

ALASKA STYLE

RECIPES FOR KIDS!



Delicious wild
Alaska Seafood
dishes for both
adults and kids
to make and
enjoy!



Wild, Natural & Sustainable®

Our Chefs



Messy little **MARIGOLD** loves getting in the kitchen and helping her parents prepare meals. She loves cooking almost as much as she loves eating! Every summer Marigold's dad goes out fishing for sockeye salmon near his hometown of Hoonah, Alaska. He smokes his own fish and cans it for the winter. Marigold can't wait to go fishing with him!



RILEY and **NATE** need a LOT of fuel to keep them skiing, fishing, wrestling, biking, and camping in the Southeast Alaska wilderness. These five-year-old twins love Alaska salmon and halibut, especially ones they've caught near their Douglas Island home. Fishing is in their family's blood, and they are already carrying on the tradition.



REECE is a picky eater, which is why she loves to cook her own food. After living in the famous fishing port of Petersburg, Alaska, Reece knows just what to do with all kinds of Alaska seafood. For this book, she experiments with some genuine Alaska pollock sushi rolls.



This is not **AARON**'s first cookbook. In fact, Aaron's recipe, "Teriyaki Alaska Salmon Wraps" won a national recipe contest. As a prize, Aaron flew to Washington DC where he and other winners had lunch with the First Lady.



How do you keep up with a 16 year old's appetite? **ROBBIE** likes to cook for himself and chooses Alaska salmon because this nutritious, filling food gives him good energy for sports and school. Robbie once caught a 25 pound king salmon in North Pass, Alaska where his family has a cabin.



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FUN FACT!

The flavor and colors of Alaska seafood come from their natural diet of marine organisms, and the firm texture comes from swimming in icy Alaskan waters.

Alaska Seafood & Fisher Families

Everyday, Alaska's fishing families take boats out into the cold, pure waters of Alaska to harvest an incredible wealth of wild seafood. Often, generations work together side by side on floating family businesses, like small salmon vessels, in order to earn a living. Other Alaska families fish together for fun, to stock their own freezers and enjoy the beauty of Alaska's rugged 34,000-mile coastline.

Either way, there's plenty to go around! In fact, Alaska's seafood is more than half of all the commercially harvested seafood in the entire United States, and we're happy to share!

Alaskan kids enjoy natural, delicious seafood dishes around their family tables throughout the year! With so many varieties of wild Alaska seafood available,



Jack and Natalie Grannum are third generation set netters from Kasilof, Alaska



from five different species of salmon and a multitude of whitefish and shellfish, there's something for everyone. And when it comes to flavor, kids know best! The superior flavor and texture of Alaska Seafood is prized around the world.

Health & Kids

The mother brown bear knows what's best for her cubs when she puts her paw into a cold

Alaskan river and pulls out a salmon. If you are looking for a meal that is nutritious, low in saturated fat, and high in the “good fats”— heart-healthy omega-3s, you can start with Alaska Seafood.



Kimberly Sergie of Kwethluk fillets a fresh salmon with an ulu, a curved knife used for almost everything!

FUN FACT!

The population of Alaska is about 627,000 and compared to the population of bears in Alaska, there is 1 bear for every 21 people.



SMOKED ALASKA SALMON DIP

Serves

4

Prep
10 minutes

Cook
None!



Smoked Alaska Salmon Dip is a great snack! The best part is, this recipe is quick and easy and there's no cooking required—so kids of all ages, give this a try!



HERE'S WHAT YOU NEED:

Light cream cheese	1 package (8 oz.)
Lemon juice	3 Tbsp
Low-fat milk	3 Tbsp
Smoked Alaska salmon	1 package (8 to 12 oz.)
Thinly sliced green onions	1/4 cup
Crackers or French bread slices	as needed

HERE'S WHAT YOU DO:

- 1 Mix cream cheese with lemon juice and milk until light and fluffy. Stir in salmon and green onions until thoroughly combined.

