The wilderness of Alaska and its cool, clear waters are home to some of the world’s best seafood. Fish of all varieties abound in its three million lakes, 34,000 miles of coastline and 3,000 rivers. It is here that wild salmon, whitefish and shellfish mature at a natural pace and swim without restrictions in the icy seas.

These waters are home a variety of delicious seafood - from five kinds of wild salmon to premium black cod and light, flaky Alaska pollock. Whether fresh, frozen or canned you’ll be cooking with a product that is unmatched in quality and is sure to impress even the most discerning of dinner guests.

For over 50 years Alaska has been a world leader in sustainability and all local seafood is 100% sustainable. It is also a highly nutritious food, providing an excellent source of high quality protein that is low in saturated fat and rich in vitamins, minerals and Omega-3 oils.

We have brought together a collection of healthy and delicious meals using wild Alaska salmon, pollock and black cod. All the recipes are quick and easy to make. Nature provides it; all we have to do is enjoy it!

Happy cooking!
**FLAVOUR**

- Middle-Eastern Salmon Sharing Platter
- Wild Alaska Black Cod with Chargrilled Asparagus, Chorizo and Vine Tomatoes
- Wild Alaska Pollock Curry
- Wild Alaska Pollock Biryani
- Thai Red Salmon Curry
- Roasted Vegetable Lasagne with Wild Alaska Salmon
- Alaska Salmon and Goat’s Cheese Tart
- Chinese Sweet and Sour Salmon
- Cajun-Style Alaska Salmon Burgers

**HEALTH**

- Alaska Firecracker Salmon
- Wild Alaska Salmon Celebration Roast
- Wild Alaska Salmon Superbowl Salad
- Wild Alaska Salmon, Mango and Pomegranate Salsa
- Wild Alaska Salmon Couscous with Chick Peas, Pine Nuts and Mint
- Wild Alaska Salmon, Soya bean, Rocket and Sugar Snap Salad
- Alaska Salmon Layered Lunch
- Seared Alaska Salmon with Watermelon, Mint and Lime Salsa
- Baked Wild Alaska Salmon with Cherry Tomatoes, Fennel and Dill

**SUSTAINABILITY**

- Sesame Wild Alaska Pollock Strips with Stir-Fried Vegetables
- Wild Alaska Salmon Homity Pies
- Wild Alaska Salmon and Red Pepper Mousse
- Wild Alaska Salmon and Pollock Pie
- Wild Alaska Fish Stew, Mediterranean-Style
- Wild Alaska Salmon and Spinach Roulade
- Alaska Salmon Side with Country Garden Herb Sauce

**VERSATILITY**

- Avocado and Alaska Salmon Canapés
- Alaska Salmon Satay Skewers
- Courgettes Stuffed with Wild Alaska Salmon Bolognese
- Wild Alaska Pollock Gratin
- Classic Wild Alaska Salmon Fish Cakes
- Wild Alaska Salmon, Spinach and Pasta Bake

**Symbol Meaning:**

- Fresh
- Frozen
- Canned
Alaska seafood comes from the wild, pristine waters of Alaska and is prized as the highest quality in the world for its rich colour, distinctive flavour and range of textures.

The fish from Alaska swim freely so develop a deeper, more succulent flavour as they grow and mature naturally in the ocean. If you buy frozen Alaska seafood, you can be assured that it was frozen immediately so it retains all the taste and goodness from the moment it was caught.

FLAVOUR

Frozen Alaska seafood is safe to be cooked without thawing, so you can pop it straight into the pan from the freezer, just remember to add a few minutes to your cooking time.

Canned Alaska salmon is of the highest quality and provides a deep and rich salmon flavour. Canned almost as soon as it is caught, there is just a little salt added to Alaska salmon fillet, nothing more, so the taste of the salmon truly sings out every time.
Middle-Eastern Salmon Sharing Platter

Serves 6

- 6 x 125g fillets wild Alaska salmon
- 4 tbsp olive oil
- 1 tsp sumac (see cook’s tip)
- 1 tsp cumin seeds
- 1 tsp black onion seeds
- 1 tsp sesame seeds
- 2 red onions, thinly sliced
- 50g blanched almonds, roughly chopped and toasted
- 2 tbsp pomegranate molasses
- Juice of 1 lemon
- 1 pomegranate or 100g pack prepared pomegranate seeds
- Freshly ground black pepper
- Coriander sprigs and lemon wedges, to garnish

• Rub the salmon fillets with a little olive oil. Mix together the sumac, cumin seeds, black onion seeds and sesame seeds, and sprinkle over the salmon.

• Heat 2 tbsp olive oil in a large frying pan and cook the red onions for 3-4 minutes until softened. Add the salmon fillets and cook on both sides for 3-4 minutes, adding the almonds for the final 2-3 minutes.

• Meanwhile, mix the remaining olive oil with the pomegranate molasses and lemon juice. Season.

• Serve the salmon on a platter, drizzled with the dressing and sprinkled with pomegranate seeds, garnished with coriander and lemon wedges.

Cook’s Tip: Sumac is a tangy, lemony spice used frequently in Middle Eastern and Mediterranean cookery. Both sumac and pomegranate molasses can be bought from most major supermarkets.
Wild Alaska Black Cod with Chargrilled Asparagus, Chorizo and Vine Tomatoes

Serves 4

4 tbsp olive oil
250g (9oz) asparagus spears
4 x 150-200g (6-7oz) fillets wild Alaska black cod
Juice of ½ lemon
100g (4oz) Spanish chorizo sausage, sliced
4 small bunches cherry tomatoes on the vine
Freshly ground black pepper

- Preheat a char-grill pan or the grill. Use 1 or 2 tablespoons of the olive oil to brush over the asparagus spears. Char-grill or grill them for about 5 or 6 minutes, turning often, until cooked.

- Meanwhile, heat the remaining olive oil in a frying pan and add the fillets of black cod, cooking them over a medium heat for about 6 to 8 minutes. Add the lemon juice and slices of chorizo and cook for 3 or 4 more minutes. Check that the fish is cooked — the flesh should be opaque and flake easily when tested with a fork. If necessary, cook for a little longer.

- Lightly cook the vine tomato bunches, either in the char-grill pan or under the grill. They will only need a couple of minutes.

