.
Ras al Hanout (Moroccan spice mixture)	2 Tbsp.
Lemon zest	1 Tbsp.
Vegetable oil	¼ cup

1. Generously coat salmon with spice mixture and lemon zest.
2. Heat oil in a large sauté pan. Sauté fillets to desired doneness.

SUGGESTED ACCOMPANIMENT: Lemon and Mint Couscous

A 14 sockeye salmon

Poached Alaska Salmon in Miso Broth [japan]

SERVES 10

Cold water	1 qt.
Konbu (Japanese dried kelp)	1 oz.
Bonito flakes (Japanese shaved fish flakes)	1 oz.
Brown miso paste (Japanese fermented soybean paste)	½ cup
Alaska Sockeye Salmon fillets, 6 to 8 oz.	10 ea.

1. Combine the water and kelp and bring to a boil. Once the water boils, remove the kelp.
2. Add the bonito flakes, remove from the heat and allow to stand 5 minutes. Strain and reserve liquid.
3. Combine the strained liquid with the miso paste and bring to 165°F.
4. Add salmon and poach to desired doneness.

SUGGESTED ACCOMPANIMENT: Togarashi Udon Noodles

L 14 sockeye salmon

Spicy Ancho-Rubbed Alaska Salmon [mexico]

SERVES 10

Alaska Sockeye Salmon fillets, 6 to 8 oz.	10 ea.
Salt and pepper	to taste
Ancho chile seasoning mix	¼ cup
Cooking oil	as needed

1. Season salmon to taste with salt and pepper; generously coat with seasoning mix.
2. Heat oil in a large sauté pan. Sauté fillets to the desired doneness.

SUGGESTED ACCOMPANIMENT: Cuban Black Beans with Bacon

M 14 sockeye salmon

Baked Alaska Salmon with Yogurt-Mint Sauce [greece]

SERVES 10

Alaska Sockeye Salmon fillets, 6 to 8 oz.	10 ea.
Salt and pepper	to taste
Olive oil	¼ cup
Plain yogurt	1 qt.
Garlic, minced	1 Tbsp.
Mint, chopped	¼ cup
Oregano, chopped	1 Tbsp.

1. Season salmon fillets with salt and pepper. Brush with olive oil.
2. Bake fillets on a sheet pan in a 375°F oven to desired doneness.
3. Meanwhile, combine yogurt, garlic, mint and oregano.
4. Serve fish on a pool of sauce.

SUGGESTED ACCOMPANIMENT: Zesty Lemon Steamed Rice

Grilled Alaska Salmon with Thai-Chili Mayonnaise [thailand]

SERVES 10

Mayonnaise	1 cup
Sriracha (Thai chili sauce)	¼ cup, or as needed
Lime juice	1 Tbsp., or as needed
Cilantro, minced	1 Tbsp.
Salt and pepper	to taste
Alaska Coho Salmon fillets, 6 to 8 oz.	10 ea.
Peanut oil	¼ cup

1. For sauce, combine mayonnaise, chili sauce, lime juice, and cilantro. Taste and adjust seasoning with additional chili sauce, lime juice, and salt as needed.
2. Season salmon to taste with salt and pepper. Lightly coat with peanut oil.
3. Grill fillets to desired doneness. Serve with the Thai-Chili Mayonnaise.

SUGGESTED ACCOMPANIMENT: Lemongrass Noodle Salad

A
15
coho salmon

Sizzling Alaska Salmon Fajitas [tex-mex]

SERVES 10

Alaska Coho Salmon fillets, 6 to 8 oz., cut in thin strips	10 ea.
Vegetable oil	as needed
Fajita seasoning, prepared mix	¼ cup
Green bell peppers, thin strips	2 ea.
Red bell peppers, thin strips	2 ea.
Spanish onion, thin slices	1 ea.
Salt and pepper	to taste

1. Rub salmon with vegetable oil and fajita seasoning.
2. Heat additional vegetable oil in a large sauté pan or griddle. Sauté peppers and onions until tender.
3. Add salmon strips and continue to sauté gently until fish is cooked to desired doneness.
4. Season to taste with salt and pepper.