PUT IT TOGETHER!

- 2 Spread on crackers or French bread slices.

Nutrients per serving: 386 calories, 16g total fat, 6g saturated fat, 144mg cholesterol, 51g protein, 7g carbohydrate, 2g fiber, 215mg sodium, 165mg calcium and 2g omega-3 fatty acids.



Serves
4
Prep
10 minutes
Cook
5 minutes

WILD ALASKA SALMON. CHIVE & CHEDDAR GRILLS



This salmon mixture makes an excellent sandwich filling too, and you can add a small carton of low fat yogurt to transform it into a dip to serve with fresh vegetable sticks!

HERE'S WHAT YOU NEED:

Canned sockeye (red) or pink wild Alaska salmon	1 tall (14.75 oz.) or 2 short (7.5 oz.) cans
Low fat soft cheese with garlic and herbs	4 oz.
Cheddar cheese, grated	2 oz.
Chopped chives	1 Tbsp
Sourdough or mixed seed bread	4 thick slices

HERE'S WHAT YOU DO:

- 1 Drain the canned salmon. Break the salmon into chunks.
- 2 Add the soft cheese and about two-thirds of the Cheddar to the salmon. Stir together with the chives.

PUT IT TOGETHER!

- 3 Spread the salmon mixture over the slices of bread. Sprinkle the left over Cheddar over the top, then place in the toaster oven until melted and bubbling. Serve at once.

Nutrients per serving: 453 calories, 19g total fat, 9g saturated fat, 108mg cholesterol, 38g protein, 30g carbohydrate, 1g fiber, 899mg sodium, 159mg calcium and 1.5g omega-3 fatty acids.

WILD ALASKA SALMON AND CREAM CHEESE BAGELS WITH CUCUMBER

This recipe comes to us from England. England is the number one market for Alaska canned (or as they say "tinned") salmon outside the US.

HERE'S WHAT YOU NEED:

Canned sockeye (red) or pink wild Alaska salmon	1 short can (7.5 oz.)
Cucumber, thinly sliced	About 1/4 cucumber
Capers (optional)	1 Tbsp
Sesame seed, multi-seed or plain bagels	2
Low fat herb cream cheese or other soft cheese	4 oz. (1/2 package)

HERE'S WHAT YOU DO:

- 1 Drain the canned salmon. Break the salmon into chunks.
- 2 Split the bagels in two and toast the sides lightly. Spread herb cream cheese thickly over the bottom half of the bagels. Place the salmon on the two bagels evenly and add some cucumber. Then pop the bagel tops in place! Serve at once or pack for lunch!

Nutrients per serving: 573 calories, 16g total fat, 6g saturated fat, 103mg cholesterol, 47g protein, 59g carbohydrate, 2g fiber, 1077mg sodium, 242mg calcium and 1.5g omega-3 fatty acids.

Serves

2

Prep
15 minutes

Cook
None!



FUN FACT!

Juvenile Bald Eagles (left) look bigger than adults. Their feathers are longer, making it easier for them to learn to fly. It's like training wheels on your bicycle! They reach maturity at 4 or 5 years, when their feathers change to look like the eagle on the right. And Bald Eagles love to eat salmon!



Serves

4

Prep
15 minutes

Cook
None!



WILD ALASKA SALMON AND AVOCADO ROLL-UP

Here's a recipe for all ages: The Wild Alaska Salmon and Avocado Roll-up is bright and colorful and especially fun to make with green or orange tortillas! Use any fresh herbs you like, such as dill, parsley or chives to flavor the dressing.

