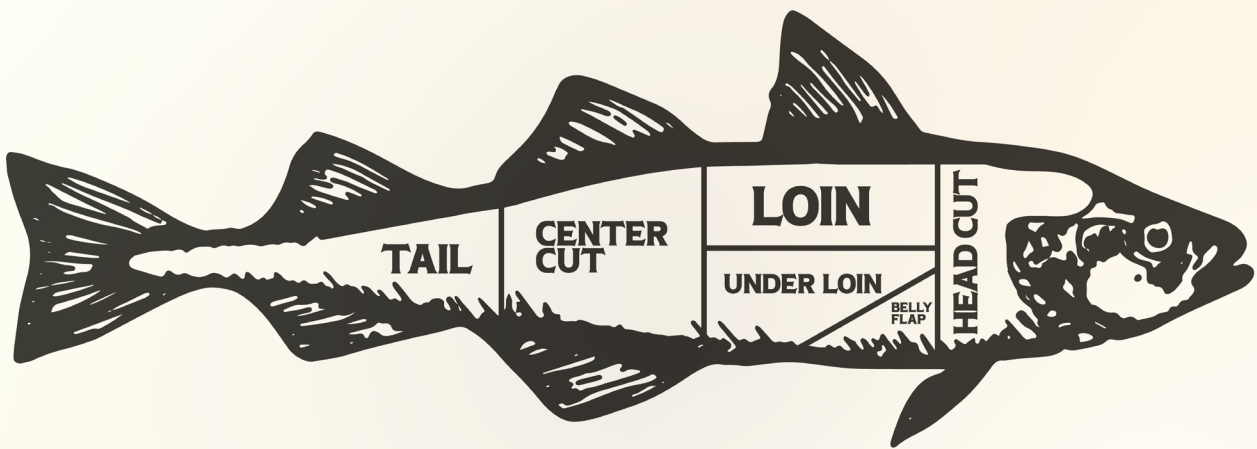


*Wild*

# ALASKA POLLOCK



## 2023 SUMMER RECIPES

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## CHINESE STYLE WILD ALASKA POLLOCK

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### INGREDIENTS

- 5 Wild Alaska Pollock fillets
- 2-3 TBS light soy sauce
- 2 TBS mirin
- 1 TBS oyster sauce
- 1/2 of sugar or 1 TBS of agave
- 1 TBS minced garlic (optional)
- Drizzle of sesame oil
- Green onion oil (any neutral oil like avocado or sunflower is good)

### METHOD

- Thinly slice green onions and ginger
- Prepare sauce (minced garlic optional)
- Lay Wild Alaska Pollock fillets on a steamer and add sliced ginger
- Prepare green onion oil Arrange steamed Wild Alaska Pollock, add sauce and hot green onion oil
- Enjoy with your family!



@MOMMYDIARY 

"WE LOVE THIS CHINESE STYLE FISH DISH AT RESTAURANTS, AND THIS IS A SIMPLE RECIPE YOU CAN FOLLOW AT HOME. I LOVE THAT YOU CAN COOK THE FISH SO FAST, IN UNDER 10 MINUTES."

## CAJUN WILD ALASKA POLLOCK PASTA

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### INGREDIENTS

4 frozen Wild Alaska Pollock Fillets  
 2 tablespoons oil  
 1 stick unsalted butter  
 1/2 red onion, chopped  
 1/2 yellow bell pepper, chopped  
 6 garlic cloves, chopped fine  
 1 1/2 teaspoons Cajun seasoning  
 1/2 teaspoon kosher salt  
 1/4 teaspoon dry thyme  
 2 cups heavy cream  
 1/2 cup shredded parmesan, plus  
 1/2 cup for garnish  
 1 lb. cooked pasta  
 2 tablespoons chopped Italian  
 parsley

### METHOD

Add Wild Alaska Pollock fillets to a greased air fryer, and cook at 400°F for 12 minutes, flipping halfway. With 1 minute left, sprinkle parmesan over each filet.

Heat a large skillet over medium heat; add oil and 2 tablespoons butter, then add red onion and bell peppers, and cook for 1 minute. Add garlic, Cajun seasoning, salt, and dry thyme. Next, add the heavy cream, butter, parmesan, bring to a boil, and stir to make sure well combined.

Stir in cooked pasta until the sauce coats it fully. Divide pasta amongst 4 plates, add fish on top, and garnish with parsley and freshly grated parmesan cheese.

@ KENNETHTEMPLE\_ 

"THE BEST PART IS I CAN EAT THIS MEAL KNOWING THE FISH WAS RESPONSIBLY MANAGED AND HARVESTED! HAPPY ALASKA POLLOCK TASTES BETTER!"





## WILD ALASKA POLLOCK SUMMER SALAD

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### INGREDIENTS & METHOD

#### FOR MARINADE:

Combine 1/3 cup fresh dill, 1/4 cup lemon juice, 1/4 cup olive oil, 4 tbsp dijon mustard, 2 cloves of garlic, 1 tsp maple syrup, salt + pepper to taste

#### FOR FISH:

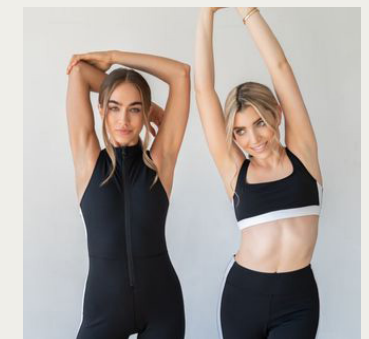
Soak in marinade for 1-3 hours, grill 8 minutes at 400 degrees

#### FOR SALAD:

Combine romaine, dill, quinoa, feta, tomatoes, peaches, cucumbers, avocado, grilled corn & apple cider vinaigrette + top with fish

@SWEATSANDTHECITY 

“MY FAVORITE WILD ALASKA  
POLLOCK SUMMER SALAD!”





