



THE ALASKA SEAFOOD

spice pantry



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





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.

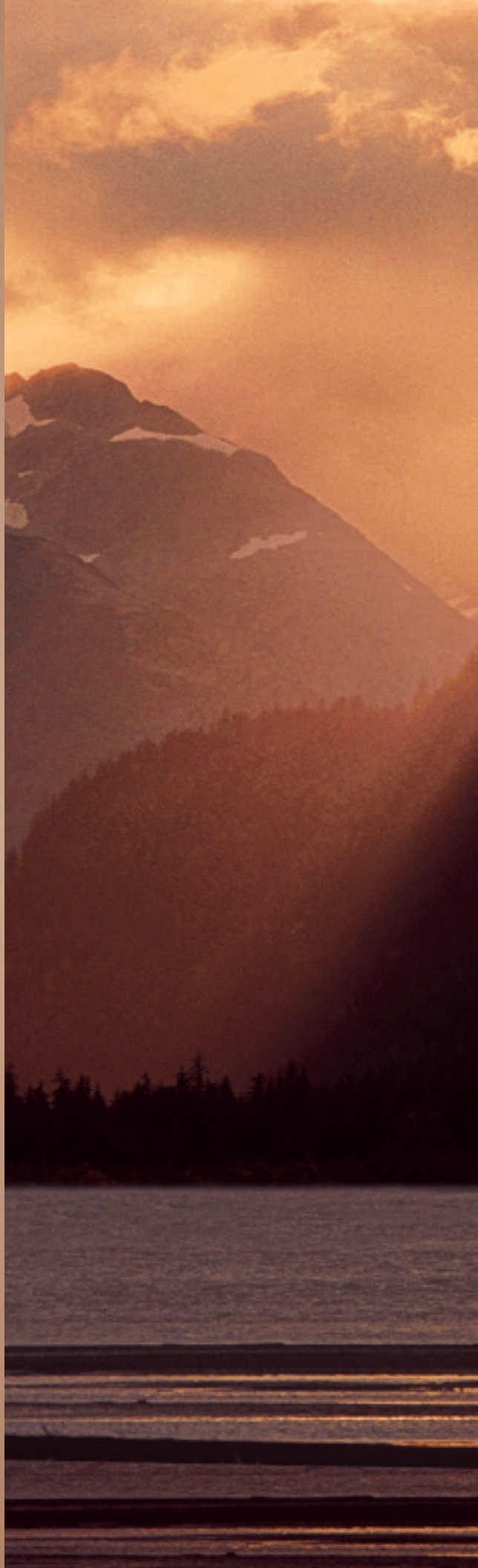


Alaska Seafood Gold Standard Sustainability

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



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

Grilled Orange-Glazed Alaska Halibut [thailand]

SERVES 10

Frozen orange juice concentrate	½ cup
Thai sweet chili sauce	1 cup
Light soy sauce	¼ cup
Scallions, minced	¼ cup
Ginger, minced	¼ cup
Alaska Halibut fillets, 6 to 8 oz.	10 ea.
Salt and pepper	to taste

1. Whisk together orange juice concentrate, chili sauce, soy sauce, scallions and ginger.
2. Season halibut to taste with salt and pepper, and grill on first side, creating grill marks.
3. Turn fillets and baste heavily with glaze; cook on second side until cooked through.
4. Use additional glaze to drizzle plate.

SUGGESTED ACCOMPANIMENT: Spiced Snow Peas

A

1

halibut

Oven-Roasted Cilantro-Lime Alaska Halibut [mexico]

SERVES 10

Lime zest, grated	2 Tbsp.
Cilantro, chopped	1 cup
Garlic, minced	¼ cup
Cumin, ground	1 Tbsp.
Olive oil	¼ cup
Alaska Halibut fillets, 6 to 8 oz.	10 ea.
Salt and pepper	to taste

1. Combine lime zest, cilantro, garlic, cumin and olive oil.
2. Season halibut to taste with salt and pepper; coat pieces with cilantro-lime mixture.
3. Roast fillets at 425°F until cooked through.

SUGGESTED ACCOMPANIMENT: Smoky Black Beans

Γ

1

halibut

Grilled Alaska Halibut de Provence [france]

SERVES 10

Herbes de Provence (dried herb mixture)	2 Tbsp.
Garlic, minced	¼ cup
Olive oil	¼ cup
Coarse black pepper	2 Tbsp.
Alaska Halibut fillets, 6 to 8 oz.	10 ea.

1. Combine herbes de Provence, garlic and olive oil.
2. Marinate halibut in olive oil mixture.
3. Grill to desired doneness. If preferred, use sea salt and black pepper while grilling.