- Serve the black cod with the asparagus, chorizo and tomatoes, sprinkled with freshly ground black pepper.

Remember that thick fillets of black cod will take a little longer to cook.
Wild Alaska Pollock Curry

**Serves 4**

- Pat the wild Alaska pollock fillets dry with kitchen paper and then cut them into large chunks.

- Heat the olive oil in a large saucepan. Gently fry the onion and garlic for 2 or 3 minutes, until softened. Stir in the cumin seeds, ground coriander and curry powder and stir for a few seconds.

- Add the courgette, carrot, aubergine, pepper and canned tomatoes. Pour in the stock and add the chickpeas and lentils. Bring to the boil, then reduce the heat and simmer for 20-30 minutes, or until the vegetables are tender and the lentils are soft.

- Add the pollock chunks to the saucepan, stirring them in gently. Simmer the curry for a further 5 minutes to cook the fish. Stir in the fresh coriander and season, adding salt and pepper, to taste.

- Ladle into warm bowls and serve with hot naan bread or rice.

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**Did you know that Alaska Pollock is part of the cod family?**

- 400g (14oz) wild Alaska pollock fillet, thawed if frozen
- 3 tbsp olive oil
- 1 onion, chopped
- 2 garlic cloves, crushed
- 1 tsp cumin seeds
- 1 tsp ground coriander
- 1 tbsp korma or mild curry powder
- 1 courgette, sliced
- 1 carrot, peeled and chopped into chunks
- 1 aubergine, chopped into chunks
- 1 red pepper, deseeded and chopped into chunks
- 2 x 400g cans chopped tomatoes
- 450ml (3/4 pt) vegetable or chicken stock
- 1 x 400g can chick peas, drained
- 50g (2oz) red lentils
- 2 tbsp coriander, chopped
- Salt and freshly ground black pepper
- Naan bread or rice, to serve

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**Cook’s Tip:** It’s important that you serve the curry soon after adding the pollock, otherwise the fish will break up into small flakes. If you wish to make the curry in advance, add the fish when you re-heat the curry, simmering it for 4 or 5 minutes.
Wild Alaska Pollock Biriyani

Serves 4

- Heat the oil in a large frying pan or wok and fry the onion gently until softened — about 3 minutes. Stir in the curry paste and cumin seeds and cook for another few seconds.

- Add the chunks of frozen pollock and prawns, stirring them into the mixture. Cook over a medium-low heat, stirring often, for 4 or 5 minutes. Add a splash of water, if needed.

- Tip the cooked rice into the pan with the peas and coriander. Season with salt and pepper. Cook and stir for 3 or 4 minutes, until the rice is piping hot and the fish is cooked — the flesh will be opaque and should flake easily. Serve at once in warmed bowls.

2 tbsp olive or vegetable oil
1 onion, chopped
2 tbsp Balti curry paste
1/2 tsp cumin seeds
400g (1 4oz) frozen fillets wild Alaska pollock, cut into chunks
100g (4oz) frozen peeled prawns
560g (1 1/4lb) pre-cooked long grain rice
150g (5oz) frozen petits pois or garden peas
2 tbsp chopped fresh coriander
Salt and freshly ground black pepper

Cook’s Tip: To cook the rice in advance of making the biriyani use approximately 225g (8oz) dry weight of rice. Cook for about 15 minutes in lightly salted water.
Thai Red Salmon Curry

Serves 4

- Heat the vegetable oil in a wok or large frying pan and stir-fry the shallots, garlic and red pepper for 2-3 minutes. Add the curry paste and fry for a few seconds, then pour in the coconut milk and add the stock, lemongrass and chilli (if using). Simmer gently for 5 minutes.

- Stir the sugar snaps into the broth, then sit the salmon fillets on top and spoon the liquid over them. Cover and simmer for 6-8 minutes, or until the salmon is cooked. To check, test with a fork — the fillets should be opaque and should flake easily.

- Taste the broth and season. Serve in shallow bowls, topped with fresh coriander.

**Cook’s Tip:** Add a little extra water to the broth if it reduces down too much. If you’re not keen on coriander, use basil or flat-leaf parsley instead.

1 tbsp vegetable oil
6 shallots, sliced
1 large garlic clove, thinly sliced
1 red pepper, deseeded and cut into chunks
2 tbsp red Thai curry paste
400ml coconut milk
200ml vegetable stock
1 stalk lemongrass, bashed with a rolling pin
1 red chilli, deseeded and thinly sliced (optional)
100g sugar snap peas, halved
4 x 125g fillets wild Alaska salmon
Freshly ground black pepper
Fresh coriander, to garnish
Roasted Vegetable Lasagne with Wild Alaska Salmon

Serves 4

1 x 416g or 2 x 213g cans red or pink wild Alaska salmon
500g (1lb 2oz) butternut squash, cut into chunks
1 red onion, cut into wedges
1 red pepper, deseeded and cut into chunks
1 yellow pepper, deseeded and cut into chunks
2 tbsp olive oil
Salt and freshly ground black pepper
12 cherry tomatoes, halved
1 x 500g jar tomato sauce for lasagne
6 lasagne sheets, weighing about 100g (4oz)
470g jar white sauce for lasagne
75g (3oz) grated mozzarella cheese

- Pre-heat the oven to 190°C, fan oven 170°C, Gas Mark 5.

- Drain the canned salmon, discarding the liquid. Remove any skin and bones, if wished, then break the salmon into chunks.

- Put the butternut squash, red onion and peppers into a large roasting tin and add the olive oil and seasoning, tossing to coat. Roast for 25 to 30 minutes, turning once, until the vegetables are tender. Add the cherry tomatoes, then stir in the red sauce for lasagne.

- Tip half the vegetable mixture into a large rectangular baking dish and add half the salmon chunks. Arrange three lasagne sheets on top, then add the rest of the vegetable mixture and salmon chunks. Repeat with another layer of lasagne sheets. Pour over the white sauce, spreading it out evenly, then sprinkle the grated mozzarella over the surface.

- Bake for 30 to 35 minutes, until cooked and golden brown. Allow to stand for a few minutes, then serve.

