



species	flavor	texture	oil content	average size	notes
KING SALMON (Chinook) <i>Oncorhynchus tshawytscha</i>	Rich	Firm, succulent	High	18 to 20 lbs.	Prized for being rich, red, firm and flavorful.
SOCKEYE SALMON (Red) <i>Oncorhynchus nerka</i>	Full	Firm, deep red meat	High	6 lbs.	Named for its distinctive red meat color, which is retained throughout cooking process.
COHO SALMON (Silver) <i>Oncorhynchus kisutch</i>	Mild	Firm, orange-red meat	Moderate	10 lbs.	Excellent color-retention during cooking process.
KETA SALMON (Chum) <i>Oncorhynchus keta</i>	Mild	Firmerst of all 5 species; orange-pink meat	Low	8 lbs.	Due to lower oil content, cook carefully and at lower temperatures.
PINK SALMON <i>Oncorhynchus gorbuscha</i>	Delicate	Tender, rosy-pink meat	Low	2 to 3 lbs.	Smallest of all 5 species. Cook carefully due to lower oil content. Treat pinks as you would trout.

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HALIBUT <i>Hippoglossus stenolepis</i>	Mild, slightly sweet	Very firm, flaky	Low	35 to 50 lbs.	Known as the "steak of seafood." Maintains its shape during cooking.
COD <i>Gadus macrocephalus</i>	Mild, slightly sweet	Lean, firm snow-white meat with a distinctive large flake	Low	5 to 10 lbs.	Has very little fat, making it a perfect choice for low-calorie menu items.
ALASKA POLLOCK <i>Theragra chalcogramma</i>	Mild	Lean, flaky	Low	1 to 4 lbs.	Most versatile whitefish. Wild Alaska Pollock is not the same species as the darker, stronger flavored Atlantic Pollock.
SOLE/ FLOUNDER <i>Paralichthyidae</i>	Range from mild and delicate to sweet	Very tender, lean	Low	1 to 3 lbs.	Low-calorie fish adaptable to light menus and today's ethnic favorites.
BLACK COD (Sablefish) <i>Anoplopoma fimbria</i>	Rich, succulent	Velvety	High	5 to 9 lbs.	Beautiful white flake and velvety texture gives it an incomparable mouthfeel.

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KING CRAB <i>Paralithodes camtschatica</i>	Sweet, with a less salty taste	Moist, tender snow-white meat	Low	6 to 9 lbs.	Commands the "wow" factor. Largest, most prestigious crab found in any sea. Superior meat in-fill.
SNOW CRAB <i>Chionoecetes opilio/bairdi</i>	Sweet, with a less salty taste	Moist, tender snow-white meat	Low	1 to 3 lbs.	Trademark large clusters. Formidable center-of-plate presentation. Exceptional meat in-fill.
DUNGENESS CRAB <i>Cancer magister</i>	Distinctly sweet and nutty taste	Tender, flaky	Low	2 to 3 lbs.	Reknowned for its consistent high-quality and versatility.
WEATHERVANE SCALLOPS <i>Patinopecten caurinus</i>	Sweet and rich	Tender	Low	U/10 10/20 ct. 20/30 ct. 30/40 ct.	Reknowned for consistency and their unique shape. Hand-shucked.



ALASKA
salmon



ALASKA
whitefish varieties



ALASKA
shellfish



asia

latin america

mediterranean

spicing up alaska seafood

notes

form

flavor

where used

HERBS [derived from the leaves of annual and perennial plants]