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	1. Toss together the canola oil, mushrooms, scallions, carrots and garlic. Season with salt.	
Shiitake mushrooms, ¼-in. slices	1 lb.		2. Heat cooking oil in sauté pan, and brown one side of halibut.
Scallions, white portion only, ½-in. pieces	1 cup		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.
Carrot, julienne	2 lbs.		4. Transfer halibut and roasted vegetables to plate and drizzle with sweet soy sauce.
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		

SUGGESTED ACCOMPANIMENT: Cilantro Fried Rice

L

2

halibut

Spicy Cumin-Scented Grilled Alaska Halibut [el salvador]

SERVES 10

Cumin, ground	2 Tbsp.	1. Mix cumin, coriander, cayenne, oregano and olive oil to form a paste.
Coriander, ground	1 tsp.	
Cayenne pepper	½ tsp.	3. Grill to desired doneness.
Dried oregano	2 tsp.	
Olive oil	¼ cup	
Alaska Halibut fillets, 6 to 8 oz.	10 ea.	
Salt and pepper	to taste	

SUGGESTED ACCOMPANIMENT: Chilled Avocado & Corn Salad

M

2

halibut

Piquillo Pepper and Basil Alaska Halibut [spain]

SERVES 10

Garlic, ⅛-in. slices	1 cup	1. Sauté garlic in olive oil over high heat until garlic begins to brown.
Extra virgin olive oil	½ cup	
Piquillo pepper strips	4 cups	3. Transfer piquillo pepper mixture to individual baking dishes; cool.
Clam juice	1 cup	
Alaska Halibut fillets, 6 to 8 oz.	10 ea.	4. Season halibut to taste with salt and pepper; place in baking dishes.
Salt and pepper	to taste	
Fresh basil, shredded	1 cup	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, 10 ea.
6 to 8 oz.
Scallions, shredded 2 cups
Sesame seeds, ¼ cup
crushed and toasted

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

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 2 lbs.
and flaked
Fresh tomato and 2 cups
cilantro salsa
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

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, 10 ea.
6 to 8 oz.

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

A

3

cod

L

3

cod

M

3

cod

A

4

cod

Coconut-Red Curry Alaska Cod and Peppers [thailand]

SERVES 10

Thai red curry paste	¼ cup	1. Cook red curry paste in oil until fragrant.
Canola oil	2 Tbsp.	2. Add coconut milk, oyster sauce and sugar; bring to boil.
Coconut milk, light, 13 ½-oz. cans	3 ea.	3. Add sweet peppers; bring to simmer.
Oyster sauce	¼ cup	4. Add cod and simmer gently until cooked through.
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.	

SUGGESTED ACCOMPANIMENT: Asian Basil and Lemongrass Rice

L

4

cod

Grilled Alaska Cod with Chipotle Mayonnaise [mexico]

SERVES 10

Mayonnaise	1 cup	1. Combine mayonnaise with chipotle puree and lime juice.
Chipotle peppers in adobo sauce, pureed	1 Tbsp.	2. Season cod to taste with salt and pepper.
Lime juice	1 Tbsp.	3. Grill to desired doneness and serve with Chipotle Mayonnaise.
Alaska Cod fillets, 6 to 8 oz.	10 ea.	
Salt and pepper	to taste	

SUGGESTED ACCOMPANIMENT: Black Bean Cakes

M

4

cod

Broiled Alaska Cod with Sweet and Sour Relish [italy]

SERVES 10

Red onion, ½-in. dice	1 cup	1. Marinate onions in vinegar and sugar for 1 hour. Add olives and parsley. Taste and adjust seasoning.
White wine vinegar	½ cup	2. Season cod to taste with salt and pepper.
Sugar	½ cup	3. Broil to desired doneness and serve with Sweet and Sour Relish.
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.	

SUGGESTED ACCOMPANIMENT: Garlic-Herb Lemon Wedges

Alaska Pollock Tempura with Wasabi Dipping Sauce [japan]

SERVES 10

Wasabi powder	2 tsp.	1. Whisk together wasabi, soy sauce, mirin and daikon.
Light soy sauce	½ cup	2. Dust strips of pollock in cornstarch, dip in tempura batter and deep-fry at 400°F.
Mirin (Japanese sweet rice wine)	½ cup	3. Drain on paper towels.
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.	

SUGGESTED ACCOMPANIMENT: Edamame Salad

Spicy Chili-Lime Alaska Pollock Caesar Salad [mexico]

SERVES 10

Caesar salad dressing	20 oz.	1. Whisk together the Caesar dressing, lime zest and jalapeños.
Lime zest, grated	1 Tbsp.	2. Coat seasoned pollock with olive oil and chili powder. Heat additional oil in a pan and sauté fish until cooked through.
Jalapeños, minced	2 Tbsp.	3. Toss romaine in dressing and transfer to chilled plates.
Alaska Pollock fillets, 6 to 8 oz.	10 ea.	4. Place cooked fish on side of salad.
Olive oil	as needed	
Chili powder	2 Tbsp.	
Romaine lettuce head, cleaned and chopped	20 cups	

SUGGESTED ACCOMPANIMENT: Multi-Colored Fried Tortilla Strips

Alaska Pollock with Garlic, Tomatoes and Rosemary [france]

