

INSPIRE HEALTH!

TAKEOUT RECIPES WITH
ALASKA SEAFOOD



Wild, Natural & Sustainable®

Today's prepared food customer wants healthy, convenient, innovative, restaurant-quality options that taste great. Savvy retail chefs know that Alaska seafood answers all these demands. On the following pages, you'll find a collection of chef-developed recipes designed to inspire healthier prepared food options in a wide variety of flavor profiles. Each dish looks as enticing as it tastes delicious.

Good for the Body:

You want a natural ingredient with powerful appeal for health-conscious customers – that's Alaska seafood! The cold clear waters off Alaska's 34,000 mile coastline are one of the world's greatest source for wild seafood. Feeding on a natural diet, Alaska seafood is additive free and has many healthy attributes:

- High quality protein
- Good source of potassium, Vitamin D, zinc, B6, B12, selenium and magnesium
- High source of omega-3 fatty acids

For the ultimate in goodness, seafood from Alaska is the ideal, healthful protein to use in your prepared meals.



Wild, Natural & Sustainable®



Good for the Planet:

Marine conservation isn't new to Alaska. In fact, sustainability is so critical that it is written into the state Constitution mandating that "fish...be utilized, developed and maintained on the sustained yield principle." Wild capture fisheries like those in Alaska require almost no natural resources to produce, and have virtually zero environmental impact.



Good for Fishing Families and Communities:

The commercial seafood industry is Alaska's largest private sector employer. Whole families fish together: husbands and wives, children and grandchildren. In Alaska, fishing isn't just a livelihood, it's a way of life – and it sustains over 165,000 American jobs. Alaska's hard working fishing families are committed to protecting and sustaining the fisheries and surrounding habitat for future generations, and they appreciate your support.

ALASKA SURIMI SEAFOOD POKÉ

 Makes 5 1/2 cups

INGREDIENTS

1 1/2 pounds Alaska Surimi Seafood (Imitation Crab), sliced or chunked

1/2 cup green onions, thinly sliced

1/2 cup red onion, minced or thinly sliced

2 Tablespoons black and white sesame seeds, lightly toasted

1/4 cup poké dressing (recipe follows)

Poké Dressing:

1 Tablespoon fresh garlic, finely minced

1 cup soy sauce

3/4 cup sesame oil

1/2 teaspoon kosher salt

3/4 teaspoon red pepper flakes

DIRECTIONS

In a stainless steel bowl, combine all ingredients.

Gently mix to coat the fish.

Store refrigerated for up to 2 days.

Poké Dressing:

Mix all ingredients together until well combined. Stir well before using. Label, date and refrigerate up to 5 days. Makes about 2 1/4 cups.




Chef's Tips for Poké Dressing:

Try making with toasted sesame oil for a rich flavor.



ALASKA SALMON POKÉ

 Makes about 4 cups

INGREDIENTS

1 1/2 pounds Alaska salmon fillet, previously frozen, pin bones, skin and blood line removed, cut into half-inch cubes

1/2 cup green onions, thinly sliced

1/2 cup sweet or white onion, minced, 1/8-inch

2 Tablespoons white sesame seeds, lightly toasted

1/4 cup poké dressing

Poké Dressing:

1 Tablespoon fresh garlic, finely minced

1 cup soy sauce

3/4 cup sesame oil

1/2 teaspoon kosher salt

3/4 teaspoon red pepper flakes

DIRECTIONS

In a stainless steel bowl, combine all ingredients. Gently mix to coat the fish.

Store refrigerated for up to 2 days.

For Alaska salmon poké preparations, the Alaska Seafood Marketing Institute recommends using properly frozen salmon. Per the FDA, Alaska salmon are frozen at -4 F° and all commercial Alaska seafood processors follow these guidelines.



Chef's Tips for Alaska Poké:

- Best to let the poké marinate for 30 minutes before serving.
- Defrost fish in a perforated pan (covered) overnight to drain the juice from the fish.

Poké Dressing:

Mix all ingredients together until well combined. Stir well before using. Label, date and refrigerate up to 5 days. Makes about 2 1/4 cups.



Chef's Tips for Poké Dressing:

Try making with toasted sesame oil for a rich flavor.



ALASKA SEAFOOD


PREPARED FOODS CHALLENGE WINNERS





DILLED ALASKA SURIMI SALAD SANDWICH

Recipe by Roseanne Toroian, Food Editor & Information Specialist, Schnucks

 Makes 4 servings

INGREDIENTS

- 1 lemon
- 1/3 cup light mayonnaise
- 1/4 cup low-fat Greek-style plain yogurt or light sour cream
- 2 Tablespoons chopped fresh dill fronds
- 1 teaspoon hot sauce
- 1 pound Alaska Surimi Seafood (Imitation Crab), flaked or cut into 1/2-inch pieces
- 2 medium celery ribs, finely chopped (about 3/4 cup)
- 1/2 small English (seedless) cucumber, peeled and cut into 1/4-inch pieces (about 3/4 cup)
- 1/4 cup finely chopped red onion
- 4 large croissants, each cut horizontally in half

DIRECTIONS

From lemon, grate 1 teaspoon of peel and squeeze 2 Tablespoons juice into large bowl. Stir in mayonnaise, yogurt, dill and hot sauce. Fold in Alaska Surimi Seafood, celery, cucumber, and onion. Evenly divide surimi salad between bottom halves of croissants; replace top halves of croissants, then cut each sandwich crosswise in half to serve.





