



SEAFOOD

Cooking Guide



Written by Wild Alaskan Seafood Box
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www.wildalaskanseafoodbox.com



Welcome!

Why Alaskan Seafood Box?

The Wild Alaskan Seafood Box was created for everyone who is concerned with knowing where their seafood comes from and what it represents. We are here to provide you with the education and awareness needed to truly understand seafood, where ours comes from, why we choose wild, and how to prepare seafood at your home. If you are someone who is concerned with what you put in your body and want to know where it comes from and how to properly prepare it you have finally found your match!

Jon - Founder of Wild Alaskan Seafood Box

Refrigerator Thawing

This is the BEST way to thaw
your high quality Seafood!

Plan your menu a day ahead if you choose to defrost in the refrigerator. Place frozen seafood in a clean container to catch the liquid released from the product as it thaws. If the frozen seafood is not still wrapped in plastic, cover the top lightly with plastic wrap to protect it from drying out. Place the container on a low shelf and defrost slowly over a day. After thawing, remove any liquid that has collected in the packaging and use within a day for optimal freshness and safety.

Cool Water Thawing

Ok Ok... you forgot to plan your menu! We get it! Place your still sealed seafood into a zip-lock bag and press out all the air. Submerge the seafood in cold tap water in a large enough bowl and allow the cold water to trickle on top from your faucet. Do not try to speed the process by defrosting in hot water because this will encourage bacteria growth as well potentially damaging your beautiful dinner. Cook immediately once thawed.





Microwave Thawing

WOW— folks are arriving already and you forgot to thaw your Billings Seafood Guys seafood!! Well you can thaw your seafood in the microwave! Follow YOUR microwaves instructions for choosing the defrost setting and defrost until the food is just cool and pliable. Do several lower timed runs if necessary. The key here is that we DO NOT want the cooking process to start in the microwave. SO USE CAUTION. This should be only used in the OH NO! scenario listed above. Cook seafood that has been microwave-defrosted immediately after thawing!!!

Grilling Your Fish

So there may not be many better things than a Sunday family dinner on the grill.

Let's make sure your looking like a CHAMP!

- Make sure your grates are clean! This is very important but often over looked! Brush off old build-ups and carbon
- Oil your grates!! Just as important as making sure that your grates are clean, so is having them properly seasoned! Apply a small amount of oil to a towel and rub your grates generously with oil. Do this before starting your fire and allow the oil to soak in for a few minutes.
- Allow your grill to get adequately hot. If we're cooking salmon or halibut we want a med-high heat. Allow your grill 10-15 mins to get to the temperature you need.
- Brush your fish with a small amount of oil or butter and season with salt and pepper. Place skin side up (for skin on fish) and allow space in between your steaks on the grates. Look to not place any seafood over a "hot spot" or oddly high flame.
- Now that your seafood is comfortably on the grill and the cooking process has begun:
- DO NOT TOUCH IT- seriously, like not kidding!! The beautiful thing about seafood when cooked properly on the grill is that it will release itself naturally from the grates, you just have to have some patience.
- After 3 mins you may cross hash if you want to look extra fancy. Or you may flip it to finish based on your desired doneness. I like my Salmon on the Medium Rare side of 5-6mins, and my Halibut a bit longer into 8-9 min. Range.
- Let it rest a minute or two before you serve!
- ENJOY GRILL MASTER!!

Stone Crab Sauce

Quick & Easy to Make



Prep Time

5 Mins



INGREDIENTS

- 3 1/2 teaspoons dry English-style mustard (Colemans is preferred)
- 1 cup mayonnaise
- 2 teaspoons Worcestershire sauce
- 1 teaspoon A-1 Steak Sauce
- 1/8 teaspoon salt
- 2 tablespoons light cream

INSTRUCTIONS

- Mix all ingredients except cream together.
- Beat slowly with electric mixer.
- Gradually, beating constantly, add the cream.
- Beat at slow speed until it thickens to desired consistency.
- Chill.
- Use on any shell fish (crab, shrimp, etc)

Pan Searing



In pan searing, I believe one of the most important steps is allowing your seafood to come to room (ish) temperature. This will allow for it to cook quicker, and for you not to experience a cool/cold center when cooking to an optimum “medium” doneness. For these tips we’ll be searing skin on Wild Salmon, but the principles are the same for other fish

- Allow your salmon to come to room temperature while you assembly your other supplies for dinner. It’s not too important for it to be exactly the right temp., more that we don’t want to cook it at refrigerator cold!
- Season your salmon (I like it simple, some high quality sea salt and a quick grind of pepper)
- Use the thickest bottomed(and I presume heaviest pan) you own. This will allow the heat to spread evenly so that you don’t create “hot spots”.