SUGGESTED ACCOMPANIMENT: Grilled Cilantro Tortillas

L
15
coho salmon

Grilled Alaska Salmon with Eggplant Ragout [italy]

SERVES 10

Red onion, ½-in. dice	1 cup
Olive oil	as needed
Eggplant, ¾-in. dice	4 cups
Marinara sauce	2 cups
Zucchini, ½-in. dice	1 cup
Salt and pepper	to taste
Basil, chopped	½ cup
Alaska Coho Salmon fillets, 6 to 8 oz.	10 ea.

1. Sweat onion in olive oil until translucent.
2. Add eggplant and marinara sauce and simmer 2 minutes.
3. Add zucchini and continue to cook until eggplant and zucchini are cooked through.
4. Season ragout to taste with salt and pepper; stir in basil.
5. Season salmon with salt and pepper. Grill to desired doneness. Serve with eggplant ragout.

SUGGESTED ACCOMPANIMENT: Grilled Garlic Potatoes

M
15
coho salmon

A
16
coho salmon

Thai Green Curry Alaska Salmon [thailand]

SERVES 10

Thai green curry paste	¼ cup	1. Cook curry paste in oil until fragrant.
Canola oil	2 Tbsp.	2. Add coconut milk, oyster sauce and sugar; bring to a boil.
Coconut milk, light, 13 ½-oz. cans	3 ea.	3. Add salmon and simmer until just cooked.
Oyster sauce	¼ cup, or as needed	4. Adjust seasoning with additional oyster sauce and sugar.
Light brown sugar	3 Tbsp., or as needed	
Alaska Coho Salmon fillets, 6 to 8 oz.	10 ea.	

SUGGESTED ACCOMPANIMENT: Stir-Fried Tri-Colored Bell Peppers

L
16
coho salmon

Flame-Roasted Alaska Salmon Caesar Salad [mexico]

SERVES 10

Alaska Coho Salmon fillets, 4 to 5 oz.	10 ea.	1. Coat salmon with Mexican seasoning.
Mexican seasoning, prepared mix	¼ cup	2. Grill fillets to desired doneness.
Romaine lettuce head, cleaned and chopped	5 ea.	3. Combine romaine lettuce with dressing and croutons.
Caesar salad dressing	1½ cups	4. Serve fish on top of salad.
Croutons	1 cup	

SUGGESTED ACCOMPANIMENT: Chili-Rubbed Grilled Vegetables

M
16
coho salmon

Steamed Alaska Salmon with Couscous [morocco]

SERVES 10

Alaska Coho Salmon fillets, 6 to 8 oz.	10 ea.	1. Rub salmon with lemon juice and Moroccan spice blend.
Lemon juice	½ cup	2. Steam to desired doneness.
Ras al Hanout (Moroccan spice blend)	¼ cup	

SUGGESTED ACCOMPANIMENT: Roasted Couscous with Toasted Pine Nuts

Yakitori Alaska Salmon [japan]

SERVES 10

Alaska Keta Salmon fillets, 6 to 8 oz. cut in large chunks	10 ea.
Salt and pepper	to taste
Red bell peppers, 1-in. dice	4 ea.
Scallions, 1-in. pieces	5 ea.
Wooden skewers, soaked in water	10 ea.
Yakitori or Teriyaki sauce	1 cup

1. Season salmon to taste with salt and pepper. Thread fish, peppers and scallions onto skewers, alternating ingredients.
2. Grill to desired doneness, brushing with sauce during the grilling process.

SUGGESTED ACCOMPANIMENT: Shiitake Fried Rice

Alaska Salmon Quesadillas [baja california]

SERVES 10

Alaska Keta Salmon fillets, 6 to 8 oz.	10 ea.
Onion, caramelized	1 cup
Cilantro, chopped	1 Tbsp.
Peppered Monterey Jack cheese, shredded	8 oz.
Flour tortillas	10 ea.
Cooking oil	as needed

1. Gently poach or steam salmon until fully cooked.
2. Chill and flake into large pieces.
3. Combine flaked fillets, onions, cilantro and cheese.
4. Lay flour tortillas on a worktable. Divide salmon mixture among tortillas. Fold tortillas in half.
5. Heat thin coating of oil in a large sauté pan. Fry tortillas until brown on each side and cheese is melted inside.