BASIL				Fresh leaf	Sweet and subtle, with a clove-like aroma		Italy, France		There are more than 50 varieties of basil, including lemon basil, Thai basil, etc.		
BAY LEAF				Fresh or dried leaf	Pungent, with a pleasantly sharp almost bitter flavor		Italy, France		California bay leaf is stronger in flavor than Turkish/Mediterranean bay leaf		
CHERVIL				Fresh leaf	Delicate, with hints of parsley and anise		France		Used in the French <i>herbes mixture</i>		
CHIVES				Fresh leaf	Mild onion flavor		France, North Africa, China		Includes milder garlic chives		
CILANTRO				Fresh leaf and stem	Sharp and tangy, with a peppery, earthy bite		Mexico, Latin America, SE Asia, Spain, Portugal, Middle East		A.k.a. coriander leaf, Chinese parsley; the seeds of cilantro are called coriander		
DILL				Fresh leaf	Sweet, yet slightly astringent		Vietnam, France, Greece				
EPAZOTE				Fresh leaf; dried	Pungent, pine-like flavor, with notes of licorice and mint		Mexico		A.k.a. Mexican pepperleaf; the leaves are often used for wrapping food		
HOJA SANTA				Fresh stem and leaf	Similar to tarragon, with an anise or saffron flavor		Mexico				
HOLY BASIL				Fresh leaf	Hot, spicy, clove-like		Thailand, Vietnam, Laos, Cambodia				
LAVENDER				Fresh leaf; dried	Sweet, floral, with citrus notes		France		Most often used in <i>herbes de Provence</i> ; the flowers can be used as a garnish		
LEMONGRASS				Fresh or dried stalk	Lemony and aromatic		Caribbean, Thailand, Laos, Vietnam, the Philippines				
MARJORAM				Fresh leaf; dried	Mild oregano taste, slightly piney		France, Middle East		Used in <i>herbes de Provence</i> and the Middle Eastern spice mix Za'atar		
MINT				Fresh leaf; dried	Warm, fresh, aromatic, sweet flavor with a cool aftertaste		Mexico, South America, SE Asia, Italy, Middle East		There are more than 25 different kinds of mint, including spearmint and pineapple mint		
OREGANO				Fresh leaf; dried	Aromatic, warm, slightly bitter (Mexican oregano is stronger)		Mexico, Greece, Italy		Includes Mexican oregano		
PARSLEY				Fresh leaf and stem	Fresh, cool, mild		Italy, France, Middle East		An essential ingredient in tabbouleh		
PERILLA				Fresh leaf; seed (India)	Lemony, minty, reminiscent of basil		Japan, Thailand, Korea, India, Vietnam		A.k.a. shiso (Japan); red and green are the most common varieties		
ROSEMARY				Fresh leaf and branch; dried	Bold, piney, almost resinous		Italy, France				
SAGE				Fresh leaf; dried; ground	Pleasantly musty, somewhat bitter		France				
TARRAGON				Fresh leaf; dried	Sweet, savory, with a hint of licorice		Mexico, France				
THAI BASIL				Fresh leaf	Sweet, with anise overtones		Thailand, Vietnam, Laos, Cambodia		Thai basil is stronger than sweet basil, with a subtle licorice taste		
THYME				Fresh leaf and sprig; dried; ground	Spicy, slightly sweet		Argentina, Chile, France				

SPICES [Derived from the bark, root, fruit or berry of perennial plants]

