



WINNING RECIPE

SEAFOOD IRON CHEF 2011 SEATTLE, WASHINGTON

FIESTA FLATBREAD FISH WITH BLACK BEAN SALSA

Makes 16 servings

Ingredients

Potato-Crusted Once-Frozen Genuine Alaska Pollock Portions	48
Whole Kernel Corn, frozen	24 ounces
Black Beans, canned, rinsed and drained	32 ounces
Red Bell Pepper, diced	1 cup
Lime Juice	from 1 lime
Jalapeno Pepper, seeded and diced	1/4
Salt	1 teaspoon
Cilantro, chopped	1 small bunch
Green Onions, sliced	1/4 cup
Whole Wheat Multigrain Flatbread	16

Preparation

Cook fish portions according to manufacturer's instructions or until fish is golden brown and the internal temperature reaches 160° F. To make black bean salsa, mix together corn, black beans, red pepper, lime juice, jalapeno, salt, cilantro and green onions. To make one wrap, top one flatbread with 1/2 cup of salsa mixture. Top with three fish portions and wrap flatbread over fish. Serve Chipotle Mayo on the side (recipe follows). Serve with Mexicali Brown Rice, Green Salad with Salsa Salad Dressing, and a Baked Streusel Apple (recipes follow on second page).

CHIPOTLE MAYO

Ingredients

Salsa	1/2 cup
Lime Juice	from 1/2 lime
Light Mayonnaise	1 cup
Chipotle Pepper, chopped	1/2 pepper *if you want more heat, add more

Preparation

Mix all ingredients together.

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MEXICALI BROWN RICE

Ingredients

Brown Rice (1 pound package)	1
Tomato Juice (16 ounce can)	1
Chicken Broth (16 ounce can)	1
Kale, finely chopped	½ pound

Preparation

Mix all ingredients and bake at 350°F for 45 to 60 minutes, or until rice is fluffy. If you use brown rice, it will take closer to an hour to cook.

MIXED GREEN SALAD WITH SALSA SALAD DRESSING

Ingredients

Mixed Greens	1 pound
Plum Tomatoes, diced	4
Jicama, julienned	½ cup
Carrots, shredded	5

Preparation

Toss ingredients together and dress with a mixture of ranch dressing and salsa.

BAKED STREUSEL APPLE

Makes 30 servings

Ingredients

Gala Apples, halved and cored	15 apples
Cinnamon	3 teaspoons
Brown Sugar	1 ½ cup
Granola	1 cup
Butter	½ pound

Preparation

Line pan with parchment paper and place cored apple halves on pan. Mix remaining ingredients together and sprinkle over apples. Bake at 350°F for 30 to 40 minutes or until soft.