SUGGESTED ACCOMPANIMENT: Fire-Roasted Tomato Salsa

Grilled Harissa-Herb Alaska Salmon [morocco]

SERVES 10

Alaska Keta Salmon fillets, 6 to 8 oz.	10 ea.
Salt and pepper	to taste
Harissa (Moroccan chile paste)	1 cup
Cilantro, chopped	½ cup
Parsley, chopped	¼ cup
Extra virgin olive oil	¼ cup

1. Season salmon to taste with salt and pepper. Rub with harissa, cilantro, parsley and olive oil to marinate.
2. Grill fillets to desired doneness.

SUGGESTED ACCOMPANIMENT: Citrus Rice Pilaf

A

18

keta salmon

Stir-Fried Alaska Salmon with Broccoli and Black Bean Sauce [china]

SERVES 10

Cooking oil	as needed
Onion, sliced	1 cup
Carrot, julienne and blanched	1 cup
Alaska Keta Salmon fillets, 6 to 8 oz., cut into 1-in. cubes	10 ea.
Broccoli florets, blanched	2 lbs.
Black bean garlic sauce (not paste)	2 cups

1. Heat oil in a large sauté pan or wok. Add onions and carrots and toss until wilted.
2. Add salmon and sauté gently until brown on all sides.
3. Add broccoli and sauce; toss gently to coat and heat through.

SUGGESTED ACCOMPANIMENT: Five-Spice Fried Rice Noodles

L

18

keta salmon

Alaska Salmon à la Veracruzana [mexico]

SERVES 10

Tomato sauce	2 qt.
Green olives, sliced	2 cups
Capers, drained	¼ cup
Pickled jalapeños, sliced	1 cup
Oregano	3 Tbsp.
Alaska Keta Salmon fillets, 6 to 8 oz.	10 ea.

1. Combine tomato sauce, olives, capers, jalapeños and oregano.
2. Place salmon in a single layer in a large shallow pan. Pour sauce over fillets, cover pan with a lid and bake in a 450°F oven until fish is cooked to desired doneness.

SUGGESTED ACCOMPANIMENT: Roasted Vegetable Tamales

M

18

keta salmon

Pan-Fried Alaska Salmon and Prosciutto [italy]

SERVES 10

Alaska Keta Salmon fillets, 6 to 8 oz.	10 ea.
Prosciutto, sliced	20 slices
Olive oil, regular	4 oz.
Shallots, minced	½ cup
Sherry vinegar	3 oz.
Extra virgin olive oil	8 oz.
Basil, chopped	½ cup

1. Wrap salmon with prosciutto slices.
2. Heat oil in a large sauté pan. Sauté fillets to desired doneness.
3. Add shallots to the pan and sauté until tender.
4. Deglaze with sherry vinegar and bring to a boil.
5. Swirl in extra virgin olive oil and basil.
6. Pour reduction over salmon and serve.

SUGGESTED ACCOMPANIMENT: Milanese Pasta

Sautéed Alaska Salmon with Curried-Coconut Yogurt Sauce [india]

SERVES 10

Ginger, minced	2 tsp.
Garlic, minced	1 Tbsp.
Curry powder	2 Tbsp.
Yogurt	1 pt.
Salt and white pepper	to taste
Alaska Pink Salmon fillets, 4 to 6 oz.	10 ea.
Vegetable oil or ghee (clarified butter)	as needed
Shredded coconut, toasted	½ cup

1. Combine ginger, garlic, curry powder and yogurt; season to taste with salt and white pepper.
2. Heat vegetable oil or ghee in a sauté pan. Sauté salmon to desired doneness.
3. Serve with the yogurt sauce and sprinkle with toasted coconut.