Cook's Tip: Be sure to buy ready-grated mozzarella cheese, or slice it thinly, as it's quite tricky to grate from a block.
Alaska Salmon and Goat’s Cheese Tart

Serves 6

Filling:
- 1 x 418g or 2 x 213g cans red or pink Alaska salmon
- 250g fine asparagus spears, trimmed and halved
- 100g pack Somerset goat’s cheese, sliced
- 8 cherry tomatoes, halved
- 3 large eggs
- 400ml crème fraîche
- 1 tbsp chopped fresh chives or parsley
- Freshly ground black pepper

- Sift the flour and salt into a large bowl. Rub in the vegetable fat with your fingertips until the mixture looks like fine crumbs. Add the poppy seeds (if using). Stir in just enough chilled water to make a soft, but not sticky dough. Knead lightly until smooth, then wrap and chill for 10-20 minutes.

- Preheat the oven to 200°C, fan oven 180°C, Gas Mark 6.

- Roll out the pastry on a lightly floured surface. Use to line a 20x30cm oblong tart tin. Line with a piece of foil or greaseproof paper and baking beans and bake ‘blind’ (without a filling) for 15 minutes.

- Take the flan from the oven and remove the foil or paper and baking beans. Reduce the oven temperature to 180°C, fan oven 160°C, Gas Mark 4.

- Drain the salmon and remove the skin and bones, if wished. Break into large chunks and arrange in the flan case. Lightly cook the asparagus in boiling water for 2 minutes, rinse with cold water and drain well. Arrange in the pastry case with the goat’s cheese and cherry tomatoes.

- Beat together the eggs, crème fraîche and herbs. Season. Pour into the flan case, then bake for 30-35 minutes, until set. Serve warm or cold.

Try not to handle the pastry too much – it should be kept as cool as possible to give a light, crisp finish.
Chinese Sweet and Sour Salmon

Serves 4

400g skinless fillets wild Alaska salmon
2 tbsp soy sauce
2 tbsp tomato purée
1 tbsp rice wine vinegar
2 tbsp clear honey
Juice of 1 lime
1 tbsp vegetable oil
1 onion, sliced
1 large garlic clove, thinly sliced

1 courgette, sliced
2 heads pak choi, roughly chopped
¼ cucumber, sliced into chunks
150g fresh pineapple chunks
8 small tomatoes, halved
300g egg noodles
Freshly ground black pepper
Fresh chives, to garnish

- Cut the salmon fillets into large chunks and put them into a large non-metallic bowl. Mix together the soy sauce, tomato purée, vinegar, honey and lime juice and pour over the salmon. Cover and leave to marinate for at least 15 minutes.

- Heat the vegetable oil in a wok or large frying pan and stir-fry the onion, garlic and courgette for 2-3 minutes. Add the salmon and its marinade, then stir in the pak choi, cucumber, pineapple and tomatoes. Simmer gently, stirring occasionally, for 5 minutes.

- Meanwhile, cook the egg noodles according to pack instructions.

- Serve the sweet and sour salmon on top of the noodles, seasoned with black pepper and garnished with chives.

Cook’s Tip: Buy prepared fresh pineapple at all major supermarkets in the fruit and vegetable section.
Cajun-Style Alaska Salmon Burgers

Serves 4

Ingredients:
- 1 x 418g or 2 x 213g cans red or pink Alaska salmon
- 400g can cannellini beans, rinsed and drained
- 400g can red kidney beans, rinsed and drained
- 1 small red onion, roughly chopped
- 1 celery stick, roughly chopped
- 1 tbsp fresh thyme leaves
- 1 egg, separated
- 2 tsp Cajun seasoning
- 1 medium courgette, grated
- Freshly ground black pepper
- 2 tbsp olive or vegetable oil
- 4 burger buns, cut in two
- Shredded lettuce, sliced tomatoes and gherkins, to serve

Instructions:
- Drain the salmon and remove the skin and bones, if wished. Break into large chunks.
- Put the cannellini and kidney beans into a food processor with the red onion, celery, thyme, egg yolk and Cajun seasoning and blitz together, though avoid over-processing. Tip into a bowl and mix in the grated courgette and salmon chunks. Season with black pepper.
- Form the mixture into 4 burgers. Beat the egg white with 2 tbsp water and brush over the burgers.
- Heat the oil in a frying pan and cook the burgers over a medium heat for 8-10 minutes, turning occasionally.
- Toast the cut sides of the burger buns and pile lettuce leaves on top of the bases. Place the salmon burgers on top, then finish off with tomato slices and gherkins.

Cook’s Tip:
Choose different bread for serving the burgers, such as ciabatta or granary rolls.
Not only is Alaska seafood tasty, but it is a highly nutritious food, providing an excellent source of high quality protein that’s low in saturated fat. It is also naturally rich in many essential vitamins and minerals and a source of Omega-3 oils. Coming from the cool, clear waters of Alaska means that Alaska seafood is clean of pollutants that some other seafood may contain.

HEALTH

Although many people believe that all seafood is high in Omega-3 fatty acids, this is not always the case. Many types of seafood lose some of the essential nutrients due to not being in a natural environment; Wild Alaska seafood has no artificial colouring, preservatives, pesticides and GMOs and so retains all the goodness from when it is frozen or canned to when it ends up on the dinner plate.
Alaska Firecracker Salmon

Serves 4

4 x 125g fillets wild Alaska salmon
2 tbsp toasted sesame oil
2 tbsp light soy sauce
2 tbsp sweet chilli sauce
1 green and 1 red chilli, deseeded and thinly sliced
2 tsp freshly grated root ginger
Finely grated zest and juice of 1 lime
2 yellow or red peppers, deseeded and sliced
1 red onion, thinly sliced
1 tbsp vegetable oil
4 bunches cherry tomatoes on-the-vine
Freshly ground black pepper
Chopped fresh chives or flat leaf parsley and lime wedges, to garnish

* Put the salmon fillets into a shallow non-metallic dish. Mix together the sesame oil, soy sauce, sweet chilli sauce, chillies, ginger, lime zest and lime juice. Pour over the salmon, then cover and leave to marinate for at least 20 minutes.

* Preheat the grill. Put the peppers and onion onto a large baking tray, sprinkle with a little vegetable oil and grill for 3-4 minutes. Turn the vegetables and arrange the salmon fillets on top. Drizzle the marinade over the fish and vegetables.