HERE'S WHAT YOU NEED:

Canned sockeye (red) or pink Alaska salmon	1 tall (14.75 oz.) or 2 short (7.5 oz.) cans
Soft corn or flour tortillas 4-inch	4
Lettuce leaves, shredded	As needed
Avocado, peeled, pitted and sliced	1 medium
Tomatoes, chopped	2 medium
Cucumber, chopped	About 1/4 cucumber
Low fat natural yogurt	6 Tbsps
Low fat soft cheese	2 Tbsps

HERE'S WHAT YOU DO:

- 1 Drain the canned salmon. Break the salmon into chunks.
- 2 Lay the tortillas on a clean work surface and spread the lettuce over them. Share the avocado, tomatoes, and cucumber between the tortillas, then top with the salmon chunks.
- 3 Make the dressing by mixing the yogurt and soft cheese together. Spoon over the salmon, then roll up the tortillas tightly.

PUT IT TOGETHER!

- 4 Slice in half and turn so the colors inside show and serve.

Nutrients per serving: 351 calories, 17g total fat, 4g saturated fat, 80mg cholesterol, 35g protein, 19g carbohydrate, 5g fiber, 524mg sodium, 244mg calcium and 1.5g omega-3 fatty acids.

BUFFALO ALASKA COD QUESADILLA

HERE'S WHAT YOU NEED:

1 Alaska cod fillet	About 3 oz.
Salt and pepper	to taste
Flour tortilla (8-inch)	1
Monterey Jack cheese, shredded	1/2 cup
Tomatoes, diced (cut in very small pieces)	1/2 cup
Buffalo wing sauce, prepared	1 Tbsp
Olive oil	2 Tsp

HERE'S WHAT YOU DO:

- 1** Season cod fillet by sprinkling with salt and pepper. Have an adult help you sauté the cod fillet in olive oil for 2 minutes. Carefully turn and cook for another 2 to 3 minutes until fish is opaque throughout. (That means the flesh of the fish is no longer see-through.) Remove from heat and when the cod is cool enough, take your fork and flake the meat. Refrigerate until needed.
- 2** Lay tortilla flat and build quesadilla on one half. Layer tortilla with cheese, tomatoes, the prepared cod, and buffalo wing sauce. Fold in half and carefully lay on a hot, lightly oiled griddle. Cook until bottom is light brown. Carefully turn and cook until cheese is melted and the second side of the quesadilla is lightly browned.

PUT IT TOGETHER!

- 3** Cut the tortilla into four triangles and enjoy!

Nutrients per serving: 256 calories, 14.6g total fat, 6.6g saturated fat, 45mg cholesterol, 17g protein, 27g carbohydrate, 880mg fiber, 938 mg sodium, 241mg calcium and 230mg omega-3 fatty acids.

Cod from the icy waters of Alaska meets southwestern flavor! Alaska pollock is another great choice for this healthy quesadilla.

Serves

2

Prep

10 minutes

Cook

5 minutes



FUN FACT!

Alaska is big! The state has 33,904 miles of shoreline, including 2,670 islands. There are more than 3,000 rivers and 3 million lakes in Alaska. Alaska is home to half of the world's glaciers. The three biggest states after Alaska are Texas, California, and Montana. Alaska is bigger than all of them put together.

ALASKA SALMON BURGERS

Serves

4

Prep

10 minutes

Cook

10 minutes



Just Like a classic burger, you can add cheese, tomatoes, onions or whatever you like to the Alaska Salmon Burger. This healthy dinner goes together quickly and is eaten even faster! For Hawaiian salmon burgers, add 1/4 cup teriyaki sauce to mixture and top with grilled pineapple slices.



Nutrients per serving: 244 calories, 8g total fat, 1.5g saturated fat, 110mg cholesterol, 31g protein, 11g carbohydrate, 1g fiber, 520mg sodium, 69mg calcium and 1.5g omega-3 fatty acids.

HERE'S WHAT YOU NEED:

Canned sockeye (red) or pink salmon	1 tall (14.75 oz.) or 2 short (7.5 oz.) cans
Egg	1 large
Onion, diced (cut into small pieces)	1/2 cup
Salt and pepper	to taste
Bread crumbs or crushed crackers	1/2 cup

HERE'S WHAT YOU DO:

- 1 Drain salmon thoroughly. In bowl, flake salmon with fork. Add egg, onion, salt and pepper and bread crumbs. Blend thoroughly until mixture is almost smooth.
- 2 Divide equally and form mixture into four patties.
- 3 Preheat broiler/oven or grill to medium-high heat. Place patties on spray-coated broiling pan or well-oiled grill. Cook about 4 to 5 minutes per side.