THAI CURRY “QUICK” ALASKA COD WITH INSTANT BASMATI RICE

Recipe by Jeff Anderson, Executive Chef - Director Culinary Innovation, Consumer Brands, Safeway

 Makes 2 servings

INGREDIENTS

2 pieces Alaska Cod
(6 ounces each)

1/2 red bell pepper, thinly sliced

1 Tablespoon fresh ginger,
thinly sliced

1/8 cup green onion, cut thin

1/2 teaspoon soy sauce

1 steam bag for microwave

Thai Red Curry Butter

1/4 cup unsalted butter,
softened

1 Tablespoon Thai red curry
paste

1/2 teaspoon lime juice

Pinch Kosher salt

“Instant” Basmati Rice

1 cup Basmati rice

Kosher salt for seasoning

1 Tablespoon unsalted butter

1 Tablespoon green onion,
minced

DIRECTIONS

Prep and Cook Rice:

Put rice into container, top with cold water, and stir to remove excess starch. Drain off water and repeat process again. Repeat a third time but leave rice covered with water for 45 minutes minimum and up to 12 hours.

Fill a 2 qt sauce pot with cold water, add pinch of kosher salt, and bring to boil. Drain rice of rinsing water, put into wire pasta strainer and submerge into boiling water. Once the water comes back to boil, set timer for 4 minutes and 15 seconds. When timer sounds, remove rice from boiling water, drain off excess liquid, transfer rice to mixing bowl and add unsalted butter, green onions and salt. Reserve covered until ready to serve.

Butter:

Combine the softened butter, curry paste, lime juice and salt. Mix well and reserve until ready to prepare cod in steam bag.

Prepare the Steamer Bag:


Place the cod into the steam bag. Add the red pepper, ginger, green onion, soy sauce and Thai red curry butter. Seal bag, place into microwave, and cook for 3 1/2 to 4 minutes on high heat. Remove from microwave oven, open bag and allow steam to vent. Transfer fish and sauce to entrée plate, and serve with steamed basmati rice.





KOREAN-STYLE ALASKA SALMON BELLY SKEWERS

Recipe by Keoni Chang, Corporate Chef, Foodland Super Markets

 Makes 8 skewers

INGREDIENTS

2 pounds Alaska Salmon belly pieces, skin removed, cut into 1-inch cubes

2 Tablespoons soy sauce

2 Tablespoons rice wine vinegar

1/4 cup honey

3 Tablespoons ko choo jung sauce (Korean hot bean paste)

1 Tablespoon sesame oil

2 teaspoons paprika

2 teaspoons Korean chili powder or cayenne

1 Tablespoon sesame seeds, toasted

3 stalks green onion (scallion or chive), chopped

8 bamboo skewers, 6-inches each

DIRECTIONS

Combine all the ingredients except the bamboo skewers. Divide the salmon belly pieces between the 8 skewers. Place the skewers in a service tray or merchandise on a platter and drizzle with remaining sauce and garnish with sliced green onions and sesame seeds.

Cooking:

If merchandising raw, instruct customers to heat a grill to medium-high. Clean the grates and lightly spray with pan release. Grill for 2 minutes, then flip and grill for 2 more minutes.



Chef's Note:

Shelf life is 2 days refrigerated raw. If cooked and grilled, it can be merchandised for 3 days in a service cold case.

The dish is best made with King, Coho, and Sockeye salmon. If salmon belly is in short supply, cubed salmon fillet may also be used.


For best merchandising of cooked skewers, reserve extra un-used marinade. Lightly baste or drizzle cooked skewers prior to merchandising and garnish with sesame seeds and sliced green onions. The skewers make an excellent addition to a composed salad, or even a lunch entrée or bento.





SPICY “ALASKA ROLL” SURIMI SALAD

Recipe by Keoni Chang, Corporate Chef, Foodland Super Markets

 Makes approximately 3 pounds

INGREDIENTS

- 2 pounds** Alaska Surimi Seafood (Imitation Crab) chunks, lightly broken up
- 1 cup** mayonnaise
- 3 Tablespoons** Sriracha sauce (Vietnamese hot chili sauce)
- 1 Tablespoon** toasted sesame oil
- 1/2 teaspoon** salt
- 1 teaspoon** garlic, finely chopped
- 2 teaspoons** rice vinegar
- 2 cups** Japanese cucumber, seeded and diced, 3/8 inch
- 2 cups** avocado, diced, 3/8 inch
- 2 Tablespoons** furikake (Japanese nori rice seasoning)
- 1 container** kaiware sprouts (Japanese radish sprouts), washed and cut into 1/2-inch pieces (root side removed)

DIRECTIONS

Reserve the nice tops from the kaiware sprouts and 1 Tablespoon furikake. Combine all remaining ingredients. Garnish with the reserved kaiware sprouts and reserved furikake.



Chef's Note:


This salad is a perfect combination of seafood and Asian flavors. Use as a side dish or a sandwich filling. Also great as a rice bowl topping! Shelf life is 3 days refrigerated. Life can be extended with use of Potassium Sorbate.





