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**THE CULINARY INSTITUTE OF AMERICA**

# **The Professional Chef Discovers Sustainable Alaska Seafood**

**The Culinary Institute of America at Greystone  
Napa Valley, California**

Recipes developed by The Culinary Institute of America as an industry service to the Alaska Seafood Marketing Institute.

# OVEN ROASTED CILANTRO LIME HALIBUT SERVED WITH SMOKY BLACK BEANS (MEXICO)

*Yield: 10 servings*

<b>Ingredients</b>	<b>Amount</b>
Alaska Halibut fillets, 6 - 8 oz.	10 ea.
Salt and pepper	to taste
Cilantro lime wet paste (recipe follows)	as needed
Smoky black beans (recipe follows)	as needed

## **Method**

1. Coat halibut with Cilantro Lime Wet Paste. Marinate 2 to 3 hours.
2. Heat sauté pan and add halibut. Transfer pan to oven and roast at 425° F until cooked through.

## CILANTRO LIME WET PASTE (MEXICO)

<b>Ingredients</b>	<b>Amount</b>
Lime zest, grated	2 Tbsp.
Cilantro, chopped	1 cup
Garlic, minced	¼ cup
Cumin, ground	1 Tbsp.
Olive oil	¼ cup
Salt and pepper	to taste

### **Method**

1. Combine lime zest, cilantro, garlic, cumin and olive oil. Season to taste with salt and pepper.

# SMOKY BLACK BEANS

*Yield: 2 quarts*

<b>Ingredients</b>	<b>Amounts</b>
Black beans	1 lb.
Bacon slices, cut into baton	3 ea.
White onion, diced	1 large
Tomatoes, roasted and peeled	3 ea.
Chipotles en adobo, chopped	2 Tbsp.
Salt	to taste

## **Method**

1. Put the beans in a non-aluminum pot and cover with 3 inches of water. Bring to a boil, then lower heat and simmer, covered.
2. Meanwhile, cook the bacon in a skillet until the fat is rendered and the bacon is crisp. Add the onions and sauté until the onion is transparent.
3. Purée the tomatoes in a blender. Add the tomato purée and chipotles chiles into the onion mixture. Add the black beans and the cooking liquid and mix.
4. Cover and simmer 2-3 hours or until the beans are tender. Cooking time depends on the age as much as the type of bean. When the beans have finished cooking, add salt to taste and serve in bowls with some of the cooking liquid.

# BLACK COD POACHED IN SPICED TAMARIND SAUCE (INDIA)

*Yield: 10 servings*

Ingredients	Amount
Oil	2 Tbsp.
Mustard seeds	¼ tsp.
Fenugreek seeds	1/8 tsp.
Dried red pepper	1 ea.
Curry leaves	5 – 6 ea.
Onion, finely chopped	1 cup
Salt and pepper	to taste
 <b>For Spice Mixture:</b>	
Coriander ground	1 Tbsp.
Cumin, ground	½ tsp.
Cayenne pepper	1/8 tsp.
Turmeric	1/8 tsp.
Black pepper, ground	1/8 tsp.
 Serrano chile, split lengthwise	 1 ea.
Ginger, sliced 1/8-in. thick	2 slices
Water	¼ cup + 1/3 cup
Tamarind pulp rehydrated in ½ cup water	1 ½ Tbsp.,
 Coconut milk	 ½ cup
Salt	1 ¼ tsp.
 Alaska Black Cod	 2 lb.
Salt and pepper	to taste

## Method

1. In a large frying pan, heat the oil over medium high heat. Add mustard seeds, fenugreek seeds, dried red pepper and curry leave; cover and cook until the mustard seeds begin to pop.
2. Uncover, add onion and fry over medium-high heat until the edges of the onions are nicely browned. Season with salt and pepper to taste.
3. Reduce heat to medium; add spice mixture, serrano chile, ginger, and ¼ cup water. Fry 2 to 3 minutes, stirring constantly.
4. Strain tamarind water mixture, reserving the liquid.
5. Add reserved tamarind juice, coconut milk and 1/3 cup water; stir to combine thoroughly. Simmer about 2 to 5 minutes. Season with salt.
6. Cut cod into 2-in. strips. Season to taste with salt and pepper; set aside.