SUGGESTED ACCOMPANIMENT: Sweet and Sour Eggplant Chutney

A 19 pink salmon

Chili-Rubbed Alaska Salmon en Salsa Verde [columbia]

SERVES 10

Olive oil	¼ cup
Chili powder (Ancho or milder mixture)	⅛ cup
Alaska Pink Salmon fillets, 4 to 6 oz.	10 ea.
Salt and pepper	to taste
Salsa verde (tomatillo salsa)	20 oz.

1. Combine olive oil and chili powder. Marinate salmon.
2. Season fillets to taste with salt and pepper. Grill to desired doneness.
3. Top with salsa verde.

SUGGESTED ACCOMPANIMENT: Tostones with Adobo

L 19 pink salmon

Oven-Roasted Alaska Salmon with Roasted Spanish Pepper Salad [spain]

SERVES 10

Piquillo peppers, julienne	2 cups
Anchovy filets, sliced	8 ea.
Flat leaf parsley, chopped fine	¼ cup
Extra virgin olive oil	1 cup
Salt and pepper	to taste
Alaska Pink Salmon fillets, 4 to 6 oz.	10 ea.

1. Combine piquillo peppers, anchovies, parsley and olive oil.
2. Season salmon to taste with salt and pepper. Bake at 350°F on oiled baking tray for 20 minutes or to desired doneness. Top with pepper salad.

SUGGESTED ACCOMPANIMENT: Toasted Orange-Scented Orzo

M 19 pink salmon

A
20
pink salmon

Chilled Alaska Salmon and Snow Pea Salad [china]

SERVES 10

Snow peas, julienne	2 cups
Carrot, julienne	2 cups
Iceberg lettuce, shredded	4 cups
Scallions, sliced thin	1 cup
Chinese chicken salad dressing, prepared	1 cup
Alaska Pink Salmon fillets, 4 to 6 oz., diced and poached or steamed	10 ea.

1. Combine snow peas, carrots, lettuce, and scallions. Toss with dressing.
2. Top salad with diced salmon.

SUGGESTED ACCOMPANIMENT: Mixed Asian Vegetable Chips

L
20
pink salmon

Mexican-Spiced Alaska Salmon with Yellow Molé [mexico]

SERVES 10

Alaska Pink Salmon fillets, 4 to 6 oz.	10 ea.
Salt and pepper	to taste
Mexican spice mix, dried	2 Tbsp.
Spaghetti cut vegetables (carrots, squash, etc.), steamed	4 cups
Yellow molé sauce	2 cups

1. Season salmon to taste with salt and pepper; sprinkle with Mexican spice mix.
2. Bake in a 450°F oven to desired doneness.
3. Serve on a bed of steamed spaghetti vegetables, surrounded with yellow molé.

SUGGESTED ACCOMPANIMENT: Cilantro-Brushed Rolls

M
20
pink salmon

Steamed Alaska Salmon Greek-Style [greece]

SERVES 10

Garlic cloves, minced	5 ea.
Breadcrumbs, ¼-in., toasted	2 cups
Almonds, toasted and chopped	1 cup
Lemon juice	3 Tbsp.
Olive oil	6 oz.
Salt and pepper	to taste
Alaska Pink Salmon fillets, 4 to 6 oz.	10 ea.

1. Combine garlic, breadcrumbs, almonds, lemon juice and olive oil.
2. Season salmon to taste with salt and pepper. Steam to desired doneness and top with breadcrumb mixture.

SUGGESTED ACCOMPANIMENT: Pomegranate Salad

Simmered Lemongrass Alaska King Crab Legs [indonesia]

SERVES 10

Water	3 gal.
Trimmed lemongrass stalks, bruised	2 lbs.
Garlic cloves, smashed	10 ea.
Ginger, smashed	½ lb.
Kosher salt	¼ cup
Alaska King Crab legs	10 lbs.

1. Combine water, lemongrass, garlic, ginger and salt, and bring to a boil; lower heat and simmer 5 minutes.
2. Add crab and simmer 5 more minutes or until crab is heated through.
3. Remove crab and drain well.

