

FROZEN TO FORK




no need to thaw

Simple, delicious Alaska seafood recipes
featuring the **COOK IT FROZEN!**® techniques



Wild, Natural & Sustainable®

Start with incredible, delicious Alaska seafood. Add easy techniques and mouthwatering recipes, and wild Alaska seafood can be a convenient and healthy dinner option at a moment's notice, all year round.



No need
to thaw

Imagine the taste of fresh wild Alaska seafood **ready at a moment's notice**. Now, make it a reality with our unique COOK IT FROZEN!® techniques and go from freezer to table in minutes.

The ease of individually-frozen options allows you to impress friends and family with quick, delicious and satisfying meals. You'll love these **fresh, fast, and healthful recipes** developed to help you make weeknight dinners a breeze, while feeding your family the best seafood—all straight from our pristine waters to the freezer.

Try these very modern takes on classic stand-bys, including Alaska Salmon with Shoyu Tarragon Sauce, Lime Chipotle-Roasted Alaska Snow Crab, Whiskey-Steamed Alaska Halibut, and Roasted Alaska Cod with nutrient-packed Kale Pesto and Tomato Jam.

Responsibly harvested from our cold clean waters, wild Alaska seafood is rich in **vitamins, nutrients & heart healthy omega-3 fatty acids**. Thanks to innovations in processing, the freshness of wild Alaska seafood is captured right at sea and goes straight to you. Think individual frozen fillets of delicious salmon, halibut, cod, pollock, and more, all readily available in the frozen section at your local market.

Visit our COOK IT FROZEN! website and app and explore how-to videos, hundreds of free recipes and practical tips for healthier, quicker meals, many of which are easily made within 15 minutes!

Tips for using the COOK IT FROZEN!® techniques

All of these recipes have been developed and tested by professionals, but once you master the basics of cooking fish from a frozen state, we encourage you to experiment and add your own touch. Use whatever ingredients you have on hand and according to what you and your family like best.

Remember, cooking should be fun & gathering people at the table is a time to celebrate, even on a daily basis.

The COOK IT FROZEN! steps and cooking times vary slightly depending on the method and the type of fish/seafood you'll be using. For additional information on the COOK IT FROZEN! techniques, watch our seven technique videos, which demonstrate broiling, grilling, poaching, roasting, sautéing/pan-searing, steaming, and cooking fish sticks.

Grilling

- Heat grill to 400°F.
- Rinse seafood under cold water to remove any ice glaze; pat dry with paper towel.
- Tear an 18-inch wide sheet of foil so it is 4-inches longer than the seafood.
- Spray-coat the dull side of foil with cooking spray and place seafood on foil, skin side down.
- Brush both sides of fish with high oleic vegetable oil, such as olive, canola, peanut, grapeseed, soy or safflower. Avoid butter, sunflower or corn oil as they will burn at high heat.
- Bring sides of foil together and fold over several times to seal; roll up ends to form a packet.
- Place packet on grill, seam side down, and cook for 8 to 10 minutes.
- Remove packet from grill; open and add seasoning.
- Crimp foil loosely to close and return packet to grill, seam side up.
- Cook an additional 8 to 10 minutes.
- Remove from heat as soon as seafood is opaque throughout.

Broiling

- Preheat broiler to 450°F.
- Rinse seafood under cold water to remove any ice glaze; pat dry with paper towel.
- Brush both sides of fish with high oleic vegetable oil, such as olive, canola, peanut, grapeseed, soy or safflower. Avoid butter, sunflower or corn oil as they will burn at high heat.
- Lightly grease a broiling pan or foil-lined baking sheet with cooking spray. Place seafood on pan or baking sheet.
- Cook 12 to 15 minutes.
- For best results with frozen fish, cook 4 minutes before seasoning with butter or spices.
- Flip only very thick portions.
- Remove from heat as soon as seafood is opaque throughout to avoid overcooking.