7. Add fish pieces to the pan in a single layer – do not stack. Spoon sauce over pieces and continue simmering until fish is opaque, about 4 to 5 minutes, gently turning pieces over if necessary. Taste for salt.
8. Fish will be very tender; transfer carefully to a serving dish, pour remaining sauce over.

Suggested sides: Basmati rice, green beans with popped mustard seeds and coconut

# PROVENÇAL KING SALMON SAUTÉ (ITALY)

*Yield: 10 servings*

<b>Ingredients</b>	<b>Amount</b>
Olive oil	¼ cup
Alaska King Salmon fillets, 6-8 oz.	10 ea.
Salt and pepper	to taste
Tomatoes, ½ in. dice	1 cup
Nicoise olives, chopped	1 cup
Herbes de Provence (dried herb mixture)	1 tsp.
Capers, chopped	½ cup
Additional olive oil	as needed

## **Method**

1. Heat olive oil in a nonstick pan
2. Season salmon with salt and pepper to taste. Sauté seasoned salmon to medium, turning once. Place in oven to finish.
3. Remove salmon from pan and set aside on a plate. Add tomatoes, olives, herbes de Provence and capers to pan to heat through; season to taste with salt and pepper, and moisten with additional olive oil.
4. Top sautéed salmon with tomato mixture.

Suggested side: Orzo with grilled vegetables

# COCONUT RED CURRY SNOW CRAB (THAILAND)

*Yield: 10 servings*

<b>Ingredients</b>	<b>Amount</b>
Oil	½ cup
Red curry paste (recipe follows)	¾ cup
Coconut milk	64 oz.
Sugar	½ cup
Clam juice	32 oz.
Salt	to taste
Alaska Snow Crab legs	10 lb.
Thai basil and kefir lime leaves, chopped	4 cups
Toasted coconut sticky rice (recipe follows)	as needed

## **Method**

1. Heat ½ cup oil in a wok; add curry paste and fry 5 minutes.
2. Add coconut milk, mix well; add sugar and clam juice and simmer about 5 minutes. Adjust seasoning to taste.
3. Add crab legs and reduce heat; simmer for 5 minutes, basting occasionally, or until legs are heated through.
4. Toss with basil and kefir lime leaves at the very last moment.

Suggested side: Cucumber salad



## THAI RED CURRY PASTE

<b>Wet Ingredients</b>	<b>Amounts</b>
Kaffir lime leaves, minced	1 T
Lemon grass, minced	3 T
Garlic, minced	3 T
Shallot, minced	3 T
Cilantro stems, minced	3 T
Galangal (Thai ginger), minced	3 T
Shrimp paste, wrap in foil and heat over stove until fragrant	1 t
Red jalapenos, fresh, seeds removed and minced	6
<b>Dry Ingredients</b>	<b>Amounts</b>
Whole dried red chilies, seeds removed	16
Coriander, ground	2 t
Cumin, ground	2 t
White pepper, ground	1 t
Paprika powder	1 ½ t
Caraway seed	1 t
Nutmeg	¼ t

### Method

1. In mortar and pestle, pound all wet ingredients until pasty and add the ground up dry ingredients, which you have ground up in a coffee grinder. As an alternative method, read the following paragraph.
2. In spice grinder, combine all dry ingredients and grind until powdery. In blender, grind wet ingredients until pasty. You may need some oil to help move the ingredients. Now add the dry mixture and combine in blender until well mixed. Store in container in refrigerator.

# TOASTED COCONUT STICKY RICE

*Yield: 8 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Sticky rice, soaked overnight or at least 6 hours	8 cups
Sugar	1 cup
Coconut milk	1/3 cup
Salt	1/2 Tbsp.
Toasted coconut	1/4 cup

## **Method**

1. Drain the soaked rice and place in a steamer lined with cheesecloth. Steam until grains are soft, about 20 - 25 minutes (20 minutes if the rice was soaked overnight).
2. While rice is steaming, combine coconut milk, sugar and salt in a bowl. Heat over low for 2 minutes to dissolve salt and sugar; mix well and set aside.
3. When sticky rice is done, transfer from steamer to a bowl. While rice is still hot, add the coconut milk sauce. Using a spatula, stir to coat the grains quickly and evenly. Cover with plastic wrap and set aside for 15 minutes for rice to absorb the sauce.
4. Fold in toasted coconut and serve.