ALASKA POLLOCK WITH SHALLOT-LIME BUTTER

Recipe by Roseanne Toroian, Food Editor & Information Specialist, Schnucks

 Makes 6 servings

INGREDIENTS

- 1 lime
- 1 large shallot, minced (about 1/4 cup)
- 1 small jalapeño chile pepper, minced (about 2 Tablespoons)
- 2 Tablespoons butter
- 1 1/2 pounds Alaska Pollock fillets, thawed if necessary
- 1/2 teaspoon salt
- 1/2 cup cilantro leaves, coarsely chopped

DIRECTIONS

1. Squeeze juice from lime into 12-inch skillet, preferably nonstick. Add shallot, jalapeño and butter and cook over medium heat 6 to 7 minutes or until shallot is tender, stirring occasionally. Place pollock in skillet; sprinkle top with salt.
2. Cook 6 to 7 minutes or until fish turns opaque throughout, and internal temperature reaches 145°F, turning fillets once halfway through cooking. Sprinkle pollock with cilantro to serve.





ALASKA SALMON BAKE WITH PECAN CRUNCH TOPPING

Recipe by Grace Hanusin, COTA, Regional Cooking School Manager, TOPS Markets

 Makes 6 servings

INGREDIENTS

- 3 Tablespoons** honey mustard
- 3 Tablespoons** butter, melted
- 5 teaspoons** honey
- 1/2 cup** fresh bread crumbs
- 1/2 cup** finely chopped pecans
- 3 teaspoons** chopped fresh parsley
- 6** Alaska Salmon fillets, 4 ounces each
- Salt and pepper, to taste
- 6** lemon wedges

DIRECTIONS

Preheat the oven to 400 °F. In a small bowl, mix together the mustard, butter, and honey. In another bowl, mix together the bread crumbs, pecans, and parsley.

Season each salmon fillet with salt and pepper. Place on a lightly greased baking sheet. Brush with mustard-honey mixture. Cover the top of each fillet with bread crumb mixture.

Bake for 10 minutes per inch of thickness, measured at thickest part, or until salmon is opaque throughout. Serve garnished with lemon wedges.





ALASKA SEAFOOD BOUILLABAISSE

Recipe by Roseanne Toroian, Food Editor & Information Specialist, Schnucks

 Makes 10-12 servings

INGREDIENTS

- 2** small fennel bulbs (about 12 ounces each)
- 2** medium leeks (about 8 ounces each)
- 1/4** cup extra virgin olive oil
- 1** large onion (about 12 ounces), finely chopped
- 4** large garlic cloves, finely chopped
- 1** teaspoon salt
- 1/4** teaspoon ground red pepper (cayenne)
- 1/4** teaspoon saffron threads, crumbled (optional)
- 1** cup dry white wine such as Sauvignon Blanc
- 3** bottles (8 ounces each) clam juice
- 2** cans (14 ounces each) unsweetened coconut milk (not cream of coconut)
- 1** can (28 ounces) diced tomatoes
- 3** strips (about 3" by 1" each) fresh orange peel
- 1** cup chopped fresh parsley leaves
- 1 1/2** pounds Alaska Halibut fillets, skin removed and fillet cut into 1 1/2-inch pieces
- 1 1/2** pounds Alaska Pollock fillets, cut into 1 1/2-inch pieces
- 1 1/2** pounds Alaska Rockfish fillets, cut into 1 1/2-inch pieces

DIRECTIONS

- 1.** Trim root ends and remove stalks from fennel bulbs, reserving 1/2 cup feathery fronds. Finely chop fronds; refrigerate until ready to use. Finely chop fennel. Cut off roots and trim dark green tops from leeks; cut each leek lengthwise in half, then crosswise into thin slices. Rinse leeks in large bowl of water, swishing to remove sand; transfer to colander to drain, leaving sand in bottom of bowl.
- 2.** In 8-quart saucepot or Dutch oven, heat oil over medium-high heat until hot. Add fennel, leeks, and onion and cook 15 minutes, stirring occasionally. Reduce heat to medium; cook 15 to 20 minutes longer or until vegetables are very soft and just begin to turn golden brown, stirring occasionally. Add garlic, salt, ground red pepper, and saffron, if using; cook 5 minutes, stirring frequently.
- 3.** Add wine and heat to boiling, stirring until any browned bits are loosened from bottom of saucepot; boil 1 minute. Stir in clam juice, coconut milk, tomatoes with their juice, and orange peel; heat to boiling over high heat. Reduce heat to medium-low and simmer, uncovered, 1 hour to thicken broth and blend flavors.
- 4.** Increase heat to high; stir in parsley. Add halibut, pollock, and rockfish; cover and cook about 5 minutes or just until fish turn opaque throughout. Stir very gently as needed to avoid breaking up fish. Discard orange peel.
- 5.** To serve, ladle bouillabaisse into shallow soup bowls; sprinkle with reserved chopped fennel fronds. Serve bouillabaisse with French bread slices.





BLACKENED ALASKA SALMON POBOYS WITH JALAPEÑO CORN TARTAR SAUCE

Recipe by Alex Strauss, Chef, Hy-Vee

 Makes 6 sandwiches

INGREDIENTS

6 Alaska Salmon fillets,
6 ounces each
Cajun seasoning
1 French baguette, cut evenly
into 6 pieces
Jalapeño corn tartar sauce
(see recipe below)
1 1/2 cups shredded iceberg
lettuce
12 tomato slices

For the tartar sauce

1 Tablespoon vegetable oil
1 cup corn kernels
1 1/2 cup mayonnaise
2 Tablespoons fresh lemon
juice
2 to 4 Tablespoons pickled
jalapeño peppers (depending
how hot you like it), finely
chopped
2 dashes Tabasco sauce
1 Tablespoon creole mustard
1 teaspoon Cajun seasoning
1/4 red onion, finely chopped

DIRECTIONS

Heat a heavy skillet over high heat for 15 minutes. Lightly oil both sides of the salmon and sprinkle generously with the Cajun seasoning. Place salmon in the hot skillet and cook 3 minutes on the first side, turn, and finish cooking for an additional 2 to 3 minutes. Spread a Tablespoon of the tartar sauce onto each piece of baguette. Top each with a blackened salmon fillet, 2 slices of tomato and 1/4 cup of shredded lettuce.

