

WILD ALASKA POLLOCK

A Fish You Can Be Proud to Serve

Chefs Love Wild Alaska Pollock

Caught in the pristine, icy-cold waters off the coast of Alaska, Wild Alaska Pollock is one of the most sustainable fish on the planet and is the third most consumed fish in the U.S. It's an affordable and versatile protein option that can be prepared in a variety of mouthwatering dishes consumers know and love.

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| 🐟 Cousin to cod | 🐟 White, flaky texture |
| 🐟 Wild-caught and once-frozen in Alaska | 🐟 Versatile |
| 🐟 Fresh, mild taste | 🐟 Unmatched nutrition story |

"Wild Alaska Pollock is a remarkably versatile, flaky whitefish. It was the perfect base for the new dishes we created."

-CHRIS REINS, EXECUTIVE CHEF AND OWNER OF THE CHEF AND I Nashville, TN



Above: Chef Chris Reins from The Chef and I. Wild Alaska Pollock dish made with tomatillo green hatch chili sauce and orange arugula salad

Tips & Tricks

- As a very lean protein, it cooks quickly
- Pairs well with other proteins like clams, shrimp, and even meats like andouille sausage
- Pairs well with bold and earthy flavors like curries and mushrooms
- Chefs enjoy cooking it directly from the frozen state, while others prefer to thaw the product first before cooking
- Mild taste makes it work well with many exotic dishes



"Wild Alaska Pollock understands and respects the great need we face to improve our food systems and especially one of our most valuable resources, our ocean waters."

-CHEF DAN CHURCHILL, CELEBRITY CHEF & BEST SELLING AUTHOR

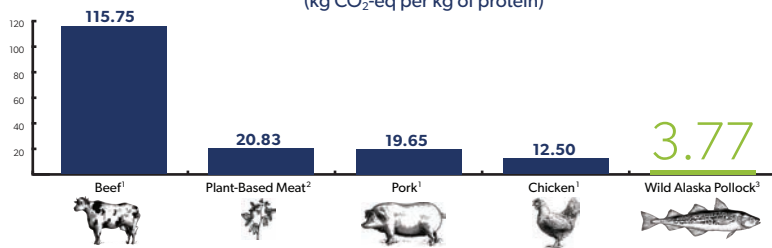
Left: Chef Dan Churchill with Almond Crusted Wild Alaska Pollock



Good for you, Good for the planet

Verified by a Life-Cycle Assessment (LCA) and certified sustainable standards, Wild Alaska Pollock has careful management from sea to plate. Wild Alaska Pollock has a tiny carbon footprint, significantly lower than beef, pork, chicken, and even plant-based burgers.

Carbon Impacts of Wild Alaska Pollock as Compared to Other Proteins (kg CO₂-eq per kg of protein)



1: Monterey Bay Aquarium/Dalhousie University Seafood Carbon Emissions Tool; beef, chicken and pork measured as kg CO₂-eq per kg of protein, midpoints for reported range (as of July 14, 2021)
2: Comparative environmental LCA of the Impossible Burger® with conventional ground beef burger; Quantis International (2019)
3: Quantis International, Life Cycle Assessment of Wild Alaska Pollock: ISO LCA Report (2021)



Above left to right: Wild Alaska Pollock Power Grain Bowl, Dan Churchill Colorful Wild Alaska Pollock, California Roll Bowl, and Mediterranean Style Wild Alaska Pollock Burger Salad

Fin-tastic forms

We all know that Wild Alaska Pollock is most commonly seen battered and breaded. However, our experience has shown for the higher-end applications, diners are most drawn towards more creative dishes that pair Wild Alaska Pollock with other flavors and push forward with a more healthful menu offering.

Stay true to the theme of your restaurant and how Wild Alaska Pollock can be a blank canvas for any flavor. Regardless of the product form you are interested in, we want to work with you! Learn more at www.alaskapollock.org or email us at info@alaskapollock.org.

Sea to Plate

From the icy waters of Alaska...



...to our responsibly managed fisheries...



and handled with care and certified sustainable standards...



...to your climate-friendly dinner plate!

Above: Pan-Seared Wild Alaska Pollock with Carolina Gold Fried Rice, Merguez Sausage and Ras El Hanout Butter