Sautéing/Pan-Searing

- Heat a heavy, nonstick skillet or ridged stovetop grill pan over medium-high heat.
- Rinse seafood under cold water to remove any ice glaze; pat dry with paper towel.
- Brush both sides of fish with high oleic vegetable oil, such as olive, canola, peanut, grapeseed, soy or safflower. Avoid butter, sunflower or corn oil as they will burn at high heat.
- Place fish in heated pan, skin side up, and cook, uncovered, 3 to 4 minutes, until browned.
- Turn the fish over and season with your favorite seafood seasoning.
- Cover with a tight-fitting lid and reduce heat to medium.
- Continue to cook an additional 6 to 8 minutes.
- Finish thick portions in an oven preheated to 400°F (use an ovenproof pan).
- Remove from heat as soon as seafood is opaque throughout to avoid overcooking.

Poaching

- Add water/court bouillon to a large pan over medium-high heat and bring to a simmer.
- Rinse seafood under cold water to remove any ice glaze.
- Turn off the heat and add seafood to pan, skin side down.
- Return heat to a simmer; liquid should simmer, not boil.
- Once simmering, cover pan with a tight-fitting lid and cook 4 to 5 minutes.
- Turn off the heat and let the seafood rest in liquid for 5 minutes.
- Remove from pan as soon as seafood is opaque throughout.

Roasting

- Preheat oven to medium-high heat (450°F).
- Rinse seafood under cold water to remove any ice glaze; pat dry with paper towel.
- Brush both sides of fish with high oleic vegetable oil, such as olive, canola, peanut, grapeseed, soy or safflower. Avoid butter, sunflower or corn oil as they will burn at high heat.
- Lightly grease a broiling pan or foil-lined baking sheet with cooking spray. Place seafood on pan or baking sheet.
- Cook 12 to 15 minutes; flip only very thick portions.
- For best results with frozen fish, cook 4 minutes before seasoning with butter or spices.
- Remove from heat just as soon as seafood is opaque throughout to avoid overcooking.

Steaming

- Bring about 1-inch of water or seasoned liquid to a boil in a large pan.
- Line a steamer basket with lettuce, onion, herbs or citrus (without covering all the holes) to keep seafood from sticking.
- Rinse seafood under cold water to remove any ice glaze.
- Add seafood to steamer, add steamer to pan and loosely cover.
- Return liquid to a boil and steam 5 to 7 minutes.
- Remove from heat as soon as seafood is opaque throughout to avoid overcooking.



Chef Erik Slater



These delicious recipes using the COOK IT FROZEN! techniques were developed by Chef Erik Slater of Seward, Alaska. As a member of the Alaska Seafood Chef Alliance, Erik is committed to sharing the culinary, health, and sustainable benefits of wild and natural Alaska seafood.

Erik Slater's love of cooking came from his mother, who began honing his skills as soon as he could reach the top of the range. He worked his way around and under some of the best restaurants and chefs in Spokane, Washington until 1996, when he moved to Alaska.

Erik cooked all over the state of Alaska before permanently settling in Seward in 2000, where he eventually became Executive Chef of the Resurrection Roadhouse and Fox Island Wilderness Lodge in 2004. In 2011, Slater was selected by Alaska's Gov. Sean Parnell to represent the state at the Great American Seafood Cook Off in New Orleans.

Slater prides himself as an advocate for Alaska seafood, Alaska produce & the amazing people who are building the Alaskan culinary tradition.

In the spring of 2014 Slater and his wife will open the Seward Brewing Company in Seward, Alaska. As the new owner of Seward's only brewpub, Slater is blending his passion for Alaska and the Pacific Northwest with his unique style of food and beer.

method:

Mix the salt and butter into the chai tea—the salt will balance out some of the sweetness in the tea and the butter will give it some depth. Rinse any ice glaze from frozen Alaska Snow Crab under cold water; pat dry with paper towels. Marinate crab in chai for 15 to 20 minutes, to allow flavor into shells.