For the tartar sauce


Place a skillet over medium-high heat. Add oil and corn and sauté for about 6 minutes or until the corn starts to brown. Set aside to cool. When corn has cooled place in a large bowl with remaining ingredients. Stir to combine.





ROASTED ALASKA COD WITH CUMIN AND CORIANDER

Recipe by Brandon Zawada, Chef, Hy-Vee

 Makes 4 servings

INGREDIENTS

4 Alaska Cod portions,
5 ounces each

4 Tablespoons unsalted butter,
olive oil or a combination
of both

1 Tablespoon each: cumin seed
and coriander seed

5 cloves garlic, sliced

1 lemon, zest and juice

Chopped kalamata olives
for serving

Kosher salt, to taste

DIRECTIONS

Preheat oven to 500 °F. Season each cod portion on both sides with salt to taste and place on a sprayed sheet pan. Roast in the oven for 8 to 10 minutes or until the fish begins to flake and the center is no longer translucent but barely opaque. While waiting for the fish to cook, combine the butter or olive oil, cumin seed, coriander seed and sliced garlic in a small sauté pan and place over high heat. Cook until the seeds and garlic barely start to toast and become fragrant, season with a pinch of salt and pull off the heat immediately. Fold in the lemon juice and zest once the butter mixture has cooled and reserve. Once the fish is cooked, keep warm for serving.

Assembly:

Simply serve this buttery cod fish liberally doused in the aromatic sauce and follow it up with a sprinkling of salty chopped olives. Accompany with a spicy herb salad and some crusty flat bread to soak up that flavorful juice, oh, and don't forget a fizzy glass of champagne rouge. Enjoy!!





WARM ALASKA SALMON SALAD WITH MAPLE MUSTARD DRESSING

Recipe by Brandon Zawada, Chef, Hy-Vee

 Makes 6 Servings

INGREDIENTS

- 2** Alaska Salmon fillets, 5 ounces each
- 2** small sweet potatoes (white flesh), peeled, sliced and cooked until barely fork tender
- 1** small red onion, peeled and thinly sliced
- 1 package** (8 ounces) snap peas
- 1/4 cup** pure maple syrup
- 3 Tablespoons** stone-ground mustard
- 2 Tablespoons** extra virgin olive oil
- Kosher salt and black pepper, to taste
- Crisp bacon for serving (optional)

DIRECTIONS

Place a large sauté pan over medium-high heat. Season the salmon fillets with salt and pepper on both sides to taste. Add 1 Tablespoon olive oil to the sauté pan and sear the salmon on each side until deeply browned, about 2 minutes per side. While waiting for the salmon to cook, combine maple syrup, mustard and remaining 1 Tablespoon olive oil in a small bowl and whisk to thoroughly combine; season with salt and pepper to taste. Once the salmon is seared, reserve to a plate and cover to rest. (This cooking time is for a medium temperature, or 140 degrees; if you desire a more well done temperature, lower your heat and cook an additional 1 to 2 minutes per side.) Add the sweet potatoes, onions and snap peas to the pan and sauté for about 2 minutes, or until the onions and peas are barely starting to cook and the sweet potatoes are warmed through. Add in the maple mustard dressing, stir to combine and keep warm for serving.


Assembly:

Plate this simple, Indian summer salad family style, by laying down the warm vegetables and then flaking large chunks of the cooked salmon over top, followed by pieces of crispy bacon for some added smoke and crunch. Try adding various veggies or meats as you like, the addition of granny smith apples and Andouille sausage would be a good starting point. Enjoy!!



MEXICAN ALASKA SURIMI SEAFOOD COCKTAIL

Recipe by Alex Strauss, Chef, Hy-Vee

 Serves 4 as an appetizer

INGREDIENTS

1 pound Alaska Surimi Seafood (Imitation Crab), cut into 1/2-inch pieces

3/4 cup ketchup

1/4 cup Mexican hot sauce (such as Chaloula)

3 Tablespoons fresh lime juice

3/4 cup clam juice

1/2 cup (loosely packed) chopped fresh cilantro

1 small red onion, small dice

1 ripe avocado, pitted, small dice

Salt and pepper

DIRECTIONS

Place Alaska Surimi Seafood in a bowl. Whisk together the ketchup, hot sauce, lime juice and clam juice. Add the ketchup mixture to the Alaska Surimi Seafood and add remaining ingredients. Toss to combine and season with salt and pepper.



