



BECOME A GOURMET GRILLER

With Alaska Seafood

Summer is the time of year for kicking back and relaxing. It's also the time for outdoor entertaining and backyard barbecues.

Take a break from the ordinary and treat yourself to the simple elegance of Alaska seafood.

You'll be amazed at how quick and easy it is to prepare an elegant gourmet meal on your backyard grill with Alaska seafood. Have some fun and try several of the simple and delicious recipes featured in this article. Complement your meal with a choice glass of wine, and you're in for a true summertime treat!

Grilling, of course, is one of the oldest cooking methods known to mankind. However, did you know it is a fast, easy and healthy way to preserve the natural flavor and nutrients of the fish? For direct grilling, it is best to choose a firm species of fish, such as salmon or halibut, sliced at least one-inch thick. For more delicate fish, such as cod or pollock, or small shellfish such as Alaska scallops, use a hinged basket or lightly oiled sheet of aluminum foil.

Here are a few simple and indispensable grilling tips:

- Start with a clean grill
- Prepare the grill ahead of time—preheat
- Cook fish over a medium-hot fire
- Grill fish for approximately 10 minutes per inch of thickness, measured at the thickest part
- Turn fish over halfway through estimated cooking time
- Baste fish often with flavored marinade or butter
- Remove fish from the grill when no longer translucent in the center and when flesh is tender and easily flakes with fork
- Cook shellfish, such as shrimp or scallops, quickly over a hot fire
- Heat Alaska crab through before serving by placing the crab legs directly onto a hot grill for 4-5 minutes. Alaska crab is already fully cooked.

Check out your local seafood counter to discover the wide variety of seafood Alaska has to offer. For unparalleled flavor, color and texture, nothing compares with distinctive salmon. If you prefer whitefish, try tender and delicate pollock, cod or sole. For a slightly firmer and meatier texture, halibut is a great choice. And shellfish lovers will be in heaven with sweet and succulent scallops, as well as three kinds of crab including King crab, Snow crab and Dungeness crab—all with irresistible melt-in-your-mouth flavor and texture.

Another great thing about choosing Alaska seafood is that it is not only healthy and delicious, it is harvested in an ecologically friendly way—called sustainable fishing. This means that Alaska fishermen do not over-fish and that the fishery is managed in a way that ensures the health and diversity of the marine ecosystem. In fact, Alaska salmon is

the first U.S. fishery to be certified as sustainable by the Marine Stewardship Council.

INVEST IN YOUR HEALTH WITH ALASKA SEAFOOD

Alaska seafood pampers the palate, but you might not know that it also enriches the body. Full of high quality protein, vitamins and minerals, many species also contain a high amount of extremely beneficial "good" fats called omega-3 fatty acids that can provide five vital health benefits:

- 1 **Protects the heart:** Omega-3 fatty acids help reduce the risk of heart disease by acting as natural blood thinners which reduce abnormal clotting, keeping triglycerides down at safe levels and lowering blood pressure.
- 2 **Improves brain function:** Research suggests that eliminating deficiencies of omega-3 fatty acids could improve conditions associated with mental disorders such as depression, senile dementia and attention deficit hyperactivity disorder.
- 3 **Reduces certain cancer risks:** A new finding indicates that omega-3 fatty acids can create "roadblocks" that make the migration of certain cancer cells in the body more difficult.
- 4 **Natural anti-inflammatory agent:** Omega-3 fatty acids have helped to ease the symptoms of ailments such as arthritis, asthma, menstrual cramps, migraine headaches and many skin disorders.
- 5 **Aids vision:** Omega-3 fatty acids are essential to the health of the retina and also prevent damage to/increase circulation in the tiny blood vessels of the eyes.

It's easy to incorporate omega-3 fatty acids into your diet: simply enjoy two servings of Alaska salmon/seafood a week! In fact, the American Heart Association now recommends that consumers eat at least two servings per week of fish high in omega-3 fatty acids.

Source: *All About Omega-3 Oils*
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BALSAMIC LEMON SAUCE

This is a simple but very flavorful finisher to a grilled or pan-seared fish. It can be made well ahead of time and drizzled on just at serving time.

