

## Alaska Cod Cakes with Remoulade Sauce



Serves: 4

**Prep Time:** 25

### **Ingredients:**

Remoulade Sauce

3 Tablespoons Dijon-style mustard

1-1/2 Tablespoons low-fat mayonnaise

1-1/2 Tablespoons extra virgin olive oil

1-1/2 Tablespoons fresh lemon juice

1/4 teaspoon cayenne pepper

1/4 teaspoon paprika

2 Tablespoons parsley, chopped fine, or 2 teaspoons dried  
parsley

Cod Cakes

1-1/2 lbs. Alaska Cod fillets, fresh, thawed or frozen

1/4 teaspoon ground cayenne pepper

2 teaspoons grated orange peel

4 oz. fat-free cream cheese

1/2 cup egg product or 2 eggs, beaten

1/3 cup each red and yellow sweet bell peppers, chopped fine

1/3 cup green onions, chopped fine

1/4 cup parsley, chopped fine, or 1 Tablespoon dried parsley

2 cloves garlic, minced

1/2 cup cracker crumbs

**Directions:**

Prepare remoulade sauce: Combine mustard, mayonnaise, olive oil, lemon juice, cayenne pepper, and paprika in small bowl; stir in parsley. Cover and refrigerate until needed.

Prepare cod cakes: In microwavable covered dish, cook frozen Alaska cod on medium-high (70% power) about 15 minutes OR fresh/thawed fillets for 4 minutes, until fully cooked. Drain well and flake.

In large bowl, mix together cayenne pepper, orange peel, cream cheese, eggs, bell peppers, onions, parsley, garlic, and cracker crumbs. Stir in cod flakes until blended. Using about 1/3 cup of cod mixture per cake, shape 12 cakes about 1/2-inch thick. (Cakes can be chilled 15 minutes to 1 hour.)

Heat a heavy nonstick skillet over medium heat. Spray skillet with nonstick spray. Place several cod cakes in skillet; cook about 3 minutes. Turn over carefully with spatula. Cover skillet and cook 3 minutes more, or until set and cooked through. Cakes will be brown.

Serve hot with remoulade sauce.

Nutrients per servings: 331 calories, 12.5g total fat, 2.5g saturated fat, 34% calories from fat, 173mg cholesterol, 40g protein, 14g carbohydrate, 1g fiber, 738mg sodium, 126mg calcium and .5g omega-3 fatty acids.

## Alaska Salmon Ciabatta Sandwiches



Serves: 4

**Prep Time:** 10

**Ingredients:**

1/2 cup low-fat mayonnaise

1 Tablespoon fresh lime juice

1/2 teaspoon celery salt

4 ciabatta or hard sandwich rolls

4 Alaska Salmon fillets (4 to 6 oz. each), fresh, thawed or frozen

1 Tablespoon olive, canola, peanut or grapeseed oil

Salt and pepper, to taste

1 cup chopped green onion

4 leaves butter or curly leaf lettuce

**Directions:**

In small bowl, blend mayonnaise, lime juice, and celery salt; set aside. Slice sandwich rolls in half; toast or grill and keep warm.

Rinse any ice glaze from frozen Alaska Salmon under cold water; pat dry with paper towel. Heat a heavy nonstick skillet over medium-high heat. Brush both sides of salmon with oil. Place salmon in heated skillet and cook, uncovered, about 3 to 4 minutes, until browned. Shake pan occasionally to keep fish from sticking.

Turn salmon over and season with salt and pepper. Add green onions to bottom of pan. Cover pan tightly and reduce heat to medium. Cook an additional 6 to 8 minutes for frozen salmon OR 3 to 4

minutes for fresh/thawed fish. Cook just until fish is opaque throughout.

Blend cooked onions into mayonnaise mixture; thinly spread mayonnaise onto each cut side of roll. To serve, place a salmon fillet onto each roll bottom. Top salmon with dollop of mayonnaise; add a lettuce leaf and roll top.

Nutrients per serving: 521 calories, 23g total fat, 5g saturated fat, 40% calories from fat, 115mg cholesterol, 37g protein, 41g carbohydrate, 3g fiber, 846mg sodium, 115mg calcium and 1g omega-3 fatty acids.

## **Fast & Spicy Alaska Halibut**



**Serves:** 4

**Prep Time:** 5

**Ingredients:**

1 Tablespoon paprika

1-1/2 teaspoons each dried oregano and dried thyme

1 teaspoon each onion powder and garlic powder

1 teaspoon each black pepper and salt

1/2 teaspoon cayenne pepper, or to taste

4 Alaska Halibut steaks or fillets (4 to 6 oz. each), fresh, thawed or frozen

1-1/2 Tablespoons butter, melted

**Directions:**

Preheat broiler/oven or grill to medium-high heat.