- Heat the pan VERY hot... allow it a few minutes! Heat the pan before adding your oil. (Personally I cook my salmon in either a high quality ghee or avocado oil). When adding the oil realize you don't need a lot, usually a few tablespoons is more than sufficient, we don't want to "fry" the salmon.
- Place salmon in the very hot pan skin side down. Give light pressure to the steak at this point, it will prevent curling and uneven cooking.
- Cook salmon for about 3-3.5 minutes skin side down and remove from heat, flip onto flesh side and allow to finish the rest of the way off heat. Depending on the thickness of the steak 1-2 minutes is usually perfect.
- Give your salmon a little squeeze, if it just begins to flake, it's perfect and done!
- Most important step-ENJOY!



Pistachio Scallops

Pistachio Scallops



Serves
1 person



Prep Time
15 Mins



Cook Time
10 Mins



Total Time
25 Mins

INGREDIENTS

FOR THE PISTACHIO CRUST

- 1 Tablespoon of unsalted butter
- 2 Tablespoons of unsalted shelled pistachios
- 1 tablespoon of chopped fresh chives
- 1 tablespoon of chopped fresh tarragon
- 1 table spoon of chopped fresh thyme

FOR THE APRICOT SAUCE

- 3 Tablespoons of apricot preserves
- 1 tablespoon plus 1 teaspoon of low sodium Soy Sauce
- 1/4 teaspoon dijon
- 1/2 teaspoon apple cider vinegar

FOR THE SCALLOPS

- 1 Tablespoon of unsalted butter
- 1 teaspoon grapeseed oil
- 8 large sea scallops
- kosher salt and fresh ground pepper

INSTRUCTIONS

FOR THE PISTACHIO CRUST

- In a small pan over medium heat melt butter and toast pistachios until nice and brown.
- Remove from pan and let cool.
- chop pistachios and mix in a bowl with chives, tarragon and thyme.

FOR THE APRICOT SAUCE

- In a small sauce pan mix all ingredient until it becomes saucy enough to drizzle.

FOR THE SCALLOPS

- Season scallops with salt and pepper.
- Heat butter and grape-seed oil in a non stick skillet over medium heat and cook scallops until crusty brown, about 2 minutes per side
- Remove from pan and toss each scallop in the pistachio and herb mixture and transfer to a serving plate.
- Drizzle with Apricot sauce



Salmon Corn Chowder



Serves
1 person



Prep Time
10 Mins



Cook Time
30 Mins



Total Time
40 Mins

INGREDIENTS

- 2 tablespoons butter
- 1/2 cup chopped onions
- 1/2 cup chopped celery
- 1 clove garlic, minced
- 1 cup diced potatoes
- 1 cup diced carrots
- 2 cups chicken broth
- 1/2 teaspoon thyme
- 1/4 teaspoon black pepper
- 1 can (13 oz.) evaporated milk
- 1 pkg. (10 oz.) frozen corn kernels, thawed
- minced parsley
- and 2 oz smoked salmon as garnish

INSTRUCTIONS

- In a skillet, melt butter; saute onions, celery and garlic until softened. Add potatoes, carrots, reserved salmon liquid, chicken broth and seasonings. Simmer, covered, for 20 to 25 minutes, or until vegetables are nearly tender.
- Add evaporated milk
- For service spoon corn as base and place salmon on top for table side service

Alaskan Ivory King Salmon w/ summer truffles, trumpet mushrooms, and Alaskan peanut potatoes



INGREDIENTS

- 3 c Alaskan peanut potatoes
- 25 white asparagus tips
- 1 ½ cups roasted trumpet mushrooms
- 12 pearl onions
- 2 T chopped shallots
- ¼ c white burgundy
- 3 T chopped chervil
- 1 small truffle sliced thin

INSTRUCTIONS

- Toss potatoes in olive oil and season w/ s/p. place on sheet tray and roast @ 400 for about 20 mins.
- When cool slice into thick coins
- Blanch asparagus tips until tender, shocking immediately and reserve
- Split trumpet mushrooms and season w/ s/p. lightly butter and roast until just barely done
- Blanch pearl onions and peel and cool
- For service, lightly sauté potatoes, asparagus, onions, and mushrooms, not cooking simply reheating

Sauce:

- In 1 t butter sauté shallots and deglaze w/ wine, reduce and whisk in 4 T butter and chopped chervil

Plate:

- Place veg. in center of plate, shave truffle over and around plate. Place seared Salmon on top of mixture and spoon sauce over, covering but NOT drowning... finish w/ sprig of fresh chervil or microgreens