SUGGESTED ACCOMPANIMENT: Drawn Ginger Butter

Crunchy Alaska King Crab Tostones [cuba]

SERVES 10

Alaska King Crab meat	20 oz.
Olive oil	¼ cup
Red onions, ¼-in. dice	¼ cup
Lime juice	¼ cup
Oregano	1 Tbsp.
Sugar	to taste
Salt and pepper	to taste
Tostones (sliced plantain chips, fried, smashed and fried again)	50 ea.

1. Gently fold together crab meat, olive oil, red onions, lime juice and oregano. Adjust seasoning to taste with sugar, salt and pepper.
2. Top each tostone with crab mixture.

SUGGESTED ACCOMPANIMENT: Avocado-Papaya Relish

Grilled Tuscan Alaska King Crab Legs [italy]

SERVES 10

Extra virgin olive oil	¼ cup, plus ¾ cup
Garlic, coarsely chopped	1 cup
Rosemary, coarsely chopped	¼ cup
Alaska King Crab legs	10 lbs.
Sun-dried tomatoes, minced	2 cups
Basil, chopped	1 cup

1. Combine ¼ cup olive oil with the garlic and rosemary; toss with crab legs.
2. Grill crab over medium heat until crab is heated through.
3. Transfer to bowl and toss with remaining olive oil, sun-dried tomatoes and basil.

SUGGESTED ACCOMPANIMENT: White Bean and Roasted Garlic Salad

A
22

king crab

Alaska King Crab, Cucumber and Scallion in Steamed Bun [china]

SERVES 10

Chinese buns, steamed	30 ea.
Hoisin sauce	½ cup
Alaskan King Crab meat	2 lbs.
Cucumber, julienne	2 cups
Scallions, shredded	1 cup
Cilantro leaves	1 cup

1. Slit open steamed buns to create pocket.
2. Lightly brush inside with hoisin sauce.
3. Layer buns with crab, cucumber, scallions and cilantro.

SUGGESTED ACCOMPANIMENT: Scallion-Cilantro Pesto

L
22

king crab

Chili-Flavored Alaska King Crab Sandwich [baja mexico]

SERVES 10

Alaska King Crab meat	3 lbs.
Mayonnaise	1 cup
Garlic, minced	¼ cup
Chili powder	1 Tbsp.
Toasted cumin powder	1 Tbsp.
Sandwich rolls	10 ea.
Roasted poblano pepper strips	2 cups

1. Gently fold together the crab, mayonnaise, garlic, chili and cumin powder.
2. Fill rolls with crab salad and poblano peppers.

SUGGESTED ACCOMPANIMENT: Double Crunch Taco Salad

M
22

king crab

Alaska King Crab Focaccia Panini [italy]

SERVES 10

Focaccia, 5-in. squares, each split in half	10 ea.
Brie, sliced	20 oz.
Prosciutto, sliced thin	4 oz.
Alaska King Crab meat	2½ lbs.
Onions, caramelized	20 oz.

1. Assemble sandwich with bread, Brie, prosciutto, crab meat and caramelized onions.
2. Cook in panini press until brown and heated through.

SUGGESTED ACCOMPANIMENT: Apple-Walnut Salad

Coconut-Red Curry Roasted Alaska Snow Crab Legs [thailand]

SERVES 10

Red curry paste	½ cup
Cooking oil	½ cup
Coconut milk, light	64 oz.
Clam juice	32 oz.
Sugar	½ cup
Additional sugar	to taste
Salt	to taste
Asian fish sauce	to taste
Alaska Snow Crab legs	10 lbs.
Thai basil leaves	4 cups

1. Fry curry paste in oil for 5 minutes.
2. Add coconut milk, clam juice and sugar; bring to boil.
3. Adjust seasoning with sugar, salt and/or fish sauce.
4. Add crab legs and reduce to simmer for 5 minutes or until legs are heated through.
5. Toss with basil leaves at the very last moment.