Preheat grill to 400°F. Tear an 18-inch sheet of heavy duty aluminum foil so that it is 4-inches longer than the seafood. Spray-coat the dull side of the foil; place crab on foil with some of the marinade. Bring the sides of the foil together and fold over several times to seal, leaving room for air circulation inside.

Transfer packet to grill and cook for 8 to 10 minutes.

Serve with grilled seasonal vegetables and a little more melted butter for dipping.

ingredients:

1 tsp. kosher salt
1 Tbsp. unsalted butter, melted
2 to 3 cups prepared chai tea
4 lbs. Alaska Snow Crab clusters, frozen

Prep Time: 20 min

Cook Time: 10 min

Serves: 4

"I have been infatuated with the flavors of Chai lately. Pairing it with fish seems so natural, so why not add it to grilled crab?"

Use any brand that you prefer!"

Chai-Grilled Alaska Snow Crab



ingredients:

4 Alaska Halibut fillets
(5 to 6 oz. each), frozen
3 Tbsp. grapeseed or
olive oil, divided
2 cups semolina flour
1/2 tsp. kosher salt



“Semolina is a bit coarser than most flour, has an awesome texture and creates a great crust for Alaska halibut.

Semolina & seafood is a simple & humble pairing that lends itself to all kinds of sauces & flavors.

It won't distract you from the most important thing on the plate: the fish!”

method:

Rinse any ice glaze from frozen Alaska Halibut under cold water; pat dry with paper towel. Drizzle a little oil into a heavy nonstick skillet and heat over medium-high heat. Brush halibut with remaining oil, then roll fish in semolina flour, making sure to cover all sides. Place the fish in heated skillet and cook, uncovered, about 3 to 4 minutes, until browned. Shake pan occasionally to keep fish from sticking.

Turn halibut over and season with salt, then reduce heat to medium. Cook an additional 6 to 8 minutes, until fish is just opaque throughout.

Serve over grilled vegetables or fresh greens topped with balsamic and olive oil.

Chef's Tip: Excellent with Kale Pesto and/or Tomato Jam, too!

Semolina-Crusted ALASKA HALIBUT

Prep Time:
5 min
Cook Time:
15 min
Serves: 4





Alaska Salmon WITH SHOYU TARRAGON SAUCE

ingredients:

- 4 Alaska Salmon fillets
(5 to 6 oz. each), frozen
- 1 Tbsp. olive, canola,
peanut or grapeseed oil
- 1 cup Shoyu Tarragon Sauce
- 2 green onions, chopped
- 2 Tbsp. sesame seeds



“Shoyu is a Japanese soy sauce, which is just a tad sweeter than the familiar soy sauce (use soy sauce if you can’t find shoyu). I use this sauce on grilled salmon, but it works great on any Alaskan fish.”

Prep Time: 5 min

Cook Time: 15 min

Serves: 4

method:

Rinse any ice glaze from frozen Alaska Salmon under cold water; pat dry with paper towel. Heat a heavy nonstick skillet over medium-high heat. Brush both sides of salmon with oil. Place salmon in heated skillet skin side up and cook, uncovered, about 3 to 4 minutes, until browned. Shake pan occasionally to keep fish from sticking.

Turn salmon over and baste with sauce. Cover pan tightly and reduce heat to medium. Cook an additional 6 to 8 minutes, basting occasionally. Cook just until fish is opaque throughout.

To serve, baste with additional sauce. Garnish with green onions and sesame seeds.

Chef's Tip: Excellent with roasted vegetables!

ingredients:

4 Alaska Cod fillets
(5 to 6 oz. each), frozen
6 to 8 Tbsp. Kale Pesto
4 Tbsp. Tomato Jam

Prep Time: 5 min

Cook Time: 15 min

Serves: 4

method:

Preheat oven to 450°F. Rinse frozen Alaska Cod under cold water to remove any ice glaze; pat dry with paper towel. Rub 1 tablespoon of pesto onto each fillet, reserving about 2 tablespoons pesto.