PUT IT TOGETHER!

- 4 Add your favorite fixin's like cheese, tomatoes, onions or pickles. Serve on buns or rolls.



WILD ALASKA SEAFOOD SUSHI

Japan is the number one foreign destination for Alaska seafood. Many different species of Alaska seafood can be found in sushi rolls in Japan. Have fun rolling up your own sushi roll and see what the fuss is all about!



Nutrients per serving: 138 calories, 8g total fat, 1g saturated fat, 13mg cholesterol, 6g protein, 12g carbohydrate, 4g fiber, 149mg sodium, 35mg calcium and 110mg omega-3 fatty acids.

HERE'S WHAT YOU NEED:

Sushi rice	1/2 cup
Rice wine vinegar	2 Tbsps
Granulated sugar	1/2 tsp
Salt	1/2 tsp
Nori (edible seaweed)	4 sheets
Avocado	1
Cucumber	1/2 medium cucumber
Lemon juice	2 Tbsps
Alaska pollock surimi or smoked	1 package of strips
Alaska salmon	(approx. 4 oz)
Soy sauce	to taste

Optional: Pickled ginger and wasabi paste as garnish. Warning: wasabi is hot! Don't confuse this green paste with avocado!

Serves

4

Prep
20 minutes

Cook
None!

HERE'S WHAT YOU DO:

- 1 Cook the sushi rice according to instructions. When cooked put the rice in a bowl and mix in the rice wine vinegar, sugar and salt.
- 2 Cut the avocado and cucumber into strips.
- 3 Making one roll at a time, lay out a single sheet of nori on a sushi-rolling mat. If you don't have a mat use a piece of wax paper about one inch longer than the nori on all sides. Cover the nori with a layer of sushi rice, leaving a 1/2 inch border at the top.
- 4 Place the strips of Alaska pollock surimi or Alaska smoked salmon along the center of the rice horizontally. Put the strips of avocado and cucumber on top. Sprinkle with lemon juice.
- 5 Lightly wet the 1/2 inch border at the top of the nori with a dab of water. Roll the nori up tightly from the bottom end.

PUT IT TOGETHER!

- 6 Slice the roll into bite-size pieces. Serve with a side of soy sauce. Use chopsticks if you can!
- 7 Repeat with the other three sheets of nori.

ALASKA POLLOCK SLIDERS

Serves
4 (2 each)

Prep
10 minutes

Cook
10 minutes

You'll enjoy these small bites from the United States' largest sustainable fishery! Alaska pollock accounts for approximately 30% of all U.S. seafood landings by weight.



Nutrients per serving: 323 calories, 10g total fat, 2g saturated fat, 46mg cholesterol, 17g protein, 41g carbohydrate, 1g fiber, 686mg sodium, 121mg calcium and 650mg omega-3 fatty acids.

HERE'S WHAT YOU NEED:

Alaska pollock fillets, cut into 1 1/2 oz. portions	12 oz.	Maple syrup	1 Tbsp
Canola oil spray	as needed	Yellow mustard	2 Tbsp
Salt and pepper	to taste	Tartar Sauce (prepared)	as needed
Mayonnaise	1/3 cup	Cocktail Sauce (prepared)	as needed
Breadcrumbs, divided	1/3 cup + 1/4 cup	Soft dinner rolls, approximately 3" in diameter	8 each
Salt	pinch	Romaine lettuce, shredded	as needed
Lemon juice	3 Tbsp		
Canola oil spray	as needed		

HERE'S WHAT YOU DO:

