





2 (6-ounce) portion any mild white fish, cut into 1-inch chunks

2 tablespoons butter

2 tablespoons extra-virgin olive oil +

ced ced

2 cups onions, diced

2 teaspoons fresh thyme or ½ teaspoon dried thyme

1 tablespoon garlic, minced

6 cups zucchini, diced

5 cups veggie stock

Salt and freshly ground black pepper

Tender green herbs (chives, parsley, mint, and/or basil), finely chopped, for serving

- In a medium saucepan, melt butter together with olive oil over medium heat, then add onions and thyme. Cook until onions are translucent. Add garlic and cook until fragrant, another minute.
- Add zucchini to pan, stirring to coat. Saute until softened, about 10 minutes. Add stock, then cover and simmer until zucchini is very tender, about 25 minutes.
- 3. Puree with an immersion blender until smooth, then season to taste.
- Stir in fish and allow to simmer until just cooked through.
 Taste and adjust seasoning if needed.
- Serve hot, warm, or chilled, with drizzle of olive oil and sprinkle of fresh herbs.

plus more

for serving



Cold Smoked Fish Charcuterie with Spicy **Pickled Shallots**

A good charcuterie board teases the senses with contrasts: texture and color, sweet and savory. For this fish-forward charcuterie board, you'll make zippy, spicy pickled shallots to contrast with and complement the saltiness of cold smoked fish.

PRFP TIME 30 min

COOK TIME 5 min

TOTAL TIME 35 min

YIELD: 8 servings and ½ cup spicy pickled shallots

FOR CHARCUTERIE BOARD:

1 (8-ounce) pack Cold **Smoked Sockeye**

1 (8-ounce) pack Cold Smoked Pacific Halibut or Cold Smoked Sablefish

Spicy pickled shallots (recipe below)

A mix of nuts or other crunchy things

Dried and fresh fruit Cream cheese and/or chevre

Crackers and/or toasted bread

FOR SPICY PICKLED SHALLOTS:

½ cup shallots, very thinly

1 chili sliced in half, seeded if desired

1/2 cup apple cider vinegar

2 teaspoons salt

2 teaspoons sugar

Water, as needed

choose you

- 1. Place shallots and chili in a heat safe jar or bowl.
- 2. In a small pot, combine vinegar, salt, and sugar. Bring to a simmer, stirring until salt and sugar have dissolved. Carefully pour over shallots and chili, adding water as needed to fully submerge. Set aside and allow mixture to cool to room temperature, about 20 minutes. Leftovers can be refrigerated, covered and stored in brine, for several weeks.
- 3. Meanwhile, assemble charcuterie board as desired. Enjoy cold smoked fish topped with spicy pickled shallots.



2 (6-ounce) portions Sockeye Salmon or Coho Salmon, cooked

- 2 large heads romaine lettuce
- 2 tablespoons extra-virgin olive oil
- 2 teaspoons garlic, minced
- 2 handfuls day old bread, cut into 1-inch cubes