- 1/2 cup balsamic vinegar
- 1/2 cup dry white wine
- 2 tablespoons fresh lemon juice
- 2 tablespoons brown sugar
- 1/8 teaspoon freshly ground black pepper (or to taste)

Add all ingredients to a small saucepan and bring to a boil. Cook over high heat until mixture thickens, about 3 to 4 minutes. Drizzle over your favorite foods.

Makes approximately 1/3 cup



Grilled Alaska salmon, halibut and Snow crab

A CHEF'S SECRET FOR GRILLING ALASKA SALMON AND HALIBUT

by JOHN ASH

Simply grilled fish in the summer is one of life's true delights. The smell of fresh seafood coming off either a wood fire, charcoal or gas grill always beckons in a way that heightens the senses and stimulates the appetite. Enjoyed with a glass of crisp white wine or a lighter red, it doesn't get much better.

Fresh, wild-caught Alaska salmon and halibut are so delicious that flavoring and cooking them should be kept simple so that the flavor of the fish is right up front and not obscured. I've shared some favorite toppings of mine for seafood that complement the fish without overpowering it. I like to call these the "new mother sauces" because they rely on fresh ingredients rather than cream and butter to flavor the fish. They are both healthy and flavorful.

When grilling fresh fish, here's a technique I use to add some moistness and flavor to the fish and protect against overcooking it. Very simply, all you do is make a brine and submerge the fish in it for 2 to 4 hours before grilling it. You then remove the fish from the brine, rinse it gently and pat dry. Brush it with a little olive oil and season lightly with sea salt and freshly ground pepper and then grill until it's just done. I think you'll be amazed at both the texture and the flavor that this tasty brine bath adds.

SALSA VERDE

This is a quick little sauce of Spanish origin that is delicious on

all kinds of grilled, pan-seared or roasted fish. Note that it uses blanched or roasted garlic rather than the fresh, raw type. I think this is especially important if you are going to make the sauce ahead of time. Within an hour, raw garlic can become harsh and hot. Blanched or roasted garlic maintains its flavor and doesn't overpower the sauce as it sits.

- 1 cup coarsely chopped parsley
- 4 anchovy fillets, rinsed
- 2 tablespoons drained capers
- 2 tablespoons blanched or roasted garlic (see note above)
- 2 tablespoons chopped fresh basil or mint (OR 1 tablespoon chopped fresh tarragon)
- 1 tablespoon finely grated lemon zest
- 2/3 cup or so fruity extra virgin olive oil
- Salt and freshly ground black pepper to taste

Add the parsley, anchovies, capers, garlic, basil and zest to a food processor or blender. With machine running, slowly add the oil until just blended. Sauce should still have a little texture. Season with salt and pepper. Can be stored covered and refrigerated for up to 1 day.

Makes about 1 cup

BASIC BRINE FOR SEAFOOD

- 1/3 cup each sea or kosher salt and brown sugar

- 1 quart cool water
- 3 pounds (or less) fresh Alaska halibut or salmon

Stir the salt, sugar and water together until the salt and sugar are dissolved. Add the fish and place in the refrigerator for 2 to 4 hours.

Grilled Alaska Salmon With Peach-Olive Tapenade

- 1 large peach, peeled and cut in 1/2-inch pieces (OR about 1-1/2 cups frozen peaches, thawed)
- 2 teaspoons fresh lime juice
- 1/2 cup finely chopped black olives
- 1/4 cup finely chopped pimento-stuffed green olives
- 2 teaspoons capers
- 1 canned anchovy fillet, mashed into a paste (OR 1/2 teaspoon anchovy paste)
- 1 Alaska salmon fillet (1 to 1-1/2 lb.), thawed if necessary
- 2 Tbsps. olive oil
- 1/4 teaspoon fresh ground pepper

Make Tapenade: Place peaches in small bowl; stir in lime juice. Add olives, capers and anchovy paste, stir to combine. Set aside.

Brush Alaska salmon with olive oil and pepper. Grill or bake at 425°F for 10 minutes per inch of thickness, or until fish flakes easily when tested with a fork. Serve salmon topped with Tapenade.

Makes about 2 cups Tapenade, 4 servings