* Grill for 5-6 minutes, add the tomato bunches and grill for 2-3 minutes more. Sprinkle with black pepper and serve, scattered with chopped fresh chives or flat leaf parsley, with lime wedges on the side.

Cook’s Tip: If you prefer, roast the vegetables and salmon all together for 20 minutes at 200°C, fan oven 180°C, Gas Mark 6.
Wild Alaska Salmon Celebration Roast

Serves 4

1 tbsp olive oil
600g (1lb 6oz) frozen fillet wild Alaska salmon, in one piece
100g (4oz) couscous
150ml (¼pt) hot vegetable stock
Finely grated zest and juice of 1 orange
50g (2oz) sultanas or raisins
50g (2oz) ready-to-eat dried apricots, chopped
50g (2oz) ready-to-eat dried cranberries
25g (1oz) blanched almonds or pistachio nuts
25g (1oz) pine nuts
1 tsp ras-el-hanout spice powder
2 tsp chopped fresh rosemary or thyme
Salt and freshly ground black pepper
1 orange, sliced, to garnish
Rosemary sprigs, to garnish

• Preheat the oven to 150°C, fan oven 130°C, gas mark 2. Drizzle 1 tbsp of olive oil into a large roasting tin and place the frozen salmon on top.

• Put the couscous into a heatproof bowl and add the hot vegetable stock, orange zest and orange juice. Leave to soak and swell for about 10 minutes.

• Add the sultanas or raisins, apricots, cranberries, almonds or pistachio nuts, pine nuts, spice powder and rosemary or thyme to the couscous. Season, then stir well. Spoon on top of the salmon, then cover the roasting tin with a sheet of foil.

• Bake in the centre of the oven for 45 minutes, then remove the foil and arrange the orange slices and rosemary sprigs on top. Return to the oven to cook for a further 10 to 15 minutes.

Ras-el-hanout spice powder can be bought from good supermarkets, or try ordering online from spice suppliers. If you are using thawed salmon, reduce the cooking time to 30 minutes.
Wild Alaska Salmon Superbowl Salad

Serves 4

1 x 416g or 2 x 213g cans red or pink wild Alaska salmon
1 head broccoli, broken into small florets
2 large carrots
2 oranges
1 pomegranate, seeded
2 tbsp walnut or toasted sesame oil
Salt and freshly ground black pepper
50g (2oz) seed and nut mix, lightly toasted

• Drain the canned salmon, discarding the liquid. Remove any skin and bones, if wished, then break the salmon into chunks.

• Cook the broccoli in lightly salted boiling water for about 4 to 5 minutes, until just tender. Drain well and rinse with cold water to cool quickly.

• Peel the carrots, then continue to use the peeler to pare the carrots into thin strips. Put them into a salad bowl with the broccoli.

• Peel the oranges using a sharp, serrated knife, removing all the peel and pith. Cut into segments, removing all the membrane. Add any juice collected to the bowl.

• Add the pomegranate seeds, walnut or sesame oil and salmon to the salad bowl. Season lightly, then toss together gently. Serve, sprinkled with the toasted seed and nut mix.
Wild Alaska Salmon, Mango and Pomegranate Salsa

Serves 6

1 x 213g can red or pink wild Alaska salmon
1 pomegranate
1 ripe mango, peeled, pitted and finely chopped
1/4 cucumber, deseeded and finely chopped
1 green chilli, deseeded and thinly sliced
Finely grated zest and juice of 1 lime
1 tsp chopped fresh mint
Pinch of salt and caster sugar

• Drain the canned salmon, discarding the liquid. Remove any skin and bones, if wished, then break the salmon into small chunks.

• Halve the pomegranate and scoop the seeds into a bowl. Add the mango, cucumber, chilli, lime zest and juice and mint. Season with a pinch of salt and sugar, then gently stir in the salmon chunks.

• Serve in separate spoons, in chicory leaves or in tiny tartlets.

For a milder version, leave out the chilli and mix in 2 tbsp of Greek-style natural yogurt.
Wild Alaska Salmon Couscous with Chick Peas, Pine Nuts and Mint

Serves 3

1 x 418g or 2 x 213g cans red or pink Alaska salmon
1 vegetable stock cube
200g (7oz) couscous
2 tbsp pine nuts
2 tbsp flaked almonds
1 x 410g can chickpeas, drained and rinsed
1 tbsp chopped fresh mint or parsley
250g (9oz) roasted red peppers from a jar, drained
Salt and freshly ground black pepper

• Drain the liquid from the can of salmon into a measuring jug. Add the stock cube, and then make the liquid up to 300 ml (1/2 pint) with boiling water. Pour over the couscous and leave to swell for 10 minutes.

• Meanwhile, heat the pine nuts and almonds in a dry frying pan and cook until lightly toasted.

• Break the salmon into large chunks, removing any skin and bones, if wished.

• Fluff up the couscous with a fork, add the chickpeas and stir in the mint or parsley. Rip up the red peppers and add them to the couscous with the toasted pine nuts and almonds. Add the salmon chunks and stir them gently through the mixture. Season to taste, then serve at once.

Cook’s Tip: This meal is served warm, though if you prefer it to be piping hot, microwave each portion for 1 ½ - 2 minutes on high.
Wild Alaska Salmon, Soya Bean, Rocket and Sugar Snap Salad

1 x 418g or 2 x 213g cans red or pink Alaska salmon
300g (10oz) sugar snap peas or mangetout
225g (8oz) frozen soya beans, thawed
4 spring onions, finely sliced
4 generous handfuls rocket
100g (4oz) feta cheese, crumbled

Dressing:
2 tbsp toasted sesame oil
2 tbsp olive oil
2 tbsp lime or lemon juice
1 tbsp sweet chilli sauce
1 tsp finely grated fresh root ginger
Salt and freshly ground black pepper

• Drain the salmon, discarding the liquid. Remove any skin and bones, if wished, then break the salmon into large chunks.

• Cook the sugar snap peas or mangetout for 3-4 minutes, then drain well. Add them to the soya beans and spring onions whilst still warm.

• Make the dressing by whisking together the sesame oil, olive oil, lime or lemon juice, chilli sauce and ginger. Season with salt and pepper. Add this to the vegetables and mix together.