SERVES 10

Alaska Pollock fillets, 6 to 8 oz.	10 ea.	1. Season pollock to taste with salt and pepper. Toss fish with olive oil and rosemary.
Salt and pepper	to taste	2. Arrange red onions, tomatoes and garlic in small baking dishes.
Olive oil	2 Tbsp.	3. Nestle fish into vegetables.
Rosemary, chopped fine	1 Tbsp.	4. Bake to order; 375°F is best if using convection oven.
Red onions, sliced	2 cups	
Cherry tomatoes	50 ea.	
Garlic cloves, roasted	2 cups	

SUGGESTED ACCOMPANIMENT: Pine Nut Polenta

A

5

alaska pollock

Γ

5

alaska pollock

M

5

alaska pollock



6

alaska pollock

Citrus Alaska Pollock Lettuce Wraps [thailand]

SERVES 10

Alaska Pollock fillets, 6-oz. portions, each cut into 3 strips	10 ea.	1. Rub pollock with citrus zests and ginger. Season to taste with salt and pepper; sauté.
Orange and lime zest, grated	2 tsp. ea.	2. Divide fish among lettuce leaves; drizzle with sauce.
Ginger, grated	2 Tbsp.	3. Garnish with peanuts.
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	

SUGGESTED ACCOMPANIMENT: Mango and Coriander Salsa



6

alaska pollock

Alaska Pollock Asado [cuba]

SERVES 10

Alaska Pollock fillets, 6 to 8 oz.	10 ea.	1. Season pollock to taste with salt and pepper. Combine olive oil, cumin, garlic, oregano and coat fillets.
Salt and pepper	to taste	2. Broil fish until cooked through.
Olive oil	2 Tbsp.	
Cumin powder	1 Tbsp.	
Garlic, chopped	¼ cup	
Dried oregano	2 tsp.	

SUGGESTED ACCOMPANIMENT: Jicama-Orange Slaw



6

alaska pollock

Pesto-Infused Grilled Alaska Pollock [italy]

SERVES 10

Basil pesto	1 cup	1. Marinate pollock in pesto.
Alaska Pollock fillets, 6 to 8 oz.	10 ea.	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, 2½ cups
smashed and cooked
until very thick
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 10 ea.
in ½-in. slices
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



8

Butter-Roasted Curried Alaska Sole [india]

SERVES 10

Unsalted butter	½ cup	1. Melt butter with curry powder, whisking to combine.
Curry powder	2 tsp.	2. Season sole to taste with salt and pepper; brush with butter.
Alaska Sole fillets, 6 to 8 oz.	10 ea.	3. Roll, skinned side in, into desired shape.
Salt and pepper	to taste	4. Roast in 450°F oven until cooked through.

SUGGESTED ACCOMPANIMENT: Sautéed Spinach with Yogurt

sole



8

Mexican Rice Cazuela with Alaska Sole [mexico]

SERVES 10

Cilantro, chopped	1 cup	1. Mix cilantro and red onions into rice. Transfer to individual baking dishes.
Red onion, slivered	1 cup	2. Season sole to taste with salt and pepper; nestle fillets and tomato wedges in rice.
Rice, cooked	5 cups	3. Bake at 400°F until fish is cooked through.
Alaska Sole fillets, 6 to 8 oz.	10 ea.	4. Garnish with cheese.
Salt and pepper	to taste	
Roma tomatoes, each cut into 6 wedges	10 ea.	
Queso fresco, shredded	1 cup	

SUGGESTED ACCOMPANIMENT: Poblano Potatoes

sole



8

Citrus Alaska Sole with a Tahini Drizzle [egypt]

SERVES 10

Alaska Sole fillets, 6 to 8 oz.	10 ea.	1. Marinate sole in orange zest and orange juice.
Orange zest	4 Tbsp.	2. Whisk together tahini, parsley, garlic and lemon juice. Adjust seasoning with salt and viscosity with water (about 1 cup).
Orange juice	¼ cup	3. Season fillets to taste with salt and coarse black pepper. Broil until golden and cooked through.
Tahini	1 cup	4. Drizzle with tahini sauce.
Parsley, finely chopped	½ cup	
Garlic, minced	¼ cup	
Lemon juice	¾ cup	
Salt	to taste	
Water	as needed	
Coarse black pepper	to taste	

SUGGESTED ACCOMPANIMENT: Orzo Pasta Salad

sole

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

SERVES 10

Onions, sliced	2 cups	1. Sauté onions and shiitake mushrooms until they begin to brown.
Shiitake mushrooms, sliced	2 lbs.	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.
Cooking oil	as needed	3. Season black cod to taste with salt and pepper; sauté seasoned fish in additional oil to desired doneness.
Yellow curry paste	2 Tbsp.	4. Serve fish on top of the shiitake mushroom mixture.
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.	