ALASKA SEAFOOD

ALASKA SURIMI SEAFOOD
RECIPE COLLECTION





CALIFORNIA STICKY RICE SALAD WITH ALASKA SURIMI SEAFOOD

 Makes 6 pounds

INGREDIENTS

4 cups Calrose medium-grain rice

4 cups water

1 Tablespoon kosher salt

1/2 cup sugar

1/2 cup UNSEASONED rice vinegar

1/4 cup toasted sesame oil

1 to 1-1/2 Tablespoons sambal oelek (Asian chili sauce)

2 Tablespoons vegetable oil

12 ounces small broccoli florets

6 ounces stemmed and sliced shiitake mushrooms

1 ounce (2 Tablespoons) minced garlic

2 Tablespoons white sesame seeds

2 Tablespoons black sesame seeds

2 Tablespoons minced sweet pickled ginger with juice

8 ounces frozen shelled edamame, defrosted

4 ounces fine julienne or shredded carrot

1-1/2 ounces thinly sliced green onion

2-1/2 pounds Alaska Surimi Seafood (Imitation Crab)

DIRECTIONS

In a large strainer, rinse rice, scrubbing with your hands, until the water runs clear. Shake rice and drain well. Place rice in a half hotel pan. Add measured water and salt, and stir well. Place in steamer, uncovered, and cook for 15 to 20 minutes, or until tender. When rice is cooked, fluff with a fork.

In a small bowl, combine sugar, rice vinegar, sesame oil and sambal oelek; stir to dissolve sugar. While rice is still hot, drizzle vinegar mixture over rice and fold in with a fork. Chill until cold.

Meanwhile, heat oil in a large nonstick sauté pan over medium-high heat. Add broccoli and mushrooms and sauté for 3 to 4 minutes, until broccoli is just tender. Add garlic and sauté 1 minute more. Remove from heat; chill until cold.

Fold sautéed veggies, sesame seeds, ginger, edamame, carrot, green onion, and Alaska Surimi Seafood into rice.



Chef's Note:

This salad is great to serve "California Roll" style, with a sprinkle of shredded nori, diced cucumbers and avocado on top.





SESAME CUCUMBER PEPPER SALAD WITH ALASKA SURIMI SEAFOOD

 Makes 1.5 gallons (about 12 pounds with dressing)

INGREDIENTS

Salad

5 pounds cucumbers, peeled with some green stripes showing, halved lengthwise, seeded, and cut crosswise into 1/3-inch slices

1 pound white onion, sliced 1/8-inch, rinsed

1 pound mixed red and yellow bell peppers, diced

Dressing

1/2 cup toasted sesame oil

4 cups white distilled vinegar

4 cups sugar

3/4 to 1 teaspoon crushed red pepper flakes (or spice it with an Asian chili condiment)

1/2 cup toasted white sesame seeds

2 Tablespoons black sesame seeds (optional)

2 teaspoons kosher salt

2 pounds Alaska Surimi Seafood (Imitation Crab)

DIRECTIONS

In a large bowl, mix together cucumbers, onions and peppers.

In a separate bowl, whisk together sesame oil, vinegar, sugar, red pepper flakes, sesame seeds and salt. Mix until sugar is dissolved.

Pour dressing over cucumber mixture and refrigerate at least 4 hours before serving.

For service:

Mix surimi and cucumbers in small batches as needed. Add 1 pound Alaska Surimi Seafood per 3 quarts of cucumber salad with its dressing.





ALASKA SURIMI SEAFOOD & VEGGIE FRIED RICE WITH TOASTED CASHEWS

 Makes 7.5 pounds (about 5 quarts)

INGREDIENTS

Rice: (or use about 12 cups cooked rice)

4 cups (about 2 pounds)

Calrose medium-grain rice

2 teaspoons salt

6 cups water

Eggs and Fried Rice Goodies

6 eggs

2 Tablespoons water

4 Tablespoons vegetable oil,
divided

6 ounces (about 1 cup) diced
celery

8 ounces (about 1 cup)

1/4-inch-diced carrots

1 ounce (2 Tablespoons)
minced ginger

1 ounce (2 Tablespoons)
minced garlic

4 ounces (about 1 cup) IQF
peas, defrosted

1-1/2 ounces (about 1/2 cup)
thinly sliced green onion

2-1/2 pounds Alaska Surimi
Seafood (Imitation Crab)

1/2 cup soy sauce

8 ounces (about 1-1/2 cups)
coarsely chopped toasted
cashews

DIRECTIONS

To achieve that great “fried rice” consistency, cook rice the day before or at least 4 hours in advance, and chill. Let sit at room temperature for 30 minutes before frying.

Rinse rice in a strainer until the water runs clear. Shake rice and **DRAIN WELL**.

To cook in a rice cooker:

Place drained rice in rice cooker with salt and water. Stir well, cover and steam until tender, per manufacturer’s directions. After rice is cooked, fluff with a fork, let cool, then refrigerate.

To cook the eggs:

In a bowl, whisk eggs with water. Heat 1 Tablespoon of oil on a flat-top griddle until hot. Add eggs and, with a spatula, lift eggs as they cook, letting uncooked part run underneath until set. Transfer eggs to a cutting board. Let cool, then cut eggs into 1/8-inch strips.

To fry the rice:

Heat remaining 3 Tablespoons oil on a flat-top griddle over medium-high heat. Lightly fry celery, carrot, ginger and garlic for about 30 seconds, then add the cooked rice. Stir-fry for about 2 minutes. Add peas, green onion, Alaska Surimi Seafood and shredded eggs. Stir-fry for about 2 minutes more, until heated through, then drizzle with soy sauce and scatter with cashews. Toss to mix well.