- 1 Spray baking sheet with oil. Place Alaska pollock pieces on baking sheet and spray with oil. Season lightly with salt and pepper. Roast at 400°F for about 10 minutes. Set aside to cool.
- 2 In a large bowl, gently mix the fish, mayonnaise, 1/3 cup of breadcrumbs, salt, and lemon juice and together. Make 8 2-oz. balls of mixture (about the size of a golf ball.). Shape into round, flat disks measuring about 2 1/2" in diameter each (about the size of a hockey puck).
- 3 Pour remaining breadcrumbs into a bowl. Coat top and bottom of each slider lightly with breadcrumbs.
- 4 Have an adult help you heat a frying pan and spray with oil. Over medium heat, pan fry sliders about 4 minutes on the first side, turn carefully and cook another 2 to 3 minutes. Sliders will have a light golden brown crust.
- 5 **CONDIMENTS:** Maple Syrup Mustard. Whisk maple syrup and yellow mustard together.

PUT IT TOGETHER!

- 6 Place sliders on buns. Garnish with romaine lettuce. Serve with condiments on the side (Maple Syrup Mustard, Tartar Sauce or Cocktail Sauce).

Serves
4
Prep
12 minutes
Cook
None!

TERIYAKI SALMON WRAP



HERE'S WHAT YOU NEED:

Smoked salmon 8 oz.

Cream cheese 3 Tbsps

Teriyaki sauce 3 Tbsps

Freshly ground
black pepper 1/2 tsp

flour tortillas -
plain or spinach
(10-13 inch) 4 each

Cooked brown or 1 cup
white rice, at room
temperature

Romaine lettuce, 4 leaves
cut into thin strips

Thinly sliced raw vegetables-
such as red bell pepper,
cucumber, tomato, and red
onion



This recipe is a winner! Aaron's Teriyaki Salmon Wrap is also included in the Healthy Lunch Challenge Cook Book. Although this recipe calls for smoked salmon it can also be made with cooked or canned Alaska salmon.

HERE'S WHAT YOU DO:

- 1 In a large bowl, combine the salmon (if using canned, drain first), cream cheese, teriyaki sauce, and pepper, and stir thoroughly to combine.
- 2 In a microwave on a paper towel, warm the tortillas for about 10 seconds each.
- 3 Place the warm tortillas on individual plates and evenly spread 1/4 cup of rice in the middle of each. Spread 1/4 cup of the salmon mixture on top of the rice, then top each wrap with lettuce and any sliced vegetables.
- 4 **Putting it together:** Tightly roll each tortilla around the filling from bottom to top, overlapping one end, burrito style. Slice the wraps in half if desired and serve.

Nutrients per serving: 517 calories, 16g total fat, 6g saturated fat, 100mg cholesterol, 44g protein, 52g carbohydrate, 3g fiber, 938mg sodium, 67mg calcium and 1.8g omega-3 fatty acids.

Serves

4

Prep

10 minutes

Cook

10 minutes

Here's an Italian take on Alaska cod. Alaska cod has moist, firm fillets, a distinctive large flake and a slightly sweet flavor. Due to its firm texture, Alaska cod works well for most cooking methods.



FUN FACT!

Stellar Sea Lions are very vocal animals: they grumble, growl, and roar. They also travel great distances (up to 250 miles) to find food, like Alaska cod, salmon and pollock!

ALASKA COD PARMESANO

Nutrients per serving: 503 calories, 5.5g total fat, 1g saturated fat, 101mg cholesterol, 31g protein, 82g carbohydrate, 10g fiber, 516mg sodium, 244mg calcium and 229mg omega-3 fatty acids.