SUGGESTED ACCOMPANIMENT: Lemongrass Fried Jasmine Rice

Guajillo-Grilled Alaska Black Cod [mexico]

SERVES 10

Alaska Black Cod fillets, 6 to 8 oz.	10 ea.	1. Rub black cod with chile paste and olive oil.
Guajillo chile paste	¼ cup	2. Grill to desired doneness.
Extra virgin olive oil	¼ cup	

SUGGESTED ACCOMPANIMENT: Smoky Tomato Rice

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

SERVES 10

Alaska Black Cod fillets, 6 to 8 oz.	10 ea.	1. Season black cod to taste with salt and pepper; marinate in sherry and parsley.
Salt and pepper	to taste	2. Sear fillets on both sides, then bake in 350°F oven until cooked through and brown on edges.
Dry sherry	½ cup	3. Sprinkle with pimenton.
Parsley, chopped	¼ cup	
Pimenton (smoked Spanish paprika)	2 Tbsp.	

SUGGESTED ACCOMPANIMENT: Roasted Garlic Torta de Papa

A

9

black cod

Γ

9

black cod

M

9

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

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

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	1. Combine soy sauce, mirin and ginger; add salmon and marinate for no longer than 10 minutes.
Mirin (Japanese sweet wine)	2 cups	2. Heat oil in a sauté pan or wok.
Ginger, minced	½ cup	3. Sear fish on both sides to brown.
Alaska King Salmon fillets, 6 to 8 oz.	10 ea.	
Oil for cooking	as needed	

SUGGESTED ACCOMPANIMENT: Sushi Rice Croquettes

Sautéed Alaska Salmon in Coconut Milk

[brazil]

SERVES 10

Alaska King Salmon fillets, 6 to 8 oz.	10 ea.	1. Season salmon to taste with salt and pepper.
Salt and pepper	to taste	2. Heat oil in a large sauté pan. Sauté fillets until brown on both sides. Remove and hold warm.
Oil for cooking	as needed	3. Add peppers, jalapeños and tomatoes to pan; sauté until tender.
Green pepper, minced	1 cup	4. Add plantains and coconut milk to pan; simmer until tender.
Jalapeño pepper, minced	¼ cup	5. Return fish to sauce to reheat.
Tomatoes, chopped	¼ cup	
Firm ripe plantains, ½-in. slices	2 ea.	
Coconut milk, light	1 pt.	

SUGGESTED ACCOMPANIMENT: Cilantro Scented Rice

Provençal Alaska Salmon Sauté

[france]

SERVES 10

Tomatoes, ½-in. diced	1 cup	1. Combine tomatoes, olives, herbes de Provence and capers. Season to taste with salt and pepper.
Niçoise olives, chopped	1 cup	2. Heat olive oil in a large sauté pan. Season salmon to taste with salt and pepper and sauté to desired doneness.
Herbes de Provence (dried herb mixture)	1 tsp.	3. Top sautéed salmon with tomato and olive mixture.
Capers, chopped	½ cup	
Olive oil	¼ cup	
Alaska King Salmon fillets, 6 to 8 oz.	10 ea.	
Salt and pepper	to taste	

SUGGESTED ACCOMPANIMENT: Orzo Grilled Vegetable Salad

A

11

king salmon

B

11

king salmon

C

11

king salmon

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.	1. Marinate salmon in teriyaki sauce for 1 hour.
Teriyaki sauce	1 cup	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	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.
Cucumber, seeded	½ cup	2. Season salmon to taste with salt and pepper. Heat olive oil in a sauté pan and sear fillets to desired doneness.
Garlic cloves	2 ea.	3. Place a thin layer of soup in a wide shallow bowl. Serve salmon on top.
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	

SUGGESTED ACCOMPANIMENT: Olive and Pepper Salsa

Sautéed Moroccan-Spiced Alaska Salmon [morocco]

SERVES 10

Alaska Sockeye Salmon fillets, 6 to 8 oz.	10 ea.	1. Generously coat salmon with spice mixture and lemon zest.
Ras al Hanout (Moroccan spice mixture)	2 Tbsp.	2. Heat oil in a large sauté pan. Sauté fillets to desired doneness.
Lemon zest	1 Tbsp.	
Vegetable oil	¼ cup	

SUGGESTED ACCOMPANIMENT: Lemon and Mint Couscous

A

13

sockeye salmon

Γ

13

sockeye salmon

M

13

sockeye salmon

A

14

sockeye salmon

Poached Alaska Salmon in Miso Broth [japan]

SERVES 10

Cold water	1 qt.	1. Combine the water and kelp and bring to a boil. Once the water boils, remove the kelp.
Konbu (Japanese dried kelp)	1 oz.	2. Add the bonito flakes, remove from the heat and allow to stand 5 minutes. Strain and reserve liquid.
Bonito flakes (Japanese shaved fish flakes)	1 oz.	3. Combine the strained liquid with the miso paste and bring to 165°F.
Brown miso paste (Japanese fermented soybean paste)	½ cup	4. Add salmon and poach to desired doneness.
Alaska Sockeye Salmon fillets, 6 to 8 oz.	10 ea.	