Place seafood on spray-coated pan or foil-lined baking sheet and roast for 12 to 15 minutes. Cook just until fish is opaque throughout.

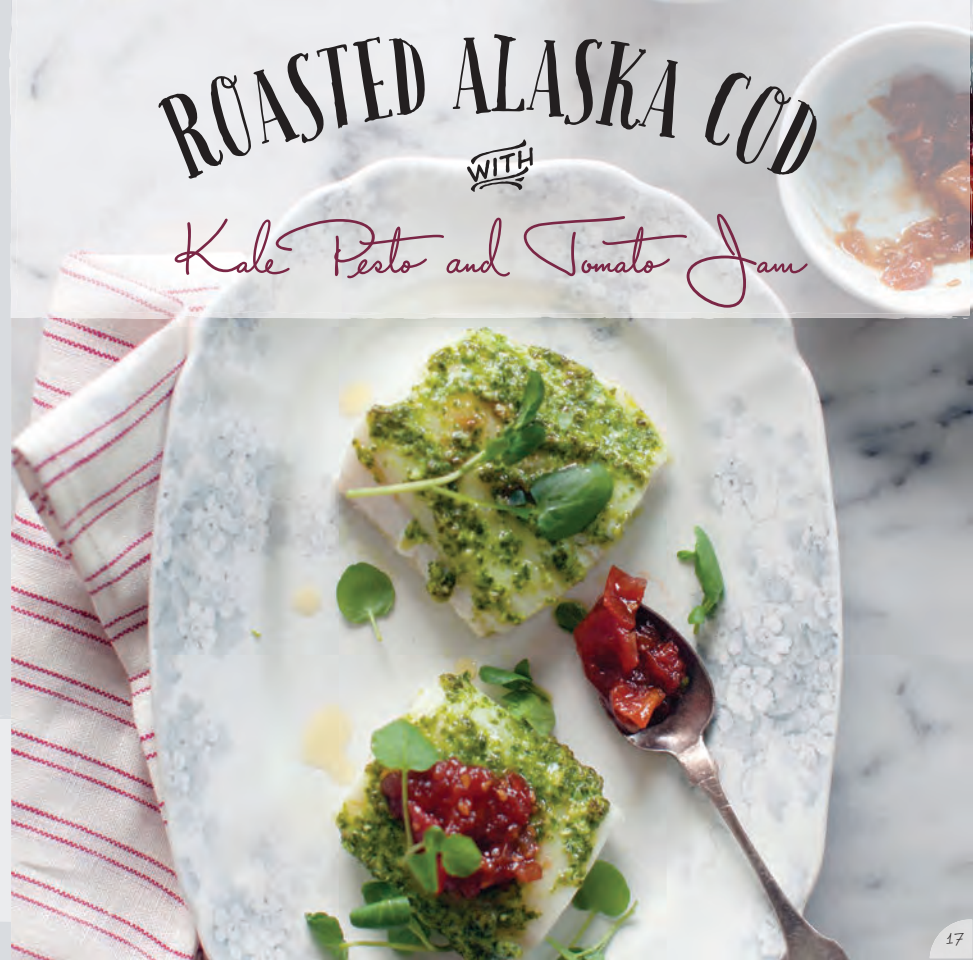
To serve, top with reserved pesto and a dollop of tomato jam.

“Pesto and fish seem like they were made for each other. Pesto is such a simple sauce that can be made with just about any leafy green, nuts, a little cheese, some garlic and oil. *This recipe + a bright glass of white wine = wicked delicious!*”

ROASTED ALASKA COD

WITH

Kale Pesto and Tomato Jam





LIME CHIPOTLE-ROASTED

Alaska Snow Crab

"Vinaigrettes are not just for salads, and there's way more to crab than just putting on a bib and dipping some boiled legs in melted butter. Roasting crab brings out flavors from the shell that you just can't get from the steamer or a pot of water. This dish brings the deep tones of roasted Alaska Snow Crab with a smoky tease of Latin America. Win-win, I say..."

ingredients:

- 4 lbs. Alaska Snow Crab clusters, frozen
- 1 cup Lime Chipotle Vinaigrette
- 1 cup (packed) chopped cilantro

Prep Time: 30 min

Cook Time: 10 min

Serves: 4

method:

Rinse any ice glaze from frozen Alaska Snow Crab under cold water; pat dry with paper towel. Marinate crab in vinaigrette and chopped cilantro for 15 to 20 minutes, to allow flavor into shells.