HERE'S WHAT YOU NEED:

Alaska cod fillets, cut into 3 oz. portions	12 oz.
Flour	1 1/2 Tbsps
Salt, divided	Pinch + 1/4 tsp
Egg, large	1
Breadcrumbs, unseasoned	2 Tbsps
Parmesan cheese, finely grated	2 Tbsps
Oregano	Pinch
Canola oil spray	as needed
Marinara sauce, prepared	1/2 cup
Whole wheat shell pasta, cooked	14 oz.
Parmesan cheese	as needed, for garnish

HERE'S WHAT YOU DO:

- 1 Place flour in a shallow dish. Season with a pinch of salt.
- 2 Place egg in a separate shallow dish and whisk until it is one solid yellow color.
- 3 In another shallow dish, combine breadcrumbs, Parmesan cheese, oregano and 1/4 tsp. salt. Bread each fillet by dipping first in flour, then egg and finally with breadcrumbs, taking care to fully coat each piece with each mixture.
- 4 Have an adult help you spray a frying pan with oil and fry on each side until cooked and golden brown, 3 to 4 minutes per side.

PUT IT TOGETHER!

- 5 Heat marinara sauce and toss with cooked pasta. Divide evenly between four dinner plates.
- 6 Place the fish on the side of the cooked pasta and sprinkle with Parmesan.

ALASKA COD TACO TANGO

Serves

4

Prep

10 minutes

Cook

10 minutes



FUN FACT!

Alaska has the most northern point (Point Barrow) and the most western point (Cape Wrangell, further west than Hawaii) in the U.S.

Alaska cod, halibut, salmon and pollock all taste great in fish tacos! Why not try this recipe with all four species? (But not at once, unless you're really hungry!)

HERE'S WHAT YOU NEED:

Alaska cod fillets	1/2 pound	Cheddar cheese, shredded	3 oz.
Canola oil spray	as needed	Romaine or iceberg lettuce, shredded	as needed
Salt and pepper	to taste	Carrot, shredded	3 Tbsp
Sweet & Sour Sauce	1 jar	Fruit salsa	Serve on the side
Crisp taco shells	4 each		

HERE'S WHAT YOU DO:

- 1 Spray baking sheet with oil. Place Alaska cod on baking sheet and spray lightly with oil. Season with salt and pepper. Roast at 400°F for about 10 minutes. Set cool. When cooled, break the fish into large pieces.



PUT IT TOGETHER!

- 2 Toss the warm fish with Sweet & Sour Sauce. Place fish in each taco shell. Sprinkle each taco with cheddar cheese. Top with lettuce and carrot. Serve with fruit salsa.

Nutrients per serving: 173 calories, 3.6g total fat, 2g saturated fat, 31mg cholesterol, 16g protein, 19g carbohydrate, .8g fiber, 293mg sodium, 90mg calcium and 170mg omega-3 fatty acids.



Many thanks to the MV Sikumi
(www.sikumi.com) for letting
us use their galley to cook!

Serves

4

Prep

10 minutes

Cook

20 minutes



**FUN
FACT!**

King salmon weighing up to 100
pounds have been caught in Alaska.



GREAT GRILLED ALASKA SALMON SIDE

HERE'S WHAT YOU NEED:

Alaska salmon fillet 1

WILD ALASKA SEAFOOD
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SOY-HONEY SEASONING

Lime, juiced	1
Honey	1 Tbsp
Soy sauce	2 Tbsp
wasabi powder or paste	1-2 tsp

HERE'S WHAT YOU DO:

- 1 Heat grill to 400°F. Spray-coat dull side of aluminum foil (18-inch wide sheet, cut 4" longer than salmon side). Rinse any ice glaze from frozen Alaska salmon under cold water; pat dry with paper towel.
- 2 Brush both sides of frozen fish with oil and place on foil (skin side down). Bring long sides of foil together and fold over several times to seal; roll up short ends to form a packet. Place packet, seam side down, onto grill grate and cook 8 to 10 minutes.
- 3 Remove packet from grill, open, and add soy-honey seasoning. Crimp loosely to close, and return to grill (seam side up). Cook an additional 8 to 10 minutes, just until fish is opaque throughout.

ALASKA SALMON IN BLANKET

FUN FACT!