ALASKA SURIMI SEAFOOD, LEMON, ARTICHOKE & PESTO WHOLE WHEAT PASTA SALAD

 Makes 8 cups (about 3 pounds)

INGREDIENTS

8 ounces dry whole wheat rotini pasta

1/4 cup fresh lemon juice

1 Tablespoon grated lemon zest

1 teaspoon salt

3/4 teaspoon coarse black pepper

1 Tablespoon minced fresh garlic

Pinch of red pepper flakes

1/2 cup purchased basil pesto

1 can (13 3/4 ounces) whole or quartered artichoke hearts, drained and coarsely chopped

1/2 cup small-diced red onion

1 pint cherry tomatoes, cut in half

1/2 cup coarsely chopped Italian parsley

1 pound Alaska Surimi Seafood (Imitation Crab)

DIRECTIONS

Cook pasta according to package directions. Drain well and let cool.

In a large bowl, mix together lemon juice and zest, salt, pepper, garlic, pepper flakes and pesto. Add artichoke hearts, onion, tomatoes, parsley, surimi and cooled pasta. Stir to coat well. Refrigerate until ready to serve.





ALASKA SURIMI SEAFOOD ALFREDO PASTA WITH CRUNCHY GARLIC HERB BREAD CRUMBS

 Makes 9-1/2 pounds (about 6 quarts) finished pasta and 3 cups crumbs

INGREDIENTS

1-1/2 pounds dry penne pasta
(about 3 pounds cooked pasta)

Seafood Alfredo

2 ounces (about 1/4 cup)
minced fresh garlic

3-1/2 pounds (about 6 cups)
purchased foodservice Alfredo
sauce

2 ounces (about 1 cup)
shredded parmesan cheese

10 ounces (about 3 cups) four-
cheese blend

2-1/2 pounds Alaska Surimi
Seafood (Imitation Crab)

Crunchy Garlic Herb Bread Crumbs

1 Tablespoon minced garlic
1/2 teaspoon dried whole
thyme

12 ounces (about 7 cups)
leftover French bread, cut into
large cubes

3 ounces salted butter

1 Tablespoon minced parsley

DIRECTIONS

Cook pasta in boiling water per instructions. Drain pasta; refrigerate just until chilled.

In a large bowl, combine garlic, Alfredo sauce and cheeses. Add Alaska Surimi Seafood and pasta; stir gently to coat well. Refrigerate.

To make the crumbs:

Preheat a convection oven to 350°F. Combine all ingredients in a food processor and pulse until mixture is coarse and pea sized. Scatter the bread crumbs on a half sheet pan and bake for 7 to 8 minutes (stirring after 4 minutes) or until crunchy and lightly toasted. Cool thoroughly. Store at room temperature in a tightly sealed container.

To present the pasta:

Place in a display bowl or deep platter and scatter with some of the crumbs.

For consumer reheating:

Microwave pasta until hot.



Chef's note:

For an easy substitution, crush herb croutons and use in place of the Crunchy Garlic Herb Bread Crumbs





ASIAN CRUNCH ALASKA SURIMI SEAFOOD WRAP WITH SPICY SOY MAYO

 Makes 4 wraps

INGREDIENTS

Spicy Soy Mayo

- 1/4 cup** light mayonnaise
- 2-3 teaspoons** sambal oelek (Asian chili sauce)
- 1 Tablespoon** soy sauce

Surimi Mixture

- 1 Tablespoon** toasted sesame oil
- 1/4 cup** SEASONED rice vinegar
- 8 ounces** Alaska Surimi Seafood (Imitation Crab)
- 1/2 cup** thinly sliced green onion
- 3 cups** shredded coleslaw mix
- 6 Tablespoons** coarse-chopped cilantro
- 4 large** burrito-style flour tortillas (spinach or whole wheat)
- 1 whole** ripe avocado
- 1/2 cup** crushed peanuts or almonds

DIRECTIONS

To make Spicy Soy Mayo:

Combine mayonnaise, sambal oelek, and soy sauce. Refrigerate until ready to use.

To make the surimi mixture:

In a large bowl, whisk sesame oil and vinegar together. Add surimi, green onion, coleslaw mix and cilantro. Toss to coat well. Refrigerate until ready to use. Do not make more than 30 minutes before building wraps.

To build each wrap:

Bring tortillas to room temperature. Place 1/4 (4 1/2 ounces) of surimi mixture in center of a tortilla. Slice 1/4 of the avocado into thin wedges and lay on top of surimi. Drizzle with 1 1/2 Tablespoons of Spicy Soy Mayo. Sprinkle with 2 Tablespoons of nuts. Roll, burrito-style. Slice in half on a bias for serving.

Serving notes:

Make extra Spicy Soy Mayo for dipping.





GRILLED SOUTHWEST CAESAR WITH ALASKA SURIMI SEAFOOD

 Makes 4 servings

INGREDIENTS

Dressing

1/3 cup high-quality Caesar dressing

3 Tablespoons fresh lime juice

2 teaspoons hot sauce

Salad

2 ears fresh corn, shucked
Olive oil for drizzling

Kosher salt & cracked
black pepper

1 cup diced tomatoes

1/4 cup chopped cilantro

8 ounces Alaska Surimi
Seafood (Imitation Crab)

1 large head romaine lettuce,
trimmed and cut lengthwise
into quarters

Garnish

1/2 cup crumbled queso fresco
Lime wedges and cilantro sprigs

DIRECTIONS

Preheat grill on high.

Combine Caesar dressing, lime juice and hot sauce. Refrigerate until needed.