SUGGESTED ACCOMPANIMENT: Toasted Coconut Sticky Rice

Steamed Alaska Snow Crab Legs with Oregano-Citrus Dipping Sauce [brazil]

SERVES 10

Orange juice concentrate	¼ cup
Lime juice	½ cup
Olive oil	1 cup
Garlic, chopped	2 Tbsp.
Fresh oregano, minced	1 Tbsp.
Alaska Snow Crab legs	10 lbs.

1. In blender purée orange juice, lime juice, olive oil, garlic and oregano, for Oregano-Citrus Sauce.
2. Steam crab legs until heated through.
3. Serve with the sauce.

SUGGESTED ACCOMPANIMENT: Tamarind Rice Pilaf

Grilled Sage and Prosciutto Alaska Snow Crab Legs [italy]

SERVES 10

Olive oil	½ cup
Butter, melted	½ cup
Sage, chopped	½ cup
Prosciutto, chopped fine	1 cup
Black pepper, ground	¼ cup
Alaska Snow Crab legs	10 lbs.

1. Mix together the olive oil, butter, sage, prosciutto and pepper. Add crab legs and toss to coat.
2. Grill crab legs over medium heat until heated through.

SUGGESTED ACCOMPANIMENT: Crisp Apple and Walnut Salad

A
24

snow crab

Cool Alaska Snow Crab Rice Noodle Salad [vietnam]

SERVES 10

Alaska Snow Crab meat	5 lbs.
Rice vermicelli, cooked	5 cups
Cucumber, julienne	3 cups
Carrot, julienne	2 cups
Cilantro, basil and mint, mixed and chopped	2 cups
Asian-style dressing, prepared (e.g. Ginger-Lime Lemongrass)	
Peanuts, toasted and chopped	1 cup

1. Gently toss together crab meat, rice noodles, cucumber, carrot and herbs with prepared Asian-style dressing.
2. Transfer to plate and garnish with peanuts.

SUGGESTED ACCOMPANIMENT: Fresh Mango or Papaya Fruit

L
24

snow crab

Baked Alaska Snow Crab Croquettes [cuba]

SERVES 10

Potato, cooked and puréed	1 lb.
Ham, ⅛-in. dice	½ lb.
Eggs, large	2 ea.
Cilantro, chopped	½ cup
Alaska Snow Crab meat	2 lbs.
Salt and pepper	to taste
Breadcrumbs	4 cups
Olive oil	as needed

1. Fold together the potatoes, ham, eggs and cilantro to create a smooth mixture.
2. Gently fold in the crab meat; season to taste with salt and pepper.
3. Scoop and form crab mixture into 2-in.-long ovals.
4. Roll in breadcrumbs and coat with olive oil.
5. Bake at 500°F until golden brown, about 15 minutes (or deep-fry).

SUGGESTED ACCOMPANIMENT: Mojo Mayonnaise

M
24

snow crab

Alaska Snow Crab and Brie Omelet [france]

SERVES 10

Eggs, large	30 ea.
Button mushrooms, cooked and minced	1 cup
Parsley, minced	½ cup
Salt and white pepper	to taste
Alaska Snow Crab meat	30 oz.
Brie, 2-oz. slabs	10 ea.

1. Beat eggs with mushrooms and parsley. Season to taste with salt and white pepper.
2. Prepare omelet and fill with snow crab and Brie before rolling up.

SUGGESTED ACCOMPANIMENT: Potato and Bacon Galette

Alaska Dungeness Crab Fritters [pan-asian]

SERVES 10

Beer batter, very thick	2 cups
Additional flour	as needed
Red bell pepper, ¼-in. dice	½ cup
Red onion, ¼-in. dice	¼ cup
Scallions, chopped	½ cup
Tobiko (flying fish roe)	½ cup
Salt and pepper	to taste
Alaska Dungeness Crab meat	2½ lbs.

1. Fold together all the ingredients except Dungeness crab; taste and adjust seasoning.
2. Gently fold in crab. Roll a test fritter and deep-fry in 400°F until deep brown and cooked through. Add more flour to remaining crab mixture to bind, if necessary.
3. Form crab mixture into 1 Tbsp. portions and fry in 400°F oil until deep brown and cooked through.