The coldest temperature ever officially recorded in the US was at Prospect Creek Camp, Alaska on Jan. 23, 1971. The temperature was -80°F



Brrr, it's cold in Alaska! That's why we're wrapping our salmon in a blanket! This recipe makes a fun party snack or whimsical dinner entrée and can also be made with Alaska halibut or cod.

Serves
4 (2 each)

Prep
5 minutes

Cook
20 minutes

HERE'S WHAT YOU NEED:

Alaska salmon fillets, cut in 1" x 3" pieces, about 1 oz. ea.	8 oz.
Canola oil spray	as needed
Salt and pepper	to taste
Honey Barbecue Sauce	1/2 cup
Crescent rolls or pizza dough	1 8-oz. package of 8 rolls

HERE'S WHAT YOU DO:

- 1 Spray baking sheet with oil. Place Alaska salmon pieces on baking sheet and spray with oil. Season lightly with salt and pepper. Roast at 350°F for about 8 minutes. Set cool.

PUT IT TOGETHER!

- 2 Unwrap rolls and spread out in triangles. Brush 1/2 tsp. of Honey Barbecue Sauce on each of the triangles. Place a strip of fish at the wide end of each triangle and roll up to enclose. Place point side down on the baking sheet.
- 3 Bake at 350°F for 15 to 17 minutes. Serve with Honey Barbecue Sauce or other prepared sauces.

Nutrients per serving: 126 calories, 2.7g total fat, .3g saturated fat, 15mg cholesterol, 8g protein, 18.6g carbohydrate, .4g fiber, 306mg sodium, 10mg calcium and 380mg omega-3 fatty acids.

CRISPY-CRUNCHY WILD ALASKA POLLOCK OR COD FISH FINGERS

Home-made fish fingers are simple to make - and so tasty! These are baked to keep them as low in fat as possible for healthy eating.

Nutrients per serving: 225 calories, 10g total fat, 1.6g saturated fat, 113mg cholesterol, 18g protein, 14.7g carbohydrate, .6g fiber, 628mg sodium, 49mg calcium and 380mg omega-3 fatty acids.



FUN FACT!

Alaska has 8 kinds of whales: Beluga, Humpback, Grey, Orca, Bowhead, Blue, Right, and Minke

Serves

4

Prep
20 minutes

Cook
15-20
minutes

HERE'S WHAT YOU NEED:

Vegetable oil, 1 to 2 Tbsps
for pan

Wild Alaska 1 pound
pollock fillet or
cod fillet

Salt and pepper to taste

Egg 1 large

Water 3 Tbsps

Breadcrumbs 1/2 cup

DIP:

Mayonnaise 3 Tbsps

Ketchup 3 Tbsps

Chives or onion, 1 Tbsp
finely chopped

Cook's tip: If you like, add a few dried herbs, a big pinch of paprika or some grated lemon zest to the breadcrumbs to give extra flavor.

HERE'S WHAT YOU DO:

- 1 Preheat the oven to 400° F. Grease a baking sheet with a little vegetable oil.
- 2 Cut the pollock or cod fillet into even-sized 'fingers.' Season them with a little salt and pepper.
- 3 Beat the egg in a shallow dish with three Tbsps of cold water. Sprinkle the breadcrumbs onto a plate. Dip the fish fingers into the egg mixture, then roll them in the breadcrumbs and arrange on the baking sheet, allowing space between them.
- 4 Bake for 15 to 20 minutes, until crisp and golden brown. While they are cooking, mix together the ingredients for the dip

PUT IT TOGETHER!

- 6 Serve with dipping sauces and your choice of tasty vegetables.

Serves

3

Prep

45 minutes

Cook

40 minutes



WILD ALASKA SEAFOOD HALLOWEEN CHOWDER

This Halloween Chowder is not a trick; it's a warm treat you can enjoy all autumn long!



FUN FACT! The Alaska state flag was designed by Benny Benson at age 13.