# CRUNCHY CRAB TOSTONES (CUBA)

*Yield: 10 servings*

<b>Ingredients</b>	<b>Amount</b>
Cooked Alaska King crab meat	20 oz.
Red onions, ¼-in. dice	¼ cup
Oregano, chopped	1 Tbsp.
Lime juice	¼ cup
Extra virgin olive oil	¼ cup
Salt and pepper	to taste
Tostones	50 ea.

## **Method**

1. Make tostones.
2. Gently fold together crab, red onion, oregano, lime juice and olive oil. Season to taste with salt and black pepper.
3. Top each tostón with crab mixture.

Suggested side: Mango-avocado salsa

# TOSTONES

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Plantains, large	3 ea.
Kosher Salt	2 Tbsp.
Peanut oil, for frying	2 qt.

## **Method**

1. To make plantain chips: First peel the skin from the fruit. These chips can be sliced either crosswise into coins or lengthwise into long strips, and as thin as possible. Soak them in cold salted water until ready to fry. Preheat the oil to 375°F. Drain and pat dry the chips with paper towels. Fry until crisp and golden brown, about 1 to 2 minutes.
2. To make tostones: Peel the skin from the fruit. Cut each plantain on the bias about ½ inch thick. You should end up with 12 to 15 slices. Soak in salted water for 20 minutes. Preheat the oil to 350°F. Fry the plantains for several minutes, until they start to turn golden. Remove from the oil and let cool for a moment. With a mallet, smash each tostón once, being careful not to break it but to flatten it. Refry the tostones now in 375°F oil, until they are golden brown.

# TEMPURA CRAB LEGS (JAPAN)

*Yield: 10 servings*

<b>Ingredients</b>	<b>Amount</b>
Oil	as needed
Cellophane noodles	
Cake flour	1 cup
Ice water	1 cup
Egg yolk	1 ea.
Red chile peppers	
Scallion brushes	
Shiso leaves	
Black sesame seeds	
Sesame oil	
King Crab legs	

## **Method**

1. Heat oil to 350-370° F. Fry cellophane noodles until crispy; set aside. Lower temperature of oil to 350° F.
2. To make batter, gently mix together flour, ice water and egg yolk together, using chopsticks.
3. Soak chile peppers, scallions and shiso leaves in ice water; drain and pat dry.
4. Coat with batter; fry until crisp, sprinkling shiso leaves with black sesame seeds. Set aside.
5. Remove crab from shells. Coat with batter and fry until crab sections float.

# POLLACK WITH GARLIC, TOMATO, ROSEMARY (FRANCE)

**Yield: 10 servings**

<b>Ingredients</b>	<b>Amount</b>
Alaska Pollack filets, 6-8 oz.	10 ea.
Olive Oil	2 Tbsp.
Rosemary, finely chopped	1 Tbsp.
Salt and pepper	to taste
Red onions, sliced	2 cups
Cherry tomatoes, halved	50 ea.
Garlic cloves, roasted	2 cups
Additional olive oil	as needed

## **Method**

1. Drizzle halibut with olive oil and rosemary; season to taste with salt and pepper.
2. Arrange red onions, tomatoes and garlic in small baking dishes or individual sauté pans.
3. Nestle fish into vegetables.
4. Bake at 450° F for 10 to 15 minutes.
5. Drizzle with olive oil before serving.

Suggested side: Oven-roasted polenta

## CITRUS SOLE WITH TAHINI DRIZZLE (EGYPT)

*Yield: 10 servings*

<b>Ingredients</b>	<b>Amount</b>
Alaska Sole fillets, 6-8 oz	10 ea.
Orange juice	¼ cup
Orange zest	4 Tbsp.
Tahini	1 cup
Garlic, minced	¼ cup
Lemon juice	¾ cup
Parsley, finely chopped	½ cup
Salt and pepper	as needed

### **Method**

1. Roll the sole fillets into roulades, with the skin side facing in.
2. Combine orange juice and zest and marinate sole briefly in mixture.
3. Whisk together tahini, garlic, lemon juice and parsley. Season to taste with salt, pepper and additional lemon juice.
4. Season sole to taste with salt and coarse black pepper. Broil until golden, and cooked through.
5. Drizzle plated sole with tahini sauce.