• Arrange a handful of rocket onto each of 4 serving plates, then spoon the vegetable mixture on top. Add the crumbled feta cheese and the salmon chunks. Season with a little more black pepper, then serve.

Cook’s Tip:
Take care that you don’t overcook the sugar snap peas – they need to be crisp and bright.
Alaska Salmon Layered Lunch

Serves 2

2 x 125g fillets wild Alaska salmon
A little olive or vegetable oil, for greasing
Juice of ½ lemon
Chopped fresh coriander or parsley

Salsa:
3 tomatoes, finely chopped
¼ cucumber, finely chopped
½ small red onion, finely chopped
2 tablespoons chopped fresh coriander
Salt

Guacamole:
2 small ripe avocados, halved, pitted and peeled
1 tomato, skinned, deseeded and chopped
Freshly ground black pepper
Squeeze of lemon juice
Tortilla chips or crusty bread, to serve

• Wrap the salmon fillets in lightly oiled greaseproof paper or foil. Place in a saucepan and
  bring to a gentle boil. Turn off the heat and put the salmon on to a trivet to cool (the salmon
  will continue to cook as it cools). Drain and flake the salmon.

• Make the salsa by mixing together the tomatoes, cucumber, red onion and chopped fresh
  coriander. Season with a little salt.

• Make the guacamole by mashing the avocados, then mix in the tomato. Season with freshly
  ground black pepper and a squeeze of lemon juice.

• Layer the mixtures into attractive serving pots or glasses, starting with the salsa, then the
  guacamole, and finally the salmon. Sprinkle with lemon juice, season with black pepper and
  scatter the chopped coriander or parsley on top. Serve with tortilla chips or crusty bread.

Cook’s Tip: Cook the salmon the night before, then it’s ready to make the packed
lunches – or use drained, flaked canned Alaska salmon instead.
Seared Alaska Salmon with Watermelon, Mint and Lime Salsa

Serves 4

- 4 x 125g fillets wild Alaska salmon
- 2 tsp fennel seeds
- 2 tbsp olive oil
- 1 wedge watermelon, deseeded and finely chopped
- Finely grated zest and juice of 2 limes
- 1 small red onion, finely chopped
- A few mint leaves, roughly chopped
- Pinch of caster sugar
- Salt and freshly ground black pepper
- Salad leaves, to serve

- Sprinkle each salmon fillet with a few fennel seeds.
- Heat the olive oil in a frying pan and add the salmon fillets, skin side down. Cook over a high heat for 2-3 minutes to crisp the skin, then turn the heat down and turn the salmon fillets over. Cook for another 2-3 minutes, then turn off the heat.
- Make the salsa by mixing together the watermelon, lime zest and juice, red onion and mint leaves. Season with a pinch of sugar, salt and pepper.
- Serve the salmon with the salad leaves, with the salsa spooned on top.

You could use honeydew, cantaloupe or galia melon instead of watermelon.
Baked Wild Alaska Salmon with Cherry Tomatoes, Fennel and Dill

Serves 4

4 x 125-150g (5-6oz) frozen wild Alaska salmon fillets
1 large fennel bulb, thinly sliced
12 cherry tomatoes
4 slices lemon
4 tbsp lemon juice
2 tbsp olive oil
Salt and freshly ground black pepper
2 tbsp fresh dill, chopped

• Preheat the oven to 190°C / fan oven 170°C / Gas Mark 5. Cut out 4 x 30cm (12 inch) squares of foil or baking parchment.

• Place a frozen salmon fillet onto the centre of each piece of foil or parchment. Share the fennel, tomatoes, lemon slices and lemon juice between the parcels. Sprinkle with olive oil, then season with a little salt and pepper.

• Fold the foil or parchment over the fish and vegetables, scrunching it up to seal tightly. Place on baking sheets and bake for 20-22 minutes.

• Unwrap the parcels and check that the fish is cooked - the flesh should flake easily when tested with a fork. Serve, sprinkled with chopped dill.

For a change, use one small sliced red onion and two sliced celery sticks instead of fennel. If using thawed or fresh fish fillets, reduce the cooking time to 10-12 minutes.
Alaska is 100% committed to responsible fishing and a world leader in sustainability.

Alaska preserves its bountiful stocks of wild seafood for generations to enjoy and its fisheries are independently certified as responsibly managed. Each fishery is assessed annually and given a total catch quota. Once the quota is reached the fishery is closed to preserve stocks for future generations.

SUSTAINABILITY

Entire communities have been intimately involved with the harvesting of Alaska’s seafood. In Alaska “sustainable” applies to the fish, the local communities, the fishermen and women as well as the economic return.
Sesame Wild Alaska Pollock Strips with Stir-Fried Vegetables

Serves 2

300g (10oz) fillets wild Alaska pollock, thawed if frozen
3 tbsp sesame seeds
2 tbsp stir fry oil or vegetable oil
350g (12oz) stir fry vegetables (fresh or frozen)
2 tbsp sweet chilli sauce
2 tbsp soy sauce
1 tbsp lime or lemon juice
Salt and freshly ground black pepper

• Pat the fish fillets dry with kitchen paper, then cut them into neat strips, measuring about 10 x 2 cm (4 x ¾ inches). Roll them in the sesame seeds.

• Heat half the oil in a wok or large frying pan and add the strips of fish, stir-frying them gently for 3 or 4 minutes, until cooked and golden. Tip them onto a warm plate and keep in a warm place.

• Wipe out the wok or frying pan with kitchen paper and add the remaining oil. Heat, then add the stir-fry vegetables and cook for 3 or 4 minutes. Add the sweet chilli sauce, soy sauce and lime or lemon juice, stir for a few moments, then add the fish strips back to the wok. Fold them in gently, then share the stir-fry between two warm plates. Serve at once.