SUGGESTED ACCOMPANIMENT: Togarashi Udon Noodles

Γ

14

sockeye salmon

Spicy Ancho-Rubbed Alaska Salmon [mexico]

SERVES 10

Alaska Sockeye Salmon fillets, 6 to 8 oz.	10 ea.	1. Season salmon to taste with salt and pepper; generously coat with seasoning mix.
Salt and pepper	to taste	2. Heat oil in a large sauté pan. Sauté fillets to the desired doneness.
Ancho chile seasoning mix	¼ cup	
Cooking oil	as needed	

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.	1. Season salmon fillets with salt and pepper. Brush with olive oil.
Salt and pepper	to taste	2. Bake fillets on a sheet pan in a 375°F oven to desired doneness.
Olive oil	¼ cup	3. Meanwhile, combine yogurt, garlic, mint and oregano.
Plain yogurt	1 qt.	4. Serve fish on a pool of sauce.
Garlic, minced	1 Tbsp.	
Mint, chopped	¼ cup	
Oregano, chopped	1 Tbsp.	

SUGGESTED ACCOMPANIMENT: Zesty Lemon Steamed Rice

Grilled Alaska Salmon with Thai-Chili Mayonnaise [thailand]

SERVES 10

Mayonnaise	1 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.
Sriracha (Thai chili sauce)	¼ cup, or as needed	
Lime juice	1 Tbsp., or as needed	
Cilantro, minced	1 Tbsp.	2. Season salmon to taste with salt and pepper. Lightly coat with peanut oil.
Salt and pepper	to taste	3. Grill fillets to desired doneness. Serve with the Thai-Chili Mayonnaise.
Alaska Coho Salmon fillets, 6 to 8 oz.	10 ea.	
Peanut oil	¼ cup	

SUGGESTED ACCOMPANIMENT: Lemongrass Noodle Salad

Sizzling Alaska Salmon Fajitas [tex-mex]

SERVES 10

Alaska Coho Salmon fillets, 6 to 8 oz., cut in thin strips	10 ea.	1. Rub salmon with vegetable oil and fajita seasoning.
Vegetable oil	as needed	
Fajita seasoning, prepared mix	¼ cup	
Green bell peppers, thin strips	2 ea.	
Red bell peppers, thin strips	2 ea.	2. Heat additional vegetable oil in a large sauté pan or griddle. Sauté peppers and onions until tender.
Spanish onion, thin slices	1 ea.	3. Add salmon strips and continue to sauté gently until fish is cooked to desired doneness.
Salt and pepper	to taste	4. Season to taste with salt and pepper.

SUGGESTED ACCOMPANIMENT: Grilled Cilantro Tortillas

Grilled Alaska Salmon with Eggplant Ragout [italy]

SERVES 10

Red onion, ½-in. dice	1 cup	1. Sweat onion in olive oil until translucent.
Olive oil	as needed	
Eggplant, ¾-in. dice	4 cups	2. Add eggplant and marinara sauce and simmer 2 minutes.
Marinara sauce	2 cups	
Zucchini, ½-in. dice	1 cup	3. Add zucchini and continue to cook until eggplant and zucchini are cooked through.
Salt and pepper	to taste	
Basil, chopped	½ cup	4. Season ragout to taste with salt and pepper; stir in basil.
Alaska Coho Salmon fillets, 6 to 8 oz.	10 ea.	
		5. Season salmon with salt and pepper. Grill to desired doneness. Serve with eggplant ragout.

SUGGESTED ACCOMPANIMENT: Grilled Garlic Potatoes

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

SUGGESTED ACCOMPANIMENT: Shiitake Fried Rice

Alaska Salmon Quesadillas [baja california]

SERVES 10

Alaska Keta Salmon fillets, 6 to 8 oz.	10 ea.	1. Gently poach or steam salmon until fully cooked.
Onion, caramelized	1 cup	2. Chill and flake into large pieces.
Cilantro, chopped	1 Tbsp.	3. Combine flaked fillets, onions, cilantro and cheese.
Peppered Monterey Jack cheese, shredded	8 oz.	4. Lay flour tortillas on a worktable. Divide salmon mixture among tortillas. Fold tortillas in half.
Flour tortillas	10 ea.	5. Heat thin coating of oil in a large sauté pan. Fry tortillas until brown on each side and cheese is melted inside.
Cooking oil	as needed	

SUGGESTED ACCOMPANIMENT: Fire-Roasted Tomato Salsa

Grilled Harissa-Herb Alaska Salmon [morocco]

SERVES 10

Alaska Keta Salmon fillets, 6 to 8 oz.	10 ea.	1. Season salmon to taste with salt and pepper. Rub with harissa, cilantro, parsley and olive oil to marinate.
Salt and pepper	to taste	2. Grill fillets to desired doneness.
Harissa (Moroccan chile paste)	1 cup	
Cilantro, chopped	½ cup	
Parsley, chopped	¼ cup	
Extra virgin olive oil	¼ cup	