Preheat oven to 400°F. Place crab on sheet tray and roast for 10 minutes, turning and basting every 4 minutes or so.

Serve with Chipotle Corn Puree or Cauliflower Puree and grilled/roasted vegetables. Skip the butter!

Prep Time: 5 min
Cook Time: 10 min
Serves: 4



“Cooking with chai is remarkable. The rockfish absorbs an awesome flavor from the tea and becomes this gorgeous brown color all at the same time. The poaching liquid is then used as a silky, sultry sauce.”

Chai- Poached ALASKA ROCKFISH

method:

In a large 12-inch skillet, bring the chai tea to a simmer over medium-high heat. Rinse any ice glaze from frozen Alaska Rockfish under cold water, then add fish to chai in skillet.

ingredients:

4 Alaska Rockfish
fillets (5 to 6 oz.
each), frozen
1 cup prepared
chai tea
1 Tbsp. unsalted
butter
1/2 tsp. kosher
salt

Poach for 4 minutes adjusting temperature, if needed, so that chai simmers but doesn't boil. Gently flip fish (a great fish spatula comes in handy here) and cook an additional 4 minutes. Cook just until fish is opaque throughout. Remove fillets from liquid and keep warm.

Reduce chai for 2 minutes on high; remove from heat and stir in butter and salt. Return to heat and reduce just a bit more; season to taste.

Serve with sauce and Celery Root Puree.



Lemongrass - Poached Alaska Halibut

"The clean and bright combination of lemongrass and ginger with this broth makes an incredibly light and flavorful dish. Perfect for warm days & cold beers on the Mekong... or the Yukon!"

ingredients:

- 1 stem lemongrass
- 2 garlic cloves
- 2 Tbsp. sliced or chopped ginger
- 1 chopped shallot
- 3 cups chicken or vegetable stock
- 4 Alaska Halibut fillets (5 to 6 oz. each), frozen
- 1/2 tsp. kosher salt

Prep Time: 5 min

Cook Time: 10 min

Serves: 4

method:

Break up the lemongrass, smash the garlic, slice the ginger and chop the shallot. Place stock, lemongrass, garlic, shallot and ginger into a large pan; bring to a simmer.

Rinse any ice glaze from frozen Alaska Halibut under cold water. Turn off heat and add halibut to stock, skin side down. Return heat to a simmer (stock should simmer, not boil). Once simmering, cover the pan tightly and cook 4 to 5 minutes. Turn off the heat and let the fish rest in liquid for 5 minutes, or until opaque throughout.

To serve, season with salt and baste with a bit of broth.

Chef's Tip: Goes great with Cauliflower Cilantro Puree and roasted/grilled vegetables!

India Pale Ale

POACHED ALASKA COD

ingredients:

4 Alaska Cod fillets (5 to 6 oz. each), frozen
24 oz. India Pale Ale (or any beer)
1/2 tsp. kosher salt

Prep Time: 5 min
Cook Time: 10 min
Serves: 4

method:

Add IPA to a large pan and simmer. Rinse any ice glaze from frozen Alaska Cod under cold water. Turn off heat and add cod to IPA, skin side down. Return heat to a simmer (IPA should simmer, not boil).

Once simmering, cover pan tightly and cook 4 to 5 minutes. Turn off the heat and let the fish rest in liquid 5 minutes, or until opaque throughout. Remove cod from pan; baste with a little of the warm beer to amp up the hops/beer flavor in the fish. Season with a little salt, to taste.