Salt and freshly ground black pepper

Caesar dressing, store-bought or homemade

Parmesan, for serving

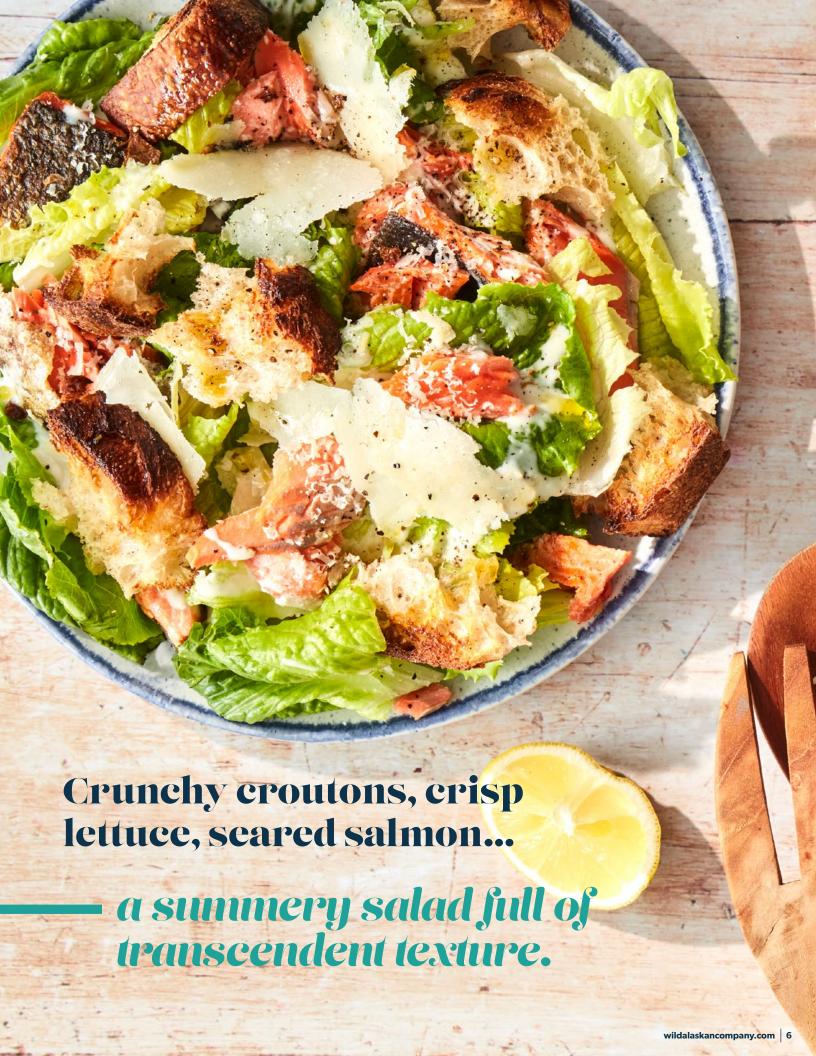
Lemon wedges, for serving

- 1. Tear romaine leaves into salad-sized pieces and place into an ice bath until just before serving.
- 2. Heat a large skillet over medium heat. Add extra-virgin olive oil and garlic to skillet and cook until just fragrant, about 30 seconds. Add cubed bread to pan and season to taste with salt and pepper. Stir constantly, cooking until golden and toasted, about 5 minutes. Remove from heat.
- 3. Drain and dry romaine. Toss with dressing to taste in a serving bowl, then flake salmon over top. Add croutons and plenty of freshly shaved or grated parmesan. Serve with lemon wedges.

pan-seared salmon

recipe, or sub in an

leftover salmon fillets





Sweet, juicy blueberries become a savory and herby counterpart to crispy skin salmon — a culinary homage to Alaska's summer harvests.

Frozen berries will need a few extra minutes

PREP TIME 5 min

COOK TIME 20 min

TOTAL TIME 25 min

YIELD: 2 servings + approximately 1 cup compote

FOR SALMON:

2 (6-ounce) portions Sockeye Salmon or Coho Salmon High-heat cooking oil Salt and freshly ground black pepper

FOR BLUEBERRY COMPOTE:

1 cup blueberries

Juice and zest of half a lemon

1 to 2 teaspoons honey or maple syrup

1 teaspoon water

2 sprigs fresh thyme

Pinch of salt

2 tablespoons butter

- 1. Combine compote ingredients in a small pot or saucepan, excluding butter. Bring to a simmer and allow to cook until berries release their juices and begin to become saucy, about 10 minutes. Stir in butter until evenly distributed. Remove from heat and set aside.
- 2. Heat large skillet over medium-high heat. Meanwhile, pat fillets dry to remove excess moisture. Season with salt and pepper.
- 3. When skillet is hot, add just enough oil to cover bottom. When oil is sizzling hot, carefully place one salmon fillet skinside down into skillet and immediately press down onto fillet with a fish spatula to ensure good skin to pan contact. Hold firmly for 30 seconds, then repeat with remaining fillet.
- 4. Sear each fillet for 3 minutes. Carefully flip and allow other side to cook to desired doneness, another 1 to 3 minutes depending on thickness of fillets. Salmon is medium-rare when thickest part registers 120F on an instant read thermometer, or when flaked easily with a fork. Transfer to serving plates, skin-side up.
- 5. Spoon blueberry sauce over salmon and serve immediately.

or until the salmon

releases easily from

the skillet.



Ginger-Scallion **Snow Crab Saute**

This recipe pairs up ready-to-eat, sweet and briny crab legs with the clean flavors of ginger, garlic, and scallions in a quick saute that's easy to make and fun to eat.