SUGGESTED ACCOMPANIMENT: Citrus Rice Pilaf

A

17

keta salmon

Γ

17

keta salmon

M

17

keta salmon

A

18

keta salmon

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

SERVES 10

Cooking oil	as needed	1. Heat oil in a large sauté pan or wok. Add onions and carrots and toss until wilted.
Onion, sliced	1 cup	2. Add salmon and sauté gently until brown on all sides.
Carrot, julienne and blanched	1 cup	3. Add broccoli and sauce; toss gently to coat and heat through.
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	

SUGGESTED ACCOMPANIMENT: Five-Spice Fried Rice Noodles

F

18

keta salmon

Alaska Salmon à la Veracruzana [mexico]

SERVES 10

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

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.	1. Wrap salmon with prosciutto slices.
Prosciutto, sliced	20 slices	2. Heat oil in a large sauté pan. Sauté fillets to desired doneness.
Olive oil, regular	4 oz.	3. Add shallots to the pan and sauté until tender.
Shallots, minced	½ cup	4. Deglaze with sherry vinegar and bring to a boil.
Sherry vinegar	3 oz.	5. Swirl in extra virgin olive oil and basil.
Extra virgin olive oil	8 oz.	6. Pour reduction over salmon and serve.
Basil, chopped	½ cup	

SUGGESTED ACCOMPANIMENT: Milanese Pasta

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

SERVES 10

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

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	1. Combine olive oil and chili powder. Marinate salmon.
Chili powder (Ancho or milder mixture)	½ cup	2. Season fillets to taste with salt and pepper. Grill to desired doneness.
Alaska Pink Salmon fillets, 4 to 6 oz.	10 ea.	3. Top with salsa verde.
Salt and pepper	to taste	
Salsa verde (tomatillo salsa)	20 oz.	

SUGGESTED ACCOMPANIMENT: Tostones with Adobo

Γ

19

pink salmon

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

SERVES 10

Piquillo peppers, julienne	2 cups	1. Combine piquillo peppers, anchovies, parsley and olive oil.
Anchovy filets, sliced	8 ea.	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.
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.	

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	1. Combine snow peas, carrots, lettuce, and scallions. Toss with dressing.
Carrot, julienne	2 cups	
Iceberg lettuce, shredded	4 cups	2. Top salad with diced salmon.
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.	

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.	1. Season salmon to taste with salt and pepper; sprinkle with Mexican spice mix.
Salt and pepper	to taste	
Mexican spice mix, dried	2 Tbsp.	2. Bake in a 450°F oven to desired doneness.
Spaghetti cut vegetables (carrots, squash, etc.), steamed	4 cups	
Yellow molé sauce	2 cups	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.	1. Combine garlic, breadcrumbs, almonds, lemon juice and olive oil.
Breadcrumbs, ¼-in., toasted	2 cups	
Almonds, toasted and chopped	1 cup	2. Season salmon to taste with salt and pepper. Steam to desired doneness and top with breadcrumb mixture.
Lemon juice	3 Tbsp.	
Olive oil	6 oz.	
Salt and pepper	to taste	
Alaska Pink Salmon fillets, 4 to 6 oz.	10 ea.	

SUGGESTED ACCOMPANIMENT: Pomegranate Salad

Simmered Lemongrass Alaska King Crab Legs [indonesia]

SERVES 10

Water	3 gal.	1. Combine water, lemongrass, garlic, ginger and salt, and bring to a boil; lower heat and simmer 5 minutes.
Trimmed lemongrass stalks, bruised	2 lbs.	2. Add crab and simmer 5 more minutes or until crab is heated through.
Garlic cloves, smashed	10 ea.	3. Remove crab and drain well.
Ginger, smashed	½ lb.	
Kosher salt	¼ cup	
Alaska King Crab legs	10 lbs.	

SUGGESTED ACCOMPANIMENT: Drawn Ginger Butter

Crunchy Alaska King Crab Tostones [cuba]

SERVES 10

Alaska King Crab meat	20 oz.	1. Gently fold together crab meat, olive oil, red onions, lime juice and oregano. Adjust seasoning to taste with sugar, salt and pepper.
Olive oil	¼ cup	2. Top each tostone with crab mixture.
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.	

SUGGESTED ACCOMPANIMENT: Avocado-Papaya Relish

Grilled Tuscan Alaska King Crab Legs [italy]

SERVES 10

Extra virgin olive oil	¼ cup, plus ¾ cup	1. Combine ¼ cup olive oil with the garlic and rosemary; toss with crab legs.
Garlic, coarsely chopped	1 cup	2. Grill crab over medium heat until crab is heated through.
Rosemary, coarsely chopped	¼ cup	3. Transfer to bowl and toss with remaining olive oil, sun-dried tomatoes and basil.
Alaska King Crab legs	10 lbs.	
Sun-dried tomatoes, minced	2 cups	
Basil, chopped	1 cup	