Chef's Tip: This fish goes great with Tomato Jam or Pea Puree, or even better in a taco!

"IPAs and big fish rule the Last Frontier. Whether you're catching or eating, fish & beer naturally go together. This is the perfect way to use up that old flat beer in the growler or those cheap domestics that someone brought over last weekend. Remember: the chewier the brew, the bolder the flavor."





Prep Time: 5 min
Cook Time: 15 min
Serves: 4

WHISKEY-STEAMED

Alaska Halibut ..

“Some might think this is a waste of whiskey, but I disagree. When you pair a deep oaky bottle of whiskey with the legendary leviathan of Alaska, you get a subtle hint of the angel's share and a taste of the devil's share—all with a supreme piece of fish. Usually my rule is cook with what you drink, but in this case, it's okay to use the cheap stuff.”

ingredients:

4 Alaska Halibut fillets (5 to 6 oz. each), fresh, thawed or frozen
2 cups whiskey
Lettuce leaves, herbs, onion or citrus slices
1/2 tsp. kosher salt

method:

Bring about 1-inch of whiskey to a boil in a deep frying pan; turn off heat. Place metal steamer basket in pan and open up sides. Line the steamer with lettuce, herbs, onion or citrus slices (without covering all the holes) to keep seafood from sticking.

Rinse any ice glaze from frozen Alaska halibut under cold water. Add halibut to steamer, cover pan loosely, return whiskey to boil and steam 5 to 7 minutes. Cook just until seafood is opaque throughout. Season with salt. Serve with roasted vegetables.

Chef's Tip: Excellent with Celery Root Puree or Chipotle Corn Puree, too!

ingredients:

- 4 Alaska Rockfish fillets (5 to 6 oz. each), frozen
- 3 Tbsp. grapeseed or olive oil, divided
- 3 cups forbidden black rice, uncooked
- 1/2 tsp. kosher salt

method:

Place uncooked rice into blender or food processor and blend until it's a fine powder; set aside.

Rinse any ice glaze from frozen Alaska Rockfish under cold water; pat dry with paper towel. Drizzle a little oil into a heavy nonstick skillet and heat over medium-high heat. Brush rockfish with remaining oil, then roll fish in rice flour, making sure to cover all sides. Place the fish in heated skillet and cook, uncovered, about 3 to 4 minutes, until browned. Shake pan occasionally to keep fish from sticking.

Turn rockfish over and season with salt, then reduce heat to medium. Cook an additional 6 to 8 minutes, just until fish is opaque throughout.

Serve with Chipotle Corn Puree and/or Cauliflower Cilantro Puree.

Forbidden Rice ALASKA ROCKFISH

Prep Time: 20 min

Cook Time: 15 min

Serves: 4



"The great thing about rice flour is that it's very fine, it's very light *and* it's gluten free. *It also happens to make the perfect crispy coating for fish.*

Any rice flour will do for this recipe, but the forbidden black rice gives the dish an exotic color."

Chai-Grilled Alaska Snow Crab

Nutrients per serving: 547 calories, 9.5g total fat, 2.5g saturated fat, 16% calories from fat, 330mg cholesterol, 107.5g protein, 0g carbohydrate, 0g fiber, 3615mg sodium, 151mg calcium and 2230mg omega-3 fatty acids.

Semolina-Crusted Alaska Halibut

Nutrients per serving: 465 calories, 5g total fat, 1g saturated fat, 10% calories from fat, 102mg cholesterol, 40g protein, 63g carbohydrate, 3g fiber, 353mg sodium, 42.5mg calcium and 990mg omega-3 fatty acids.

Alaska Salmon with Shoyu Tarragon Sauce

Nutrients per serving: 498 calories, 35g total fat, 17g saturated fat, 16% calories from fat, 330mg cholesterol, 35.5g protein, 9.5g carbohydrate, 1g fiber, 2227mg sodium, 75.5mg calcium and 2040mg omega-3 fatty acids.