You’ll often find fillets of wild Alaska pollock in the frozen fish cabinets. Alaska pollock is the name of a species of fish not the name of the fish origin. In the USA, the law has changed to state that Alaska pollock mean pollock from Alaska in the same way that Cornish Pasty must now be Cornish. The only way to tell that Alaska pollock is from Alaska is by looking at the catchment area on the packet: FAO 67 is Alaska, FAO 61 – isn’t.
Wild Alaska Salmon Homity Pies

**Serves 4**

- 1 x 418g or 2 x 213g cans red or pink Alaska salmon
- 450g (1lb) small potatoes, such as Vivaldi or Charlotte, scrubbed
- 1 x 375 g pack fresh ready rolled shortcrust pastry
- 25g (1oz) butter
- 1 onion, chopped
- 1 garlic clove, crushed
- 75g (3oz) mature Cheddar cheese, grated
- Salt and freshly ground black pepper

- Preheat the oven to 200°C, fan oven 180°C, Gas Mark 6. Drain the salmon, discarding the liquid. Remove any skin and bones, if wished, then break the salmon into large chunks. Cover and set aside.

- Cook the potatoes in lightly salted simmering water until tender, about 20 minutes. Drain and cool for a few minutes.

- Meanwhile, unroll the pastry sheet and use it to line four individual flan tins or baking dishes, measuring about 12 cm (5 inches) in diameter.

- Melt the butter in a frying pan and sauté the onion and garlic for 4-5 minutes, until softened. Remove from the heat and cool for a few minutes.

- Cut the potatoes into chunks and share them between the lined flan tins with the onion, garlic and salmon chunks. Season with a little salt and pepper, then sprinkle the grated cheese on top. Bake for 15-20 minutes, or until the cheese is melted and golden. Serve hot or cold, with vegetables or salad.

Use cold cooked potatoes for this recipe to save a little time.
Wild Alaska Salmon and Red Pepper Mousse

Serves 6

300g (10oz) smoked wild Alaska salmon
Few drops of vegetable oil
213g can red or pink Alaska salmon
50ml (2 fl oz) just-boiled water
1 x 11g sachet (1 tbsp) powdered gelatine
1 tsp vegetable stock powder, or ½ vegetable stock cube

100g (4oz) low fat soft cheese
6 tbsp low fat natural yogurt
75g (3oz) roasted red pepper, finely chopped
1 tbsp finely chopped fresh chives or parsley
Freshly ground black pepper
Cucumber slices and watercress or salad leaves, to serve

• Use the slices of smoked Alaska salmon to line 6 lightly oiled ramekin dishes or metal moulds. Finely chop any remaining trimmings of smoked salmon.

• Drain the can of salmon, reserving the liquid. Remove the skin and bones, if wished, then put the salmon into a mixing bowl.

• Measure the just-boiled water into a jug, then sprinkle the powdered gelatine on top, and stir it in. Allow the gelatine to dissolve for 4-5 minutes to give a completely clear liquid, stirring occasionally. Add the vegetable stock powder or cube, stirring to dissolve. Add the reserved salmon liquid.

• Mix the chopped smoked salmon trimmings, soft cheese, yogurt, red pepper and chives or parsley into the canned salmon. Add the gelatine mixture and stir well. Taste and season with black pepper — it’s unlikely that you’ll need salt. Pour into the lined ramekins or moulds so that it comes right to the rim. Refrigerate for 1-2 hours, or until set.

• To serve, run a knife around the edge of the ramekins or moulds and carefully turn out the mousses. Place onto plates and serve, garnished with cucumber slices and watercress or salad leaves.

For a different serving option, set the salmon mousse in a bowl, then spoon onto plates and serve with slices of smoked wild Alaska salmon — easier if you don’t have any ramekins or moulds!
Wild Alaska Salmon and Pollock Pie

Serves 4

- 25g (1oz) butter
- 700g (1 ½ lb) potatoes, peeled
- 150g (6oz) courgettes, sliced
- 350g (12oz) wild Alaska pollock fillet, skinned
- 350g (12oz) wild Alaska salmon fillet, skinned
- 200ml (½ pt) vegetable stock
- 1 bay leaf
- 200ml (½ pt) dry white wine
- 2 tbsp cornflour, blended with 3 tbsp single cream or milk
- 75g (3oz) frozen petits pois or garden peas, thawed
- 1 tbsp dill, chopped
- 3-4 tbsp milk
- Salt and freshly ground black pepper

- Preheat the oven to 190°C / fan oven 170°C / Gas Mark 5. Grease an ovenproof baking dish with a small knob of butter.

- Cook the potatoes in lightly salted boiling water for about 20 minutes, until tender. At the same time, cook the courgettes for about 5 minutes, then drain them well.

- Meanwhile, put the fish fillets into a shallow pan with the stock, bay leaf and another knob of butter. Heat and simmer gently, partially covered, for 5 or 6 minutes, until the fish is cooked. The flesh will be opaque and should flake easily when tested with a fork. Use a draining spoon to lift the fish into the baking dish.

- Pour the white wine into the pan with the fish cooking liquid. Remove the bay leaf. Add the blended cornflour and heat, stirring constantly, until thickened and smooth. Stir in the peas, courgettes and dill. Season, and then pour into the baking dish, gently combining it with the fish.

- Drain the potatoes and mash them with the milk and any remaining butter. Season with a little salt and pepper to taste. Spoon on top of the fish mixture, spreading it out to cover the entire surface. If you prefer, pipe the potato on top of the fish. Transfer to the oven and bake for 25-30 minutes, until the potato topping is golden brown.

Cook’s Tip:
Place the fish pie under a hot grill for the final few minutes to make sure that the topping is well browned.
Wild Alaska Fish Stew, Mediterranean-Style

Serves 4

- 4 tbsp olive oil
- 1 onion, chopped
- 1 large garlic clove, crushed
- 1 courgette, chopped
- 1 carrot, peeled and chopped
- 600ml (1pt) tomato passata
- 1 tbsp fresh oregano, chopped (or 1 tsp dried)
- 1 tbsp parsley, chopped
- 300ml (½ pt) vegetable stock
- 150g (6oz) wild Alaska salmon fillet, skinned
- 150g (6oz) wild Alaska pollock fillet, thawed if frozen
- 300g (10oz) mussels, scrubbed
- 150g (6oz) cooked peeled prawns, thawed if frozen
- Salt and freshly ground black pepper
- Fresh oregano or parsley, chopped to garnish

• Heat the olive oil in a large saucepan and gently fry the onion, garlic, courgette and carrot for 3 or 4 minutes, without browning.

• Add the passata, herbs and stock. Bring to the boil, then reduce the heat and simmer for 10 minutes, or until the carrots are tender.