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.	1. Slit open steamed buns to create pocket.
Hoisin sauce	½ cup	2. Lightly brush inside with hoisin sauce.
Alaskan King Crab meat	2 lbs.	3. Layer buns with crab, cucumber, scallions and cilantro.
Cucumber, julienne	2 cups	
Scallions, shredded	1 cup	
Cilantro leaves	1 cup	

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.	1. Gently fold together the crab, mayonnaise, garlic, chili and cumin powder.
Mayonnaise	1 cup	2. Fill rolls with crab salad and poblano peppers.
Garlic, minced	¼ cup	
Chili powder	1 Tbsp.	
Toasted cumin powder	1 Tbsp.	
Sandwich rolls	10 ea.	
Roasted poblano pepper strips	2 cups	

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.	1. Assemble sandwich with bread, Brie, prosciutto, crab meat and caramelized onions.
Brie, sliced	20 oz.	2. Cook in panini press until brown and heated through.
Prosciutto, sliced thin	4 oz.	
Alaska King Crab meat	2½ lbs.	
Onions, caramelized	20 oz.	

SUGGESTED ACCOMPANIMENT: Apple-Walnut Salad

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

SERVES 10

Red curry paste	½ cup	1. Fry curry paste in oil for 5 minutes.
Cooking oil	½ cup	2. Add coconut milk, clam juice and sugar; bring to boil.
Coconut milk, light	64 oz.	3. Adjust seasoning with sugar, salt and/or fish sauce.
Clam juice	32 oz.	4. Add crab legs and reduce to simmer for 5 minutes or until legs are heated through.
Sugar	½ cup	5. Toss with basil leaves at the very last moment.
Additional sugar	to taste	
Salt	to taste	
Asian fish sauce	to taste	
Alaska Snow Crab legs	10 lbs.	
Thai basil leaves	4 cups	

SUGGESTED ACCOMPANIMENT: Toasted Coconut Sticky Rice

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

SERVES 10

Orange juice concentrate	¼ cup	1. In blender purée orange juice, lime juice, olive oil, garlic and oregano, for Oregano-Citrus Sauce.
Lime juice	½ cup	2. Steam crab legs until heated through.
Olive oil	1 cup	3. Serve with the sauce.
Garlic, chopped	2 Tbsp.	
Fresh oregano, minced	1 Tbsp.	
Alaska Snow Crab legs	10 lbs.	

SUGGESTED ACCOMPANIMENT: Tamarind Rice Pilaf

Grilled Sage and Prosciutto Alaska Snow Crab Legs [italy]

SERVES 10

Olive oil	½ cup	1. Mix together the olive oil, butter, sage, prosciutto and pepper. Add crab legs and toss to coat.
Butter, melted	½ cup	2. Grill crab legs over medium heat until heated through.
Sage, chopped	½ cup	
Prosciutto, chopped fine	1 cup	
Black pepper, ground	¼ cup	
Alaska Snow Crab legs	10 lbs.	

SUGGESTED ACCOMPANIMENT: Crisp Apple and Walnut Salad

A

23

snow crab

L

23

snow crab

M

23

snow crab

A

24

snow crab

Cool Alaska Snow Crab Rice Noodle Salad [vietnam]

SERVES 10

Alaska Snow Crab meat	5 lbs.	1. Gently toss together crab meat, rice noodles, cucumber, carrot and herbs with prepared Asian-style dressing.
Rice vermicelli, cooked	5 cups	2. Transfer to plate and garnish with peanuts.
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	

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.	1. Fold together the potatoes, ham, eggs and cilantro to create a smooth mixture.
Ham, 1/8-in. dice	1/2 lb.	2. Gently fold in the crab meat; season to taste with salt and pepper.
Eggs, large	2 ea.	3. Scoop and form crab mixture into 2-in.-long ovals.
Cilantro, chopped	1/2 cup	4. Roll in breadcrumbs and coat with olive oil.
Alaska Snow Crab meat	2 lbs.	5. Bake at 500°F until golden brown, about 15 minutes (or deep-fry).
Salt and pepper	to taste	
Breadcrumbs	4 cups	
Olive oil	as needed	

SUGGESTED ACCOMPANIMENT: Mojo Mayonnaise

M

24

snow crab

Alaska Snow Crab and Brie Omelet [france]

SERVES 10

Eggs, large	30 ea.	1. Beat eggs with mushrooms and parsley. Season to taste with salt and white pepper.
Button mushrooms, cooked and minced	1 cup	2. Prepare omelet and fill with snow crab and Brie before rolling up.
Parsley, minced	1/2 cup	
Salt and white pepper	to taste	
Alaska Snow Crab meat	30 oz.	
Brie, 2-oz. slabs	10 ea.	

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

25

dungeness crab

Γ

25

dungeness crab

M

25

dungeness crab

Cucumber-Sesame Alaska Dungeness Crab Salad [japan]

SERVES 10

Wakame salad (Japanese sesame seaweed salad)	3 cups	1. Gently fold together wakame, cucumber, carrot, ponzu and sesame seeds. Marinate ½ hour.
Cucumber, half-moon slices	3 cups	2. Add crab to order.
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.	