PREP TIME

COOK TIME 5 min

TOTAL TIME 10 min

YIELD: 8 servings

1 (24-ounce) pack Snap & Eat Snow Crab or 1 (32-ounce) pack Snap & Eat Dungeness Crab

High-heat cooking oil

2-inch piece ginger, minced

1 serrano pepper, minced

2 cloves garlic, thinly sliced

3 to 4 scallions, thinly sliced

Lemon wedges, for serving

seeds removed, if desired

- 1. In a large pan, bring an inch of water to a simmer over medium heat. Add crab legs and cover, simmering until heated through, about 5 minutes. Transfer crab to plate and drain pan.
- 2. Wipe out any excess moisture from pan, then return to stovetop over medium-high heat. When pan is hot, add just enough oil to cover bottom of pan. Once oil is sizzling hot, add ginger and chili, stirring constantly, until ginger begins to brown, about 15 seconds. Add in garlic and scallions, stirring until fragrant, about 10 more seconds.
- 3. Carefully add crab legs back to pan and stir, tossing to coat. Transfer to serving platter, then serve immediately with lemon wedges and plenty of napkins.



Salmon Burgers with Creamy Spicy Pickled Dill Mayo

A creamy dill mayo is the ideal topping to dollop atop pan-seared burgers, made with hearty ground sockeye salmon.

PREP TIME 40 min

COOK TIME

10 min

TOTAL TIME

Make these

that they have

time to pickle.

while the are chilling so

50 min

YIELD: Approximately 8 burgers and 1/2 cup dill mayo

FOR BURGER PATTIES:

2 (12-ounce) packs ground sockeye salmon

34 cup breadcrumbs, plus more as needed

1/4 cup shallot, finely diced

2 tablespoons dijon mustard

2 tablespoons mayo

2 teaspoons salt

Freshly ground black pepper

High-heat cooking oil

FOR SERVING:

1/4 cup mayo

1/4 cup sour cream

Handful fresh dill, finely chopped

2 teaspoons lemon juice, plus more to taste

Spicy pickled shallots (see page 4 for recipe)

Burger buns

Other toppings/ condiments of your choice

> Don't overmix or your > patties will get tough

- 1. In a large mixing bowl, gently combine all ingredients for burger patties except oil. Add just enough breadcrumbs as needed until patties can be loosely formed.
- 2. Gently form 4 patties, flattening them to 3/4 inches thick. If desired, cover and let rest in the refrigerator for 30 minutes.
- 3. In a small mixing bowl, combine dill mayo ingredients. Add more lemon juice or dill to taste. Cover and refrigerate until ready to use.
- 4. Preheat a large skillet over medium-high heat, then add enough oil to cover bottom. When oil is sizzling, add burgers and sear undisturbed until patties release easily from skillet using a fish spatula, about 2 to 3 minutes. Flip and sear until patties have cooked through, another 2 or 3 minutes, then transfer to serving plate.
- 5. Toast buns in a dry pan, then arrange alongside dill mayo, pickled shallots, and your favorite toppings and condiments. Enjoy immediately.





Pacific Cod with Spicy Stewed Tomatoes, Fennel, and Basil

A gentle simmer renders ripe tomatoes into a jammy backdrop for mild Pacific Cod in this stewy dish, something you'll crave on a cool summer eve.

PREP TIME 10 min

COOK TIME 20 min

TOTAL TIME 30 min

YIELD: 2 servings

2 (6-ounce) portions Pacific Cod

High-heat cooking oil (vegetable, safflower, or grapeseed)

Salt and freshly ground black pepper

2/3 cup shallot, chopped

2 cloves garlic, minced

2/3 cup fennel bulbs, chopped, fronds reserved for serving

1/2 teaspoon red pepper flakes

1/3 cup white wine

1 pound ripe tomatoes, or 1 (15-ounce) chopped can whole tomatoes

4 sprigs fresh thyme or ½ teaspoon dried thyme

1 tablespoon extra-virgin olive oil, plus more for drizzling

10 basil leaves, torn, for serving

- 1. Heat large saucepan over medium-high heat. Meanwhile, pat cod fillets dry with clean tea towel or paper towel to remove excess moisture. Season with salt and pepper.
- 2. When saucepan is hot, add just enough oil to cover bottom of pan. When oil begins to shimmer (sizzling hot), carefully add fillets. Sear, undisturbed, until fish releases easily from pan, about 2 minutes. Flip to sear remaining side, then transfer to a plate.
- 3. Reduce heat to medium, allowing pan to cool briefly. Add olive oil, shallot, garlic, fennel and red pepper flakes and stir constantly until softened and golden, about 3 minutes. Carefully add wine, then use a spoon to deglaze pan by scraping up any browned bits. Continue until wine has nearly evaporated, about 2 minutes.
- 4. Add tomatoes, thyme, and season to taste. Bring to a simmer, then reduce heat to medium-low and cover, stirring periodically until tomatoes reach a stewy consistency, about 10 minutes. Adjust seasoning if desired.
- 5. Add fillets back into pan and increase heat to medium. Cover and simmer until fish is cooked through, 2 to 3 minutes. Serve immediately, garnished with torn basil leaves, fennel fronds, and drizzle of olive oil.