Roasted Alaska Cod with Kale Pesto and Tomato Jam

Nutrients per serving: 176 calories, 8g total fat, 1.5g saturated fat, 41% calories from fat, 66.5mg cholesterol, 25.5g protein, 1g carbohydrate, 0.5g fiber, 440mg sodium, 22mg calcium and 420mg omega-3 fatty acids.

Lime Chipotle-Roasted Alaska Snow Crab

Nutrients per serving: 637 calories, 17.5g total fat, 1.5g saturated fat, 25% calories from fat, 322mg cholesterol, 108g protein, 4g carbohydrate, 0.5g fiber, 3138mg sodium, 154mg calcium and 3210mg omega-3 fatty acids.

Nutritional Recipes
(as written)

Chai-Poached Alaska Rockfish

Nutrients per serving: 153 calories, 5g total fat, 2.5g saturated fat, 43% calories from fat, 78.5mg cholesterol, 26g protein, 0g carbohydrate, 0g fiber, 345mg sodium, 21mg calcium and 490mg omega-3 fatty acids.

Lemongrass-Poached Alaska Halibut

Nutrients per serving: 237 calories, 6.5g total fat, 1.5g saturated fat, 24% calories from fat, 107.5mg cholesterol, 34g protein, 10.5g carbohydrate, 0g fiber, 610mg sodium, 38.5mg calcium and 980mg omega-3 fatty acids.

India Pale Ale-Poached Alaska Cod

Nutrients per serving: 102 calories, 0.5g total fat, 0.5g saturated fat, 2% calories from fat, 65mg cholesterol, 25g protein, 0g carbohydrate, 0g fiber, 445mg sodium, 0mg calcium and 400mg omega-3 fatty acids.

Whiskey-Steamed Alaska Halibut

Nutrients per serving: 164 calories, 4g total fat, 1g saturated fat, 23% calories from fat, 102mg cholesterol, 29g protein, 2.5g carbohydrate, 0g fiber, 352mg sodium, 28mg calcium and 960mg omega-3 fatty acids.

Forbidden Rice Alaska Rockfish

Nutrients per serving: 414 calories, 4g total fat, 1g saturated fat, 9% calories from fat, 71mg cholesterol, 31.5g protein, 60.5g carbohydrate, 3.5g fiber, 351mg sodium, 28.5mg calcium and 510mg omega-3 fatty acids.



DELICIOUS SAUCES TO PAIR WITH Alaska Seafood

Kale Pesto

Prep Time: 15 min

ingredients:

- 3 cups loosely packed kale leaves
- 1/2 cup toasted macadamia nuts (any nuts will do)
- 4 garlic cloves
- 1/4 cup Parmesan Reggiano
- 1/4 tsp. kosher salt
- Juice and zest from 1 lemon
- 1/2 cup grapeseed or olive oil

method:

Trim and cut kale from stem and center rib; place in blender. To toast the nuts, place in sauté pan over medium heat. Cook until nuts are brown and toasty, shaking the pan every so often. Place toasted nuts, garlic, cheese, salt, lemon zest and 1 tablespoon lemon juice in blender. Puree; slowly drizzle oil into mixture until it is as smooth as you like it. Season to taste.

Variation: Toast the nuts by placing them on a baking sheet in an oven preheated to 400°F. Roast for 10 minutes, shaking the pan every so often.

Tomato Jam

Prep Time: 30 min

ingredients:

- 3 vine-ripe tomatoes, chopped
- 1/2 shallot, chopped
- 1/3 cup brown sugar
- 1 Tbsp. balsamic vinegar
- 1 Tbsp. honey

method:

Simmer all ingredients on medium-low until it becomes jam-like, about 20 to 30 minutes. Puree, if desired; keep warm.

Chef's Tip: Store in air-tight container for later use. Freezes nicely.