ALLSPICE				Whole dried berry; ground	Complex, with notes of cinnamon, nutmeg and cloves		Caribbean, Mexico, Central America, Middle East		Essential in Jamaican jerk seasoning
ANISE				Whole fruit (seed); ground	Sweet and very aromatic, similar to licorice		Mexico, Italy		
ANNATTO				Whole seed; paste	Slightly sweet and peppery		Latin and Central America, Mexico		A.k.a. achiote; often used as a coloring, as well as a flavoring
CARAWAY				Whole fruit (seed); ground	Warm and strongly aromatic		Turkey, India, North Africa		Indispensable in harissa
CARDAMOM				Whole pod; ground	Aromatic, sweet, spicy		Mexico, Central America, India		Member of the ginger family
CINNAMON				Stripped dried bark (sticks); ground	Mild to bittersweet		Caribbean, Mexico, India, Middle East		Cassia, native to Southern China and Indochina, is a close relative of cinnamon
CLOVES				Whole dried bud; ground	Strong, but sweet, aromatic		Caribbean, India, North Africa, Middle East		
CORIANDER				Whole fruit (seed); ground	Warm, mild, sweetish, with lemony undertones		Latin America, India, SE Asia, China, Middle East, North Africa		The leaves of coriander are called cilantro
CUMIN				Whole fruit (seed); ground	Spicy and lemony		Latin America, Mexico, India, SE Asia, Middle East, North Africa		
CURRY				Blend of dried ground spices	Spicy and complex; often includes fenugreek, turmeric, cumin, coriander, etc.		Caribbean, India		Although curry powder is associated with Indian food, it is an American invention
FENNEL POLLEN				Plant pollen	Subtle fennel flavor, somewhat piney		Italy		
FENNEL SEED				Whole fruit (seed); cracked; ground	Aromatic and sweet, similar to anise but less pungent		India, Italy, Portugal, Turkey		
FIVE SPICE				Blend of dried ground spices	Can include cinnamon or cassia, star anise, clove, Sichuan peppercorn, and/or fennel		China		
GALANGAL				Whole fresh or dried rhizome or pieces; ground	Similar to ginger, with a somewhat piney flavor		SE Asia		
GARAM MASALA				Blend of dried ground spices	May include cinnamon, toasted cumin, cloves, nutmeg, cardamom, etc.		India		Garam masala means "warm spices"; there are many variations
GINGER				Whole fresh or dried rhizome or pieces; ground	Fresh ginger is juicy, spicy and aromatic, with lemony undertones		Caribbean, Latin America, India, China, Japan, SE Asia, North Africa		Dried ground ginger is much more mild in flavor
JUNIPER				Dried whole berry	Aromatic, bittersweet, piney		France, Italy, Spain		Gin gets its characteristic flavor from juniper berries
MACE				Flat, branchlike pieces; ground	Warm and intensely aromatic, somewhat resinous		Caribbean, India, Tunisia, Morocco, Italy, France		Mace is the outer covering of a nutmeg kernel
MUSTARD SEED				Whole seed; ground	Pungent and spicy		India, France, Middle East		Seeds can come from 3 different plants, affecting the color
NUTMEG				Whole kernel (seed); ground	Aromatic, earthy, nutty		Caribbean, India, SE Asia, Middle East, Italy, France		
PAPRIKA				Dried, ground capsicum (pepper)	Ranges from sweet and mild to fiery hot		Spain, Portugal, Turkey		
PIMENTON				Smoked, ground capsicum (pepper)	Three varieties: sweet, bittersweet, hot		Spain		
RAS AL HANOUT				Blend of dried ground spices	Complex; can contain as many as 30 different spices, such as cumin, ginger, cinnamon, cloves, etc.		Morocco		The name translates to "top of the shop"—the spice shop
SAFFRON				Dried stigma (style) of a crocus-like flower; ground	Fragrant, warm, slightly bitter		Caribbean, South America, India, Spain, Greece, Morocco		Usually steeped in warm liquid before being added to a recipe, to release its flavor
SICHUAN PEPPERCORNS				Whole outer pod of a fruit; ground	Aromatic, lemony, tingly-hot		China, Japan		Despite its name, Sichuan peppercorn is not related to either pepper or chiles
STAR ANISE				Dried star-shaped fruit	Reminiscent of anise, but a little less harsh		China, India, Vietnam		A major component of both 5-spice powder and garam masala
SUMAC				Whole dried berry; ground	Sour, fruity and astringent		Turkey, Lebanon		
TURMERIC				Ground rhizome	Warm and aromatic, with a slight bitterness		SE Asia, India, Middle East		
VANILLA BEAN				Whole fruit or seed pod (bean) of an orchid	Rich, full, aromatic and powerful		Mexico		Other forms include powder (blended with sugar or starch), extract