Leftovers can be stored



A skillet-full of colorful summer veggies and orzo becomes a vibrant backdrop for seared fillets of white fish in this one-pan meal — one you'll want to serve all season.

PREP TIME 10 min

COOK TIME 30 min

TOTAL TIME 40 min

YIELD: 2 servings

2 (6-ounce) portions Pacific Cod or Pacific Halibut

High-heat cooking oil vegetable, safflower, or grapeseed

Salt and freshly ground black pepper

2 tablespoons butter

1 cup zucchini, diced

1 cup corn

-> fresh or frozen

2 scallions, thinly sliced

1 fresno or serrano pepper, finely diced

2 teaspoons garlic, minced

seeds removed if desired

2 cups vegetable stock

1 cup orzo

Cilantro, roughly chopped, for serving

add an extra splash of stock or water as needed if orzo is looking too dry

scraping up any browned bits

from bottom

- 1. Heat large skillet over medium-high heat. Meanwhile, pat fillets dry to remove excess moisture. Season with salt and pepper.
- 2. When skillet is hot, add just enough oil to cover bottom. When oil is sizzling hot, add fillets. Sear undisturbed until fish releases easily from skillet, about 2 minutes. Flip to sear other side, then transfer to plate.
- 3. Reduce heat to medium, allowing skillet to cool briefly, then add butter, zucchini, corn, scallions, and chili. Cook until zucchini begins to soften, about 2 minutes. Add garlic and cook until fragrant, about 30 seconds.
- Carefully pour in stock, then use a spoon to deglaze skillet. Bring to a simmer, then stir in orzo, seasoning with salt and pepper. Reduce heat to maintain gentle bubbling, then cover and cook until orzo is nearly al dente, about 10 minutes. Stir occasionally to prevent orzo from sticking to bottom.
- 5. In final minutes of cooking, taste and adjust seasoning, then nestle fillets back into skillet to finish cooking through until flaked easily with a fork, another 2 to 3 minutes. Divide evenly among serving plates and garnish with cilantro. Enjoy immediately.



flavorful Pacific Rockfish.

PREP TIME

COOK TIME 10 min

TOTAL TIME 15 min

YIELD: 2 servings

2 (6-ounce) portions Pacific Rockfish

High-heat cooking oil 2 cloves garlic, thinly sliced Pinch red pepper flakes 1/2 cup coconut milk

3 tablespoons rice wine vinegar

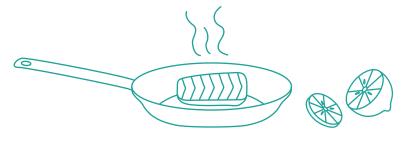
2 tablespoons soy sauce Scallions, thinly sliced Steamed rice

1. Preheat skillet over medium-high heat.

- 2. Meanwhile, pat fish dry with a tea towel or paper towel. With a sharp knife, make shallow cuts on the darker side of the fillet to score the fish. Season with salt and pepper.
- 3. Add just enough oil to cover bottom of skillet. Once oil is sizzling hot, carefully lower fillet into skillet and briefly press down with fish spatula to ensure good skin to pan contact. Sear undisturbed until fillet releases easily from pan, about 2 minutes. Flip carefully, then sear remaining side, another 2 minutes. Transfer to plate.
- 4. Reduce heat and add garlic and red pepper until just fragrant, stirring constantly, about 10 seconds. Then, carefully pour in coconut milk, rice wine vinegar and soy sauce. Simmer until thickened, about 3 minutes. Add in rockfish and any juices from plate, then simmer for another minute to allow flavors to combine.
- 5. Transfer to serving platter and garnish generously with scallions. Serve immediately, alongside steamed rice.

serving





- Take care when you thaw it makes a difference. Thaw in the fridge the day before cooking, removing packaging as instructed per species.
- Remove your seafood from the fridge twenty minutes before you cook and let it come to room temperature. This will ensure that it cooks through evenly.
- Pat your fish dry before seasoning! Every time!
- Use an instant-read meat thermometer and check your fish so it doesn't overcook. If cooking different sized fillets, check the smallest ones first. You may want to pull them from the heat a minute or two earlier than larger/thicker cuts.