• Add the wild Alaska salmon and pollock to the saucepan in whole fillets — they will break up once they are cooked. Cover and simmer gently for 3 or 4 minutes, then add the mussels, discarding any that are damaged or remain open when tapped. Put the lid on the saucepan and cook for 2 or 3 minutes, until the mussels have opened (discard any that remain shut). Add the prawns and gently stir them through so that you avoid breaking up the fish too much.

• Season to taste, then ladle into warm bowls. Serve, garnished with the fresh oregano or parsley.

Cook’s Tip: For a spicy kick, add a large, finely chopped fresh red chilli with the onion and garlic.
Wild Alaska Salmon and Spinach Roulade

Serves 1

Vegetable oil, for greasing
225g (8oz) wild Alaska salmon fillet, skinned
300g (10oz) fresh spinach, thoroughly washed
4 eggs, separated
50g (2oz) Parmigiano Reggiano cheese, finely grated

Salt and freshly ground black pepper
200g tub low fat soft cheese
4 tbsp crème fraîche
2 tomatoes, deseeded and chopped
2 tbsp fresh herbs, chopped (chives, parsley or dill)

• Preheat the oven to 200°C / fan oven 180°C / Gas Mark 6. Grease and line a 20 x 30cm (8 x 12 inch) Swiss roll tin with non-stick baking paper. Grease with a little vegetable oil.

• Place the salmon fillet onto a lightly greased baking sheet and cover with a piece of foil. Set aside.

• Cook the spinach in a small amount of water for about 5 minutes, until wilted. Drain thoroughly, squeezing out the excess moisture, and then chop finely. Cool. Tip into a large bowl and mix in the egg yolks. Stir in the grated cheese and season with salt and pepper.

• In a large, grease-free bowl, whisk the egg whites until they hold their shape. Fold into the spinach mixture, using a large metal spoon. Pour into prepared tin and spread into the corners. Bake for 10-12 minutes until set and light golden brown. At the same time, bake the salmon for 8 to 10 minutes.

• Turn out the roulade onto a large sheet of greaseproof paper. Peel away the lining and leave to cool. Let the salmon cool, then flake it with a fork.

• Beat the low fat soft cheese until smooth and creamy, then mix in the crème fraîche, flaked salmon, tomatoes and herbs. Season. Spread over the roulade, and roll up from the short end. Chill until ready to serve.

Cook’s Tip
Make sure you use a very sharp knife for slicing the roulade neatly.
Alaska Salmon Side with Country Garden Herb Sauce

Serves 6

1 side wild Alaska salmon
4 tbsp olive oil
Finely grated zest and juice of 1 lemon

Sauce:
30g butter
1 small onion, very finely chopped
120ml dry white wine
30g watercress, finely chopped
1 tbsp chopped fresh chives
1 tbsp chopped fresh marjoram, oregano or parsley
300g crème fraîche
Salt and freshly ground black pepper
Fresh herbs (chives, chive flowers, marjoram or parsley), to garnish

• Put the side of salmon onto a tray with a rim (not metal).

• Mix together the olive oil, lemon zest and lemon juice. Pour over the salmon, brushing it over the surface of the fish. Cover and chill until ready to cook (at least 30 minutes).

• Preheat the oven to 200°C, fan oven 180°C, Gas Mark 6.

• Slide the side of salmon into a roasting pan and brush with the marinade. Roast for 15-18 minutes, basting once, then cool for 5-10 minutes to allow the fish to rest.

• Meanwhile, make the sauce. Melt the butter and cook the onion gently until very soft. Add the white wine and let it bubble up for a moment, then stir in the watercress and herbs. Stir in the crème fraîche and season to taste.

• Serve the salmon with the sauce, garnished with chives, chive flowers, marjoram or parsley.

Vary the herbs according to your preference – or what grows in your garden!
Alaska seafood is versatile, can be used in a number of dishes and provides a quick and easy way to create colourful seafood salads, soups, canapés, sandwiches and main courses with minimal preparation.

VERSATILITY

The high amount of Omega 3 fatty acids in Alaska salmon means it's especially speedy to cook — the average fillet can be pan fried to perfection in under ten minutes and it can be cooked from frozen to add to its versatility.

Canned Alaska salmon can be used in a wide variety of recipes so should be a cupboard staple for everyone who loves their salmon.

Simply steaming, roasting, frying, grilling or poaching Alaska seafood and serving fillets whole alongside a few vegetables makes for a quick and healthy meal; but try flaking Alaska salmon into a risotto, adding it to a terrine or combining it with Alaska pollock to make a delicious fish pie.
Avocado and Alaska Salmon Canapés

Serves 10

1 x 418g or 2 x 213g cans red or pink Alaska salmon
1 large ripe avocado (or 2 small ones)
2 tbsp chopped fresh chives or parsley
50g Parmesan cheese, finely grated
Few drops of white wine vinegar or lemon juice
Freshly ground black pepper
5 slices wholemeal bread
Fresh herbs, to garnish

• Drain the salmon and remove the skin and bones. Break half the salmon into large chunks and set aside. Mash the rest of the salmon with a fork.

• Halve, pit and peel the avocado, then mash with a fork and mix with the mashed salmon, chives or parsley and Parmesan cheese. Season with a little vinegar or lemon juice and black pepper.

• Toast the bread and spread with the salmon mixture. Cut into triangles and top with the reserved salmon chunks. Garnish with herbs, then serve.

Cook's Tip: You’ll need to make these canapés shortly before serving them, so that they are super-fresh.
**Alaska Salmon Satay Skewers**

*Serves 4*

4 x 125g fillets wild Alaska salmon
70g crunchy peanut butter
2 tbsp light soy sauce
3 tbsp sweet chilli sauce
2 tbsp lime juice
1 red pepper, deseeded and cut into chunks
1 yellow pepper, deseeded and cut into chunks
2 medium courgettes, sliced
A little vegetable oil

**Salad:**
- 2 carrots, peeled
- A few lettuce leaves, shredded
- 100g beansprouts
- 2 tsp sesame seeds, toasted
- Freshly ground black pepper
- Lime wedges, to garnish

- Remove and discard the skin from the salmon fillets and cut into large chunks. Put them into a shallow non-metallic dish. Mix the peanut butter, soy sauce, chilli sauce and lime juice. Add half of this to the salmon, tossing to coat, then cover and marinate for at least 20 minutes.