SUGGESTED ACCOMPANIMENT: Sweet Chili Sambal

Mexican Alaska Dungeness Crab Quiche [pan-latin]

SERVES 10

Eggs, large	8 ea.
Milk	1 qt.
Chili powder	2 Tbsp.
Cilantro, chopped	½ cup
Fresh garlic, chopped optional	1 Tbsp.
Alaska Dungeness Crab meat	2½ lb.
Salt and pepper	to taste
Cooked quiche crusts, 4-in.	10 ea.

1. Beat eggs with milk, chili powder and cilantro. Taste and adjust seasoning with salt, pepper and garlic, if desired. Add crab meat.
2. Divide filling among quiche crusts. Bake at 350°F for about 20 minutes, or until the centers of quiche are set.

SUGGESTED ACCOMPANIMENT: Fried Plantains with Achiote

Pomegranate, Alaska Dungeness Crab and Walnut Salad [syria]

SERVES 10

Pomegranate seeds	2 cups
Celery, sliced	2 cups
Scallions, sliced	½ cup
Lemon vinaigrette	1 cup
Salt and pepper	to taste
Alaska Dungeness Crab meat	2½ lbs.
Walnuts, toasted and chopped	1 cup

1. Combine pomegranate, celery, scallions and lemon vinaigrette; season to taste with salt and pepper.
2. Gently fold in crab meat.
3. Portion onto plates; top with walnuts.

SUGGESTED ACCOMPANIMENT: Chiffonade of Radicchio and Endive

A
26
dungeness crab

Cucumber-Sesame Alaska Dungeness Crab Salad [japan]

SERVES 10

Wakame salad (Japanese sesame seaweed salad)	3 cups
Cucumber, half-moon slices	3 cups
Carrot, julienne	1 cup
Ponzu (Japanese citrus-soy sauce)	½ cup
Toasted black and white sesame seeds	2 Tbsp.
Alaska Dungeness Crab meat	2½ lbs.

1. Gently fold together wakame, cucumber, carrot, ponzu and sesame seeds. Marinate ½ hour.
2. Add crab to order.

SUGGESTED ACCOMPANIMENT: Sesame Rice Crackers

L
26
dungeness crab

Alaska Dungeness Crab and Jicama Slaw with Charred Chiles [cuba]

SERVES 10

Red onion slivers	1 cup
Jicama, julienne	8 cups
Grilled poblano, Anaheim and red bell pepper strips	4 cups
Cilantro-lime vinaigrette, prepared	1 cup
Salt	to taste
Lime juice	to taste
Alaska Dungeness Crab meat	2 lbs.

1. Gently fold together the onions, jicama, peppers, and vinaigrette. Taste and adjust seasoning with salt and lime juice.
2. Gently fold in crab meat.

SUGGESTED ACCOMPANIMENT: Braised Yucca and Spinach

M
26
dungeness crab

Alaska Dungeness Crab-Stuffed Belgian Endive with Lemon [italy]

SERVES 10

Lemon juice	¼ cup
Extra virgin olive oil	½ cup
Red bell pepper, ⅛-in. dice	½ cup
Basil and/or dill, minced	¼ cup
Alaska Dungeness Crab meat	2½ lbs.
Salt and white pepper	to taste
Belgian endive leaves	50 ea.

1. Gently combine lemon juice, olive oil, peppers, basil and/or dill, and crab meat; season to taste with salt and white pepper.
2. Fill endive leaves with crab mixture.

SUGGESTED ACCOMPANIMENT: Candied Lemon Zest

Grilled Sesame-Crusted Alaska Scallops [hong kong]

SERVES 10

Eggs, large	4 ea.
Cornstarch	½ cup
Alaska Weathervane Scallops, 10/20 ct.	50 ea.
Salt and pepper	to taste
Black and white sesame seeds	½ cup
Panko (Japanese-style breadcrumbs)	½ cup
Cooking oil	as needed

1. Beat eggs and cornstarch until smooth.
2. Season scallops to taste with salt and pepper. Dip flat side of each scallop in egg mixture and then in a mixture of the Panko and sesame seeds.
3. Heat oil in large sauté pan. Sauté scallops on one side, being careful not to scorch coating, then turn and sauté on the other side. Bake in 350°F oven to complete cooking, if necessary.