Drizzle corn with olive oil and season with salt and pepper. Grill until lightly charred then remove from grill. When cool enough to handle, cut corn from cob. When completely cool, mix corn with tomato, cilantro, surimi and half of the dressing.


Meanwhile, drizzle romaine VERY lightly with olive oil and season lightly with salt and pepper. Lay romaine wedges on grill, cut side down, and grill quickly, for about 1/2 minute, then turn to grill remaining cut side for another 1/2 minute. The goal is to lightly “grill” the lettuce without cooking it.

Remove grilled romaine to a platter or individual plates. Drizzle romaine with the remaining dressing. Divide surimi mixture among the salads. Sprinkle salads with queso fresco and garnish with lime wedges and cilantro sprigs. Serve immediately.





ALASKA SURIMI SEAFOOD, SPINACH & ARTICHOKE FLAT BREAD BAKE WITH JALAPEÑOS

 Makes one 12-inch flatbread

INGREDIENTS

1 (12-inch) Boboli pizza crust

10 to 12 ounces spinach
artichoke parmesan dip

1/3 cup chopped red onion

8 ounces Alaska Surimi
Seafood (Imitation Crab)

1/2 cup sliced pickled
jalapeños, drained

5 ounces shredded four-
cheese or Italian-style cheese
blend

DIRECTIONS

Preheat oven to 450°F. Place pizza crust on a baking sheet. Spread dip on crust to 3/4-inch from edge. Scatter with red onion, surimi, jalapeños and cheese blend. Bake for about 18 to 22 minutes, or until cheese is bubbly. Remove from oven, cut and serve.



Chef's Note:

For a crisper crust, place pizza directly on oven rack to bake. For easy clean up, put a baking sheet on lower rack to catch any drips.





CORN & JALAPEÑO SPOONBREAD WITH ALASKA SURIMI SEAFOOD

 Makes 15 pounds of batter: 3 each 4-inch half hotel pans, or about 48 timbales

INGREDIENTS

- 1-1/2 quarts** water
- 2 quarts** whole milk
- 2 Tablespoons** kosher salt
- 4 cups** fine-ground cornmeal
- 4 ounces** cold butter, cut in small chunks
- 14** large eggs, beaten
- 2 pounds** fresh or frozen corn kernels
- 8 ounces (about 2 cups)** cheddar cheese, shredded
- 8 ounces (about 1-1/2 cups)** coarse-chopped roasted red pepper
- 1/4 cup** coarse-chopped fresh basil
- 4 ounces (about 3/4 cup)** diced canned pickled jalapeños
- 2 1/2 pounds** Alaska Surimi Seafood (Imitation Crab)

DIRECTIONS

Bring water, milk and salt to a boil in a large pot. As soon as it boils, sprinkle in cornmeal, whisking constantly. When mixture begins to thicken, use a large spoon to continue stirring. Stir until cornmeal is cooked and mixture is thickened. Remove from heat and beat in butter. Allow to cool until slightly warm, about 10 to 15 minutes, depending upon batch size. Beat in eggs. Fold in corn, cheese, red pepper, basil, jalapeños and Alaska Surimi Seafood.

To make timbales:

Note: You can make these in 4-ounce aluminum disposable cups or in muffin tins. Heavily spray containers with pan spray and place one #8 scoop batter (about 4 to 5 ounces) into each. Bake in 350°F convection oven, FAN ON, for 20 to 30 minutes or until set, rotating pan halfway through baking time. (Baking in heavy-duty muffin tins may take up to 35 minutes.)

To bake in hotel pans:

Heavily spray 4-inch half hotel pans with pan spray. **Note:** Do not bake in larger pans! Scale batter into pans, 5 pounds per pan. Bake in 350°F convection oven, FAN ON, about 25 minutes or until set, rotating pan halfway through baking time.





ALASKA SURIMI SEAFOOD AND GREEN CHILE ENCHILADA BAKE

 Makes about 14 pounds (24 servings)

INGREDIENTS

Surimi Mixture

3 pounds Alaska Surimi Seafood (Imitation Crab)

4-1/2 cups canned crushed tomatillos

12 ounces (about 3 cups) sliced California black olives, drained

2-1/2 pounds (about 7 cups) IQF corn, thawed and drained

1/2 ounce (1/2 cup) chopped cilantro

Verde Sauce

8 ounces sour cream

1 pound canned green chiles

1-1/2 pounds (about 2-1/2 cups) purchased foodservice Alfredo sauce

Cheese Mixture

2 pounds (about 8 cups) shredded pepper jack cheese

1/2 pound (about 2 cups) shredded cheddar cheese

30 corn tortillas (6-inch)

DIRECTIONS

In a large bowl, combine surimi mixture ingredients. Refrigerate until ready to use.

In a separate bowl, whisk together verde sauce ingredients. In another container, mix the cheeses.

Preheat a convection oven to 325°F. Spray a 4-inch full-size hotel pan with vegetable cooking spray.

To build the enchilada bake, assemble in hotel pan in the following order:

1. Spread 1/2 of the verde sauce to cover bottom of pan.
2. Lay out 10 tortillas in pan for good coverage.
3. Scatter evenly with 1/2 of surimi mixture.
4. Sprinkle with 1/3 of the cheese mixture.
5. Spread remaining verde sauce over cheese mixture.
6. Lay out 10 tortillas over cheese for good coverage.
7. Scatter evenly with remaining surimi mixture.
8. Sprinkle evenly with 1/2 of remaining cheese mixture.
9. Lay out 10 tortillas over cheese for good coverage.
10. Sprinkle with remaining cheese mixture.