Mix together all dry seasoning ingredients until well combined.

Rinse any ice glaze from frozen Alaska Halibut under cold water; pat dry with paper towel. Place halibut on a spray-coated or foil-lined baking sheet. Brush butter onto top surfaces of halibut and sprinkle with 1/2 teaspoon seasoning mixture. (Note: For best results with frozen fish, cook halibut 4 minutes before adding butter and spices.)

Grill or broil halibut 5-7 inches from heat for 13 minutes for frozen halibut OR 8 minutes for fresh/thawed fish. Cook just until fish is opaque throughout.

Store remaining seasoning mixture in an airtight container for future use.

Nutrients per serving: 239 calories, 8g total fat, 4g saturated fat, 33% calories from fat, 66mg cholesterol, 36g protein, 3g carbohydrate, 1g fiber, 712mg sodium, 109mg calcium and 1g omega-3 fatty acids.

## **Dungeness Crab and Wild Mushroom Chowder**



**Serves: 8**

**Prep Time: 1 hour**

**Ingredients:**

- 1 pound Yukon Gold or other thin-skinned potatoes, peeled and cut into 1/2-inch dice
- 1 pound mixed fresh wild mushrooms such as chanterelles, oysters, and/or shiitakes
  - 1 Tablespoon butter
  - 4 ounces bacon (about 4 slices), chopped
    - 1 large onion, peeled and chopped
    - 4 cloves garlic, peeled and chopped
      - 1/3 cup all-purpose flour
      - 4 cups chicken broth

- 1-1/2 cups whipping cream
  - 1/4 cup dry sherry
- 1 Tablespoon Worcestershire
- 1 teaspoon minced fresh thyme leaves
- 1 pound shelled cooked Alaska Dungeness crab
  - Salt
  - Fresh-ground pepper

**Directions:**

1. In a 3- to 4-quart pan, combine potatoes with cold water to cover. Bring to a boil over high heat, then cover pan, reduce heat, and simmer until potatoes are tender when pierced, 8 to 10 minutes. Drain.
  
2. Meanwhile, rinse mushrooms briefly and drain. Trim off and discard any tough stem ends; if using shiitakes, discard whole stems. Cut mushrooms into large bite-size pieces. In a heavy 5- to 6-quart pan over medium-high heat, melt butter. Add mushrooms and stir often until liquid is evaporated and mushrooms are just beginning to brown, about 10 minutes. Pour into a bowl.
  
3. Add bacon to same pan over medium-high heat and stir often until beginning to brown, 4 to 5 minutes. Add onion and garlic and stir often until onion is limp, 4 to 5 minutes. Sprinkle flour over onion mixture and stir often until just beginning to brown, 2 to 3 minutes.
  
4. Whisk chicken broth and cream into pan and continue whisking until mixture boils and thickens, 6 to 8 minutes. Stir in sherry, Worcestershire, and thyme, and simmer, stirring occasionally, for about 5 minutes.
  
5. Gently stir in potatoes, mushrooms, and crab. Add salt and pepper to taste and cook until heated through.

*Nutrients per main-course serving:*

364 calories, 26g total fat, 14g saturated fat, 64% calories from fat, 83mg cholesterol, 10g protein, 22g carbohydrate, 3g fiber, 709mg sodium, 60mg calcium and .4g omega-3 fatty acids.

**NOTES:** You can substitute common button mushrooms for the wild ones. To add wild flavor, cover 2 packages mixed dried wild mushrooms (about 3/4 oz. total) with 1 cup boiling water and let soak until soft, about 20 minutes. Lift mushrooms out gently, squeeze dry, and cut into bite-size pieces; add with button mushrooms in step 2. Substitute the mushroom-soaking liquid for one cup of the chicken broth in step 4, pouring it in carefully, leaving the sediment behind.

## Tropical Crispy Shrimp Caesar Salad



Number of Servings:

4

Ingredients:

- 1- 13 oz package SeaPak® Oven Ready Crispy Light Shrimp
- 1 10-ounce romaine lettuce bagged salad (or 1 head of romaine lettuce chopped)
- 1 cup grape tomatoes
- 1/3 cup shredded Parmesan cheese
- 1 packet pineapple cayenne sauce (included in carton)
- 1/3 cup bottled Caesar salad dressing

Instructions:

Cook the shrimp according to the package directions. Divide the lettuce, tomatoes, cheese and shrimp among 4 serving plates. Stir the cayenne sauce and salad dressing with a whisk or fork in a small bowl. Pour the dressing mixture over each serving of salad. Serve immediately.

Source: SeaPak Shrimp Company