SUGGESTED ACCOMPANIMENT: Sweet Soy Chili Sauce

Caribbean Jerk-Dusted Alaska Scallops with Mango Confetti [jamaica]

SERVES 10

Dried mango, diced	½ cup
Cilantro stems, chopped	¼ cup
Red bell pepper, ⅛-in. dice	¼ cup
Alaska Weathervane Scallops, 10/20 ct.	50 ea.
Jerk seasoning blend	¼ cup

1. Mix mango, cilantro and bell pepper together.
2. Season scallops with jerk seasoning blend.
3. To order, sauté or grill scallops; garnish with mango mixture.

SUGGESTED ACCOMPANIMENT: Coconut-Crusted Plantain Cakes

Sautéed Alaska Scallops with Lemon on Piquillo Pepper Salad [turkey]

SERVES 10

Alaska Weathervane Scallops, 10/20 ct.	50 ea.
Grated lemon zest	1 Tbsp.
Piquillo pepper, julienne	2 cups
Anchovy fillets, chopped fine	8 ea.
Flat leaf parsley, chopped fine	¼ cup
Extra virgin olive oil	1 cup
Salt and pepper	to taste

1. Marinate scallops in lemon zest and ½ cup olive oil.
2. Combine piquillo pepper, anchovies, parsley and remaining olive oil. Season to taste with salt and pepper.
3. To order, sauté scallops and serve on bed of pepper mixture.

SUGGESTED ACCOMPANIMENT: Garlic-Rubbed Grilled Flatbread

A
28

scallops

Alaska Scallops and Cucumber Mosaic [thailand]

SERVES 10

Alaska Weathervane Scallops, 10/20 ct.	50 ea.
Cucumber, ⅛-in. slices	50 ea.
Red onion, ¼-in. dice	1 cup
Fried garlic pieces or slices	½ cup
Thai peanut sauce or vinaigrette	15 oz.

1. Sear scallops until cooked through; refrigerate until cooled.
2. Cut each scallop in half crosswise, creating two flat circles.
3. To order, shingle scallops and cucumbers in a circular pattern, 10 slices of each.
4. Sprinkle with red onions and garlic, and drizzle with peanut sauce.

SUGGESTED ACCOMPANIMENT: Thai Basil Crunch Salad

L
28

scallops

Sautéed Alaska Scallops with Black Beans and Roasted Garlic [guatemala]

SERVES 10

Red onion, ¼-in. dice	½ cup
Olive oil	as needed
Black beans, cooked and seasoned	4 cups
Roasted garlic cloves	1 cup
Cilantro, chopped	½ cup
Alaska Weathervane Scallops, 10/20 ct.	50 ea.

1. Sauté onion in olive oil; add black beans and heat through.
2. Fold in garlic and cilantro; hold warm.
3. To order, sauté scallops and serve with black beans.

SUGGESTED ACCOMPANIMENT: Roasted Pepper Rajas with Sesame

M
28

scallops

Mustard Herb-Crusted Alaska Scallops [france]

SERVES 10

Whole grain mustard	1 cup
Garlic, minced	2 Tbsp.
Parsley, chopped	1 cup
Breadcrumbs	½ cup
Extra virgin olive oil	¼ cup
Alaska Weathervane Scallops, 10/20 ct.	50 ea.
Salt and pepper	to taste

1. Combine the mustard, garlic, parsley, breadcrumbs and olive oil.
2. Season scallops to taste with salt and pepper. Top with breadcrumbs to create a ⅛- to ¼-in. crust.
3. Bake at 375°F until cooked through.

SUGGESTED ACCOMPANIMENT: Bread Salad with Pine Nuts


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