## WILD ALASKA POLLOCK AND POBLANO PEPPERS

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### INGREDIENTS

Wild Alaska Pollock

6 Poblano Peppers

6 TBSP Table Cream

¼ cup Shredded cheese

3 TBSP sweet corn

Salt, oil, and butter to taste.

### METHOD

Roast poblano peppers on the stove or oven.

Steam for 10 minutes afterward.

Peel, remove seeds, and slice into small strips.

Cook poblano strips in oil and butter.

Season with salt and add table cream and cheese.

Add corn.

Bake breaded Wild Alaska Pollock in the oven according to the package instructions.

Serve with white rice.

@ ANGELICACASTANEDA\_ 

“HAVE I EVER SHARED MY LOVE FOR POBLANO PEPPERS IN MY COOKING? WELL, I COMBINED MY LOVE FOR WILD ALASKA POLLOCK AND POBLANO PEPPERS WITH THIS DELICIOUS RECIPE!”



## WILD ALASKA POLLOCK PAIRED WITH A SOUTHEAST ASIAN MANGO SLAW


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### INGREDIENTS

5 pieces of Wild Alaska Pollock  
 1 mango  
 1/4 red onion  
 3 tbsp cilantro  
 3 tbsp green onion  
 2 tbsp mint  
 1/2 tbsp sweetener of choice  
 1/2 tbsp fish sauce (optional)  
 1/2 lime  
 3 Thai chili peppers

### METHOD

Prepare your mango slaw by prepping all of the mango and herbs by chopping them up.  
 Add in seasoning and spices.  
 Mix and refrigerate.  
 Prepare your breaded Wild Alaska Pollock your way! I like to bake or air fry mine.  
 Once done, pair with mango slaw, serve and enjoy!

@PETE\_EATSS 

“THE CRISPY FISH PAIRS WELL WITH THE SWEET AND CITRUSY FRESH MANGO SLAW!”





## MEDITERRANEAN WILD ALASKA POLLOCK TACOS

### INGREDIENTS & METHOD

Fish: Breaded Wild Alaska Pollock Fillets

Salad:

Dice veggies and combine all ingredients in a bowl.

1x English Cucumber

3x Firm tomato

1x tbsp of Olive Oil

3x tbsp Parsley chopped

½ Lemon juiced

Salt, to taste

Dressing:

Whisk, shake, or blend together the below ingredients

1/3x cup olive oil

1/2x lemon

1x Tbsp Finely chopped basil

2x garlic cloves, minced

Red chili flakes, to taste

Salt, to taste

Other ingredients:

Tzatziki

Kalamata olives

Pita bread or romaine lettuce leaves

@ MAMA.SHOCKS 

"MY NEW FAVORITE 15-MINUTE  
SUMMER RECIPE! I'M ALL FOR  
QUICK, EASY, AND MINIMAL USE  
OF MY APPLIANCES WHEN IT  
COMES TO SUMMER COOKING."







## WILD ALASKA POLLOCK MILANESE WITH SUMMER TARRAGON SALAD

### INGREDIENTS & METHOD

#### Ingredients:

- 4-8 oz of Wild Alaska Pollock, pat dry to remove any excess water
- 4 cups of homemade Italian breadcrumbs
- 4 eggs, whisked together
- 2 cups AP flour
- 1T salt
- 8 cups peanut oil

#### Procedure:

Heat peanut oil in a 14-inch sauté pan over medium-high heat until temperature reaches 375 degrees. Season the Wild Alaska Pollock with salt and dredge in flour. Pat to remove excess. Then dip in egg and coat with Italian breadcrumbs. Cook in peanut oil for about 3 minutes on each side.

#### Homemade Italian Breadcrumbs:

- 2 1/2 cups panko
- 1/4 cup grated pecorino cheese
- 1T kosher salt
- 3T chopped Italian parsley
- 2T chopped garlic

#### Procedure:

Place all ingredients in a food processor and mix for about 2 minutes until thoroughly combined.

#### To plate:

On a large 12-inch plate, spread 3T basil aioli and place Wild Alaska Pollock to one side. Top with salad.

#### Basil aioli:

- 2 cups mayonnaise
- 2 cups packed picked basil
- 1/3 cup quality olive oil
- 1 peeled garlic clove
- Pinch chili flake

#### Procedure:

In a blender, add basil, oil, chili flakes and garlic. Allow to blend on high for about 45 seconds until smooth. Add mayonnaise and continue to blend until fully incorporated.

#### Herb Salad:

- 1 medium fennel bulb, cut in half, peeled, and shaved thin using a mandolin
- 2 fresh raw corn cobs, kernels cut off and reserved
- 4 radishes, shaved thin using a mandolin
- 1 bunch fresh frisée, trimmed
- 1 sprig tarragon, all leaves picked
- 10 chive sticks cut with scissors about 1-inch long
- 1/3 cup picked Italian parsley
- 5T red wine vinegar
- 1t salt
- 3T quality olive oil

#### Procedure:

Mix all together.

@ CHEFANTONIA 

“THIS RECIPE IS SO DELICIOUS  
AND IS ONE THAT IS CLOSE TO  
MY HEART AS A RECIPE I LEARNED  
FROM MY MOM GROWING UP.”





A COLLECTION OF RECIPES  
FOR THE SUMMER WITH THE  
PERFECT PROTIEN -  
WILD ALASKA POLLOCK