SUGGESTED ACCOMPANIMENT: Sesame Rice Crackers

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

SERVES 10

Red onion slivers	1 cup	1. Gently fold together the onions, jicama, peppers, and vinaigrette. Taste and adjust seasoning with salt and lime juice.
Jicama, julienne	8 cups	2. Gently fold in crab meat.
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.	

SUGGESTED ACCOMPANIMENT: Braised Yucca and Spinach

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

SERVES 10

Lemon juice	¼ cup	1. Gently combine lemon juice, olive oil, peppers, basil and/or dill, and crab meat; season to taste with salt and white pepper.
Extra virgin olive oil	½ cup	2. Fill endive leaves with crab mixture.
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.	

SUGGESTED ACCOMPANIMENT: Candied Lemon Zest

Grilled Sesame-Crusted Alaska Scallops [hong kong]

SERVES 10

Eggs, large	4 ea.	1. Beat eggs and cornstarch until smooth.
Cornstarch	½ cup	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.
Alaska Weathervane Scallops, 10/20 ct.	50 ea.	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.
Salt and pepper	to taste	
Black and white sesame seeds	½ cup	
Panko (Japanese-style breadcrumbs)	½ cup	
Cooking oil	as needed	

SUGGESTED ACCOMPANIMENT: Sweet Soy Chili Sauce

A

27

scallops

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

SERVES 10

Dried mango, diced	½ cup	1. Mix mango, cilantro and bell pepper together.
Cilantro stems, chopped	¼ cup	2. Season scallops with jerk seasoning blend.
Red bell pepper, ⅛-in. dice	¼ cup	3. To order, sauté or grill scallops; garnish with mango mixture.
Alaska Weathervane Scallops, 10/20 ct.	50 ea.	
Jerk seasoning blend	¼ cup	

SUGGESTED ACCOMPANIMENT: Coconut-Crusted Plantain Cakes

Γ

27

scallops

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

SERVES 10

Alaska Weathervane Scallops, 10/20 ct.	50 ea.	1. Marinate scallops in lemon zest and ½ cup olive oil.
Grated lemon zest	1 Tbsp.	2. Combine piquillo pepper, anchovies, parsley and remaining olive oil. Season to taste with salt and pepper.
Piquillo pepper, julienne	2 cups	3. To order, sauté scallops and serve on bed of pepper mixture.
Anchovy fillets, chopped fine	8 ea.	
Flat leaf parsley, chopped fine	¼ cup	
Extra virgin olive oil	1 cup	
Salt and pepper	to taste	

SUGGESTED ACCOMPANIMENT: Garlic-Rubbed Grilled Flatbread

M

27

scallops

Alaska Scallops and Cucumber Mosaic [thailand]

SERVES 10

Alaska Weathervane Scallops, 10/20 ct.	50 ea.	1. Sear scallops until cooked through; refrigerate until cooled.
Cucumber, 1/8-in. slices	50 ea.	2. Cut each scallop in half crosswise, creating two flat circles.
Red onion, 1/4-in. dice	1 cup	3. To order, shingle scallops and cucumbers in a circular pattern, 10 slices of each.
Fried garlic pieces or slices	1/2 cup	4. Sprinkle with red onions and garlic, and drizzle with peanut sauce.
Thai peanut sauce or vinaigrette	15 oz.	

SUGGESTED ACCOMPANIMENT: Thai Basil Crunch Salad

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

SERVES 10

Red onion, 1/4-in. dice	1/2 cup	1. Sauté onion in olive oil; add black beans and heat through.
Olive oil	as needed	2. Fold in garlic and cilantro; hold warm.
Black beans, cooked and seasoned	4 cups	3. To order, sauté scallops and serve with black beans.
Roasted garlic cloves	1 cup	
Cilantro, chopped	1/2 cup	
Alaska Weathervane Scallops, 10/20 ct.	50 ea.	

SUGGESTED ACCOMPANIMENT: Roasted Pepper Rajas with Sesame

Mustard Herb-Crusted Alaska Scallops [france]

SERVES 10

Whole grain mustard	1 cup	1. Combine the mustard, garlic, parsley, breadcrumbs and olive oil.
Garlic, minced	2 Tbsp.	2. Season scallops to taste with salt and pepper. Top with breadcrumbs to create a 1/8- to 1/4-in. crust.
Parsley, chopped	1 cup	3. Bake at 375°F until cooked through.
Breadcrumbs	1/2 cup	
Extra virgin olive oil	1/4 cup	
Alaska Weathervane Scallops, 10/20 ct.	50 ea.	
Salt and pepper	to taste	

SUGGESTED ACCOMPANIMENT: Bread Salad with Pine Nuts





Alaska Seafood Marketing Institute

Marketing Office • 150 Nickerson Street, Suite 310 • Seattle, WA 98109 • 800-806-2497

Administrative Office • 311 N. Franklin St., Suite 200 • Juneau, AK 99801 • 800-478-2903

www.alaskaseafood.org