- Preheat the barbecue or grill. Thread the salmon chunks onto 4 large or 8 small skewers with the peppers and courgettes. Arrange on the barbecue or grill rack, brush with a little vegetable oil and cook for 5-6 minutes, turning occasionally.

- Meanwhile make the salad. Pare the carrot into strips using a potato peeler, then mix with the lettuce and beansprouts. Add 1-2 tbsp water to the remaining satay sauce to make the dressing.

- Serve the salmon skewers with the salad, drizzled with the dressing and sprinkled with sesame seeds and black pepper. Garnish with lime wedges.

**Cook’s Tip:**
Toast the sesame seeds in a dry frying pan over a high heat for 1-2 minutes until light golden brown. Take care that they don’t burn!
Courgettes stuffed with Wild Alaska Salmon Bolognese

Serves 4

1 x 416g or 2 x 213g cans red or pink wild Alaska salmon
4 large courgettes, halved lengthways
2 tbsp olive oil
Salt and freshly ground black pepper
1 x 350g jar pasta Bolognese sauce
75g (3oz) Pecorino or Parmesan cheese, finely grated

- Preheat the oven to 190°C, fan oven 170°C, Gas Mark 5.
- Drain the canned salmon, discarding the liquid. Remove any skin and bones, if wished, then break the salmon into chunks.
- Using a teaspoon, hollow out the courgettes a little, discarding the seeds. Arrange in a large baking dish and brush with the olive oil. Spoon the salmon into the hollowed-out courgettes and season with a little salt and pepper.
- Spoon the pasta sauce over the courgettes, then sprinkle the cheese on top. Transfer to the oven and bake for 25 to 30 minutes, until bubbling and golden.

Cook’s Tip: Another time, use pointed red peppers or Portobello mushrooms instead of courgettes.
Wild Alaska Pollock Gratin

Serves 4

500g (1lb 2oz) wild Alaska pollock fillet, thawed if frozen
450ml (¾ pt) milk
40g (1 ½ oz) butter
40g (1 ½ oz) plain flour
100g (4oz) mature Cheddar, grated
1 tsp wholegrain mustard
Salt and freshly ground black pepper
50g (2oz) fresh breadcrumbs
A few tiny sprigs of fresh rosemary, plus extra to garnish

• Preheat a medium grill. Put four individual gratin dishes, or one large shallow baking dish in the grill compartment to warm.

• Put the fish fillets into a large frying pan and cover with water. Heat and simmer gently for 5 or 6 minutes, or until the fish is just cooked. (The flesh should flake easily when tested with a fork). Drain thoroughly, and share the fish between the warm dishes.

• To make the sauce, put the milk, butter and flour into a non-stick saucepan, all at once. Heat, stirring constantly with a small whisk, until the sauce thickens. Remove from the heat and add about three-quarters of the cheese, stirring until melted. Add the mustard, then season to taste.

• Share the sauce between the gratin dishes, pouring it over the fish. Scatter the breadcrumbs, rosemary sprigs and remaining cheese over the top. Grill for 3 or 4 minutes, until browned and bubbling. Serve at once, garnished with extra rosemary.

Cook’s Tip: Another time use Alaska halibut or Pacific cod instead of pollock.
Classic Wild Alaska Salmon Fish Cakes

*Serves 4*

1 x 416g or 2 x 213g cans red or pink wild Alaska salmon
3 eggs
700g (1lb 9oz) potatoes, peeled and cut into chunks
75g (3oz) frozen peas, thawed
2 tbsp chopped fresh parsley
Salt and freshly ground black pepper
50g (2oz) plain flour
100g (4oz) dried breadcrumbs
Vegetable oil, for frying

• Drain the canned salmon, reserving 2 tablespoons of the liquid. Remove any skin and bones, if wished, then break the salmon into chunks.

• Cook two of the eggs in simmering water for 12 minutes to hard-boil them. Cool in cold water, then shell and chop them.

• At the same time, cook the potatoes in lightly salted boiling water until tender, about 20 minutes. Drain thoroughly and mash them, adding the reserved salmon liquid. Mix in the salmon chunks, hard-boiled eggs, peas and parsley. Season with salt and pepper, then form the mixture into eight fish cakes.

• Beat the remaining egg in a shallow bowl. Sprinkle the flour and breadcrumbs onto separate plates. Dust the fish cakes with flour, dip them into the beaten egg, then coat in breadcrumbs. Chill for 10 minutes.

• Heat the vegetable oil in a frying pan and shallow fry the fish cakes for about 3 to 4 minutes on each side. Drain on kitchen paper, then serve.

*Cook’s Tip: This is a brilliant recipe for using up leftover mashed potatoes, so next time you’re making mash, make plenty, so that you have enough for these fish cakes.*
Wild Alaska Salmon, Spinach and Pasta Bake

Serves 4

1 x 416g or 2 x 213g cans red or pink wild Alaska salmon
250g (9oz) pasta shapes
100g (4oz) fresh spinach
1 x 350g jar tomato and sweet pepper pasta sauce
Salt and freshly ground black pepper
2 x 125g balls mozzarella cheese, sliced
50g (2oz) fresh breadcrumbs

- Preheat the oven to 200°C, fan oven 180°C, gas mark 6. Drain the canned salmon, discarding the liquid. Remove any skin and bones, if wished, then break the salmon into chunks.

- Cook the pasta in plenty of lightly salted boiling water for about 10 to 12 minutes, or according to pack instructions, until tender. Add the spinach for the final minute of cooking time, allowing the leaves to wilt. Drain well, then transfer to four individual baking dishes.

- Share the pasta sauce and salmon chunks between the dishes, stirring gently to mix. Season with a little salt and pepper.

- Arrange the mozzarella slices over the pasta, then sprinkle with breadcrumbs. Transfer to the oven and bake for 10 to 15 minutes, until browned and bubbling.

Cook’s Tip
Use your choice of pasta sauce – whichever is your favourite.
Website: www.AlaskaForeverWild.com

Email: infoUK@alaskaseafood.org

Alaska seafood is available in all major supermarkets. Look out for wild Alaska salmon or Alaska pollock, available in the canned 🌶, fresh 🍖 and frozen ❄️ aisles.

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