34

Celery Root Puree

ingredients:

- 1 celery root bulb, peeled
- 3 cups water
- 1-1/2 tsp. kosher salt, divided
- 1 clove garlic
- 1/4 tsp. unsalted butter
- 1/8 tsp. curry powder
- 2 Tbsp. milk or stock as needed

method:

Trim and cut celery root into medium-sized pieces. Boil water with 1 teaspoon of salt; add celery root and blanch for 8 minutes, or until fork tender. Drain and place in blender; add remaining ingredients. Puree on high until smooth, adding milk or stock if needed. Season to taste.

Prep Time: 15 min

Lime Chipotle Vinaigrette

ingredients:

- 1 cup rice wine vinegar or white vinegar
- Zest and juice from 5 limes (1/2 cup fresh lime juice)
- 1 Tbsp. minced garlic

- 1 Tbsp. cumin
- 1/2 cup honey or agave nectar
- 1-1/2 Tbsp. chipotle puree*
- 1 cup cilantro, chopped
- 2-1/2 cups canola or olive oil

method:

Combine all ingredients, except oil, in a blender or food processor. Blend until smooth and slowly drizzle in oil.

*Canned chipotle peppers in adobo sauce.

Prep Time: 5 min

Cauliflower Cilantro Puree

ingredients:

- 1/2 head of cauliflower
- 3 cups water
- 1/2 cup chopped cilantro
- 2 Tbsp. milk
- 1/4 tsp. kosher salt
- 1/4 tsp. unsalted butter

method:

Trim and cut cauliflower into medium-size pieces. Boil water with a pinch of salt and blanch cauliflower for 8 minutes, or until fork tender. Drain and place in blender; add cilantro, milk, salt and butter. Puree on high until smooth, adding more liquid if needed. Season to taste and keep warm. Serve warm under some tasty Alaska seafood!

Prep Time: 15 min





Chipotle Corn Puree

Prep Time: 15 min

ingredients:

2 cups corn (fresh or IQF frozen kernels)
1/2 cup diced red onion
1/2 cup diced red pepper
1/2 tsp. kosher salt
1/2 tsp. unsalted butter
2 Tbsp. milk
2 Tbsp. chicken or vegetable stock
2 tsp. chipotle sauce*
2 Tbsp. chopped cilantro
Zest and juice of 1 lime

method:

Sauté corn, onion, red pepper, salt and butter over medium heat until the corn has a little brown on it and is caramelized. This will add some deep flavor to the puree. Place in blender; add milk, stock and just the sauce from the canned chipotle peppers (unless you like it spicy!). Puree on high until smooth, adding more liquid (milk or stock) if needed. Fold in cilantro, lime zest and 1/2 teaspoon lime juice. Season to taste. Serve warm under some tasty Alaska seafood!

**Canned chipotle peppers in adobo sauce.*

Shoyu Tarragon Sauce

Prep Time: 5 min

ingredients:

2 garlic cloves
1/3 cup fresh tarragon leaves (loosely packed)
1 tsp. bottled black bean garlic sauce
1/2 cup shoyu or soy sauce
1/2 cup melted unsalted butter
1 Tbsp. rice wine vinegar or white vinegar
1 Tbsp. honey

method:

Add all sauce ingredients to blender and puree on high; season to taste.

Chef's Tip: Store in air-tight container for later use.

Freezes nicely.

Pea Puree

Prep Time: 15 min

ingredients:

2 cups peas (fresh or IQF frozen)
3 cups chicken or vegetable stock
2 Tbsp. milk
1/2 tsp. kosher salt
1/2 tsp. unsalted butter

method:

Bring peas and stock to a simmer; cook until peas are just tender. Strain peas, reserving 2 tablespoons of warm stock. Place peas in blender; add reserved stock, milk, salt and butter. Puree on high until smooth, adding more liquid (milk or stock) if needed. Season to taste.



More recipes and tips at www.cookitfrozen.com

©2014 Alaska Seafood Marketing Institute
311 N. Franklin Suite 200, Juneau, AK 99801-1147
(800) 478-2903 (907) 465-5560

ALASKA SEAFOOD

Wild, Natural & Sustainable®