



TROPICAL ISLAND ALASKA POLLOCK

1 serving = ½ cup rice, ⅓ cup beans, 1 Alaska pollock portion, and ¼ cup fruit salsa | One serving provides 2 ounce equivalent lean meat/meat alternate, ¼ cup beans/peas, ⅛ cup red/orange vegetable, ⅛ cup other vegetable, ¼ cup fruit, ½ ounce equivalent whole grain or whole grain-rich product. Values could vary based on the specific seafood, vegetable, and grain products used.

| Ingredient | 1 SERVING | 10 SERVINGS | 50 SERVINGS |
|---|---------------|-------------------------------|------------------------|
| Once-frozen, Genuine Alaska Pollock® portions (unbreaded, 2.6 ounces each) | 1 | 10 | 50 |
| Island Beans (recipe on back) | ⅓ cup | 3⅓ cups | 16⅔ cups |
| Master Honey-Citrus Glaze (recipe follows) | 1 teaspoon | 3 tablespoons plus 1 teaspoon | 1 cup plus 2 teaspoons |
| Coconut Scented Rice (recipe on back) | ½ cup | 5 cups | 25 cups |
| Fruit Salsa (recipe on back) | ¼ cup | 2½ cups | 12½ cups |
| Curry-Orange Dressing (see <i>Great Sauces & Sides for Alaska Pollock</i>) | 2 tablespoons | 1¼ cups | 6¼ cups |
| Cooking spray (olive or canola oil) | | | |

Preparation

- Prepare Island Beans, Master Honey-Citrus Glaze, Coconut Scented Rice, Fruit Salsa, and Curry-Orange Dressing. All may be made 1 day ahead and refrigerated.
- Uncover hotel pan of warm Island Beans and distribute frozen Alaska pollock portions evenly across the top.
- Brush the fish portions with Master Honey-Citrus Glaze.
- Bake at 375°F for 20-25 minutes or until internal temperature of fish just reaches 165°F and the liquid in the beans is mostly reduced.
- Portion ½ cup warm Coconut Scented Rice into a bowl, boat, or tray. Top with ⅓ cup Island Beans and 1 fish portion. Serve with Fruit Salsa and Curry-Orange Dressing.

MASTER HONEY-CITRUS GLAZE

Serving size: 1 teaspoon

| Ingredient | 10 SERVINGS | 50 SERVINGS |
|---|------------------------------|------------------------------|
| Frozen orange juice concentrate, room temperature | 1 tablespoon plus 1 teaspoon | ⅓ cup |
| Orange juice, reconstituted from concentrate or natural | 1 tablespoon plus 1 teaspoon | ⅓ cup |
| Spicy brown mustard | ¾ teaspoon | 1 tablespoon plus ¾ teaspoon |
| Granulated garlic | ¼ teaspoon | 1¼ teaspoons |
| Ground ginger | ⅛ teaspoon | ¾ teaspoon |
| Honey | 1 tablespoon plus 1 teaspoon | ⅓ cup |

Preparation

- Mix all ingredients together except honey.
- Add honey and stir.
- Refrigerate if not used immediately. May be made up to 2 weeks ahead. Stir before using.



Great Fish for Great Kids!



TROPICAL ISLAND ALASKA POLLOCK *Continued*

COCONUT SCENTED RICE

Serving size: ½ cup

| Ingredient | 10 SERVINGS | 50 SERVINGS |
|--|--------------|---------------|
| Carrots, shredded, then coarsely chopped | ⅔ cup | 3⅓ cups |
| Water | 2½ cups | 12½ cups |
| Dehydrated onions | 1 tablespoon | ⅓ cup |
| Dehydrated orange peel | 2 teaspoons | 3 tablespoons |
| Coconut flavoring | 2 teaspoons | 3 tablespoons |
| Olive or canola oil | 2 teaspoons | 3 tablespoons |
| Instant brown rice | 2½ cups | 12½ cups |

Preparation

- Stir all ingredients except rice together in a saucepan. Cover and bring to a boil.
- Stir in rice and return to a boil. Cover, reduce heat and simmer approximately 5 minutes or until liquid is absorbed.
- Remove from heat. Keep covered for 5 minutes then fluff with a fork.

FRUIT SALSA

Serving size: ¼ cup

| Ingredient | 10 SERVINGS | 50 SERVINGS |
|------------------------------------|----------------|-------------|
| Crushed pineapple, drained | 1½ cups | 7½ cups |
| Mandarin orange segments, drained | 1¼ cups | 6¼ cups |
| Cilantro, finely chopped | 3 tablespoons | 1 cup |
| Jalapeño pepper, seeded and minced | 1½ tablespoons | ½ cup |

Preparation

- Pour pineapple into a colander over a bowl; cover colander with plastic wrap and place a #10 can on top to press out the juice.
- Place mandarin orange segments in a food processor and pulse until segments are broken into small pieces; add the well-drained crushed pineapple and pulse to mix.
- Transfer to a storage container and stir in cilantro and jalapeño.
- Make at least 1 day prior to serving. Refrigerate during holding.

NOTE: Salsa may need to be drained again before serving if the pineapple releases more juice during holding.

ISLAND BEANS

Serving size: ⅓ cup

| Ingredient | 10 SERVINGS | 50 SERVINGS |
|---|---------------|--------------------------------|
| White or yellow onion, coarsely chopped | 1 cup | 5 cups |
| Jalapeño pepper, seeded and minced | 2 tablespoons | ½ cup plus 2 tablespoons |
| Garlic, coarsely chopped | ¾ teaspoon | 1 tablespoon plus 2 teaspoons |
| Dried oregano | ¾ teaspoon | 1 tablespoon plus 2 teaspoons |
| Sea salt | ¼ teaspoon | 1¼ teaspoons |
| Canned black beans, drained and rinsed | 3 cups | 15 cups (3 quarts plus 3 cups) |
| Orange juice | ⅓ cup | 1⅔ cups |
| Olive or canola oil | 2 teaspoons | 3 tablespoons plus 1 teaspoon |
| Frozen mixed bell pepper strips, thawed | 1 cup | 5 cups |
| Cooking spray (olive or canola oil) | | |

Preparation

- Place onion, jalapeño, garlic, oregano and salt in a food processor. Pulse until finely chopped.
- Stir beans, orange juice and oil into onion mixture. Spray 2-2½-inch deep hotel pan with cooking spray. Pour in bean mixture and cover.
- Bake in a convection oven at 375°F until the onions are soft and the liquid is reduced, approximately 15-20 minutes.
- Remove from oven, uncover and stir in bell pepper strips.
- May be made 1 day ahead and refrigerated.
- If beans are dry prior to reheating, add a bit more orange juice. Reheat until internal temperature just reaches 165°F.