Suggested side: Sautéed red potatoes, wilted spinach with crispy shallots

# ALASKAN BLACK COD MARINATED WITH ACACIA HONEY

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Alaska Black Cod fillets (approx. 7 oz. each)	6 each
Acacia honey	2 cups
Soy sauce, low-sodium	1 cup
Grape seed oil	3/4 cup
White wine vinegar	3/4 cup
Sea salt, fine	to taste
Black pepper, freshly ground	to taste
Wilted spinach or pea leaves	
Garlic cloves, peeled and chopped	3 each
Butter, unsalted	3 tbsp.
Baby spinach, stems removed, or pea leaves	12 to 15 cups
Nutmeg, ground	
Sea salt, fine	to taste
Black pepper, ground,	to taste
Wilted spinach (recipe follows)	as needed

## **Method**

1. Combine honey, soy sauce, grape seed oil, and vinegar in a bowl. Stir and place black cod fillets in the bowl. Cover and refrigerate for 24 hours.
2. Preheat the oven to 450°F. Remove fish from marinade and season with salt and black pepper. Place fillets on a cookie sheet and cook in the oven until they have a golden/dark-brown hue and are cooked through, about 7 to 8 minutes.
3. In a pan, melt butter with garlic until butter turns golden brown. Add spinach and pinch of nutmeg, salt, and black pepper. Cook just until wilted.
4. To serve: Spoon wilted spinach or pea leaves equally between 6 plates, top with fillet and spoon some marinade over and around the fish.

Suggested Side: Stir-Fried Pea Tendrils with Carrots, Shiitakes and Red Bell Peppers



# WILTED SPINACH

*Yield: 2 cups*

<b>Ingredients</b>	<b>Amounts</b>
Olive oil	1 oz.
Baby spinach	1 lb.
Shallots, fine dice	2 oz.
Garlic, minced	1 Tbsp.
Salt and pepper	to taste

## **Method**

1. Heat a sauté pan over medium high, add the oil and the shallots and garlic, sauté for 1 minute. Increase the heat and add the spinach. Toss to wilt. Season with salt and pepper.

## **Chef Suggestions:**

Add additional vegetables of choice to wilted spinach, such as carrot, celery, green onion, or seared shitake mushrooms. Garnish with sesame seeds.

# HALIBUT WITH RAS AL HANOUT

*Yield: 8 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Alaskan Halibut filet, 4 oz portions	2 lbs
Ras al Hanout (recipe follows)	2 oz.
Salt and pepper	to taste
Olive oil	1 oz.

## **Method**

1. Season the halibut portions with salt and pepper. Sprinkle generously with ras al hanout, being sure to lightly coat all surfaces.
2. Heat a sauté pan over medium heat. Add the olive oil and the fish filets (presentation side down). Cook for 1 - 2 minutes until golden brown. Turn the fish and continue to cook until the fish is slightly translucent in the center or until desired doneness.
3. Remove from pan and serve.

# RAS AL HANOUT

*Yield: 1 cup*

<b>Ingredients</b>	<b>Amounts</b>
Nutmeg	4 ea.
Rosebuds	10 ea.
Mace blades	12 ea.
Aniseed	1 tsp.
Turmeric	8 pc or 1 Tbsp.
Orrisroot	2 pc.
Dried red chiles	2 ea.
Lavender	½ tsp.
White peppercorns	1 Tbsp.
Galingale	1 tsp.
Ginger root or ground ginger	2 Tbsp.
Cloves	6 ea.
Allspice berries	24 ea.
Green cardamom pods	20 ea.
Black cardamom pods	4 ea.

## **Method**

1. Combine all the spices in a spice grinder and grind until fine. Strain through a mesh sieve.