Cover pan tightly with foil and bake for 45 minutes. Remove foil and bake, uncovered, for about 15 minutes more, until internal temperature reaches 160°F.

Serve hot, or chill and cut 4x6 into 24 square pieces for deli case.





ALASKA SURIMI SEAFOOD ANTIPASTO

 Makes 24 appetizers (about 8 cups)

INGREDIENTS

- 1 each** red and green bell pepper, seeded and finely chopped
- 1/4 cup** olive oil, divided
- 1 pound** cauliflower, cut in small florets
- 8 ounces** small fresh white button mushrooms, halved
- 2 cans (6 ounces)** small pitted black olives, halved
- 1 jar (10 ounces)** pimento-stuffed green olives, halved
- 1 pound** frozen pearl onions, thawed
- 1 can (14.5 ounces)** cut whole green beans
- 1 jar (10 ounces)** cornichons or tiny dill pickles, drained
- 2 cups** ketchup
- 1/4 cup** white vinegar
- 2 teaspoons** anchovy paste
- 12 ounces** Alaska Surimi Seafood (Imitation Crab)
- Salt and pepper, to taste
- 1** French bread baguette, sliced and toasted

DIRECTIONS

In large nonstick pan, sauté bell peppers in 1 Tablespoon olive oil until tender. Microwave cauliflower on medium-high heat (80% power) or steam until crisp-tender, about 2 minutes; add to peppers.

Stir in mushrooms, olives, onions, beans, and cornichons. Blend together ketchup, vinegar, remaining olive oil, and anchovy paste. Pour over vegetables in pan. Simmer 5 minutes. Add Alaska Surimi Seafood chunks; season to taste with salt and pepper.

Cool to room temperature, then refrigerate one hour or until chilled. Serve with bread slices.




ALASKA SEAFOOD

SALMON BURGERS





TRIPLE-HERB ALASKA SALMON BURGERS

 Makes approximately 10 burgers

INGREDIENTS

- 3 pounds** Alaska Salmon Burger Meat (thawed)
- 1/2 cup** finely chopped fresh dill sprigs
- 1/3 cup** finely chopped fresh Italian parsley
- 1-1/2 Tablespoons** minced fresh chives
- 2 to 3 teaspoons** sea salt
- 1/2 teaspoon** ground white pepper
- 1/2 cup** panko (Asian-style bread crumbs)
- 3** egg whites, beaten (pasteurized product)
- 1-1/2 Tablespoons** fresh lemon zest
- 1/2 cup** crumbled goat cheese, if desired


DIRECTIONS

Mix all seasoning ingredients into 3 pounds of Alaska Salmon Burger Meat (thawed), then refrigerate for 30 minutes before forming into 5-ounce patties. Brush each patty with olive oil before cooking.





SIX-SPICE ALASKA SALMON BURGERS

 Makes approximately 10 burgers

INGREDIENTS

3 pounds Alaska Salmon Burger Meat (thawed)

1/4 cup packed dark brown sugar

2 to 3 teaspoons sea salt

1/2 cup instant mashed potato flakes/buds

1-1/2 Tablespoons smoked paprika (pimenton)

1-1/2 Tablespoons dried thyme

2 teaspoons garlic powder

2 teaspoons coarse ground black pepper

1 teaspoon onion powder

1 teaspoon crushed red pepper flakes


DIRECTIONS

Mix all seasoning ingredients into 3 pounds of Alaska Salmon Burger Meat (thawed), then refrigerate for 30 minutes before forming into 5-ounce patties. Brush each patty with olive oil before cooking.





LEMON-DIJON ALASKA SALMON BURGERS

 Makes approximately 10 burgers

INGREDIENTS

3 pounds Alaska Salmon
Burger Meat (thawed)

1/3 cup finely chopped Italian
parsley

3 Tablespoons Dijon mustard

2-1/2 Tablespoons fresh lemon
zest

2-1/2 Tablespoons minced red
onion

1-1/2 Tablespoons fresh lemon
juice


1-1/2 Tablespoons
Worcestershire sauce

1/2 cup panko (Asian-style
bread crumbs)

DIRECTIONS

Mix all seasoning ingredients into 3 pounds of Alaska Salmon Burger Meat (thawed), then refrigerate for 30 minutes before forming into 5-ounce patties. Brush each patty with olive oil before cooking.





The commercial seafood industry is Alaska's largest private sector employer. From Ketchikan to Kodiak, Petersburg to the Pribilof Islands, Angoon to Anchorage to Adak, wild Alaska seafood creates more than 80,000 American jobs.

These are homegrown jobs, often passed down from generation to generation. In Alaska, whole families fish together: husbands and wives, children and grandchildren - even babies, when the weather's good.

In Alaska, fishing isn't just a livelihood, it's a way of life. Alaska's hard-working fishermen appreciate your support!

Alaska Seafood is:

100% Wild. All Alaska seafood is wild and natural. In fact, the State of Alaska banned finfish farming in 1989 to preserve wild fish stocks.

100% American. The Alaska seafood industry is the primary private sector employer in over 40 Alaska communities and directly employs over 80,000 workers across the state.

100% Sustainable. Alaska's constitution mandates that "fish...be utilized, developed and maintained on the sustained yield principle" and Alaska's comprehensive fisheries management practices are considered a model for the world.



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