Nutrients per serving: 751 calories, 38g total fat, 14g saturated fat, 57mg cholesterol, 28g protein, 79g carbohydrate, 24g fiber, 220mg sodium, 198mg calcium and 240mg omega-3 fatty acids.

HERE'S WHAT YOU NEED:

Mini pumpkins	3 each	Bay leaf	1
Salt and pepper	to taste	Thyme	1 tsp
Paprika	pinch	Potatoes, diced	2 medium potatoes
Olive oil	as needed	Wild Alaska salmon, pollock, surimi and cod, chunked	2 1/2 oz each
Small white onion, finely chopped	1 each	Crème fraiche	1/2 cup
Garlic clove, crushed	1 each	Chopped chives	1 Tbsp
Fish stock	1 1/4 cups	Chopped parsley	2 Tbsps
Milk	1/2 cup		

HERE'S WHAT YOU DO:

- 1 Preheat oven to 375° F.
- 2 Carefully cut off the tops of the pumpkins and scoop out the seeds. Do not throw away the seeds. Instead place them on a baking sheet and sprinkle with salt, paprika and olive oil.
- 3 Brush the hollow pumpkins and the pumpkin tops with olive oil and then bake in the oven for 25 minutes. At this stage also place the pumpkin seeds in the oven and bake until golden. (This may mean baking the seeds 5 to 10 minutes longer than the pumpkin shells.)
- 4 While the pumpkin bowls are baking, make the chowder. Begin by placing the diced onions and garlic in a large pan with about 1 Tablespoon olive oil and cooking on low heat. Stir frequently until the onions are clear. This is called “sweating” the onion.
- 5 Add the fish stock, milk, bay leaf and thyme, along with a pinch of salt and pepper.
- 6 Bring to a boil, then add the diced potatoes. Cover and simmer (cook just below boiling) for five minutes or until the potatoes are just about cooked. (They should be soft but not mushy.) Then add the seafood.
- 7 Simmer the chowder for 2 to 3 minutes until the seafood is cooked, then stir in crème fraiche, chives and parsley.
- 8 **Putting it together:** Ladle the soup into the pumpkin mugs and scatter the pumpkin seeds into the mugs.



Serves

4

Prep

20 minutes

Cook

25 minutes

ALASKA CRAB MAC & CHEESE

FUN FACT!

Because a crab's skeleton is its shell, it must molt [shed its shell] in order to grow larger

Who knew that you could improve macaroni and cheese? The sweet flavor of Alaska crab might be the only thing that was missing! Alaska king crab, snow crab and Dungeness crab will all work well in this recipe!



HERE'S WHAT YOU NEED:

Butter	2 Tbsps
Flour	1 Tbsp
Milk, reduced fat	1 cup
Dry mustard	1/4 tsp
Salt	1 tsp
Cheddar cheese	1 cup

Shell pasta, cooked	8 oz.
Alaska crab meat	12 oz.
Canola oil spray	as needed

HERE'S WHAT YOU DO:

- 1 Cheese Sauce:** Melt the butter in a 1-quart saucepan. Whisk in the flour. Add the milk and whisk continuously until thickened, about 8 minutes.
- 2** Whisk in the dry mustard and salt. Turn off the heat. Stir in the cheese and mix until melted.

PUT IT TOGETHER!

- 3** Stir the cooked pasta into the cheese sauce and let cool for 10 minutes. Stir in the Alaska crab.
- 4** Place mixture into an 8" x 8" oiled baking dish. Bake at 400°F for 15 to 25 minutes. Serve hot.

Nutrients per serving: 641 calories, 11.5g total fat, 5g saturated fat, 85mg cholesterol, 42g protein, 92g carbohydrate, 2g fiber, 1181mg sodium, 261mg calcium and 40 mg omega-3 fatty acids.



From a simple Smoked Alaska Salmon Dip to a more challenging Alaska Crab Mac & Cheese, kids of all ages and their parents will find these pages full of delicious Alaska Seafood recipes to make and enjoy together.



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