



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.

Officers & Directors

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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.





SEAFOOD IRON CHEF 2011 SEATTLE, WASHINGTON

SOUTHWEST BROWN RICE WITH ALASKA POLLOCK

Makes 14 servings

Ingredients

Fish	
Unbreaded Once-Frozen Genuine Alaska Pollock Wedge (2.6 ounce)	14
Olive Oil	½ cup
Lime Juice	from 2 limes
Thyme, fresh	3-4 sprigs

Rice	
Brown Rice	32 ounces
Vegetable Base	4 teaspoons
Pepper	1 teaspoon
Salt	2 teaspoons
Green Onion, chopped	½ cup
Tarragon, fresh, chopped	1 tablespoon
Cilantro, fresh, chopped	1 tablespoon

Sauce	
Olive Oil/Soybean Oil	½ cup
Onions, diced	2 cups
Garlic, minced	6 cloves
Enchilada Sauce (10 ounce can)	3 cans
Diced Tomatoes (14.5 ounce can)	2 cans
Green Chiles, canned, diced (7 ounce can)	1 can

Preparation

Preheat oven to 375° F. Spray four half sheet pans with vegaline. Arrange fish portions on pans. Mix together olive oil, lime juice and thyme. Brush mixture on fish. Bake 13-15 minutes or until fish reaches 160° F.

Prepare brown rice according to package directions; using vegetable base (paste mixed with water, or jarred base) for liquid. Add remaining rice ingredients when rice is almost finished and still warm.

To prepare sauce, heat oil in large saucepan and sauté onions and garlic. Add enchilada sauce, tomatoes and green chiles. Cook to 140° F, or higher. Serve with Baja Vegetables and Apples with Yogurt (recipes follow).

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BAJA VEGETABLES

Ingredients

Baja Blend Vegetables, frozen (2 lb bag)	1 bag
Olive Oil	¼ cup
Garlic, minced	1 clove
Red Onion, chopped	½ onion
White Onion, chopped	½ onion

Preparation

Sauté garlic and onions in olive oil. Add Baja vegetables and cook until just done.

APPLES WITH YOGURT

Ingredients

Yogurt, plain, non-fat	1 quart
Vanilla Extract	1 tablespoon
Sugar	3 tablespoons
Apples, sliced	2 apples
Mandarin Orange Slices	2/3 cups
Pineapple Tidbits	½ cup
Dried Cranberries	¼ cup

Preparation

Mix yogurt, vanilla, and sugar together. Arrange apple slices, mandarin oranges, pineapple and dried cranberries on plate. Top with yogurt mixture and more dried cranberries.





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BAJA FISH TACO

Makes 1 taco

Ingredients

Whole Wheat Flour Tortilla	1
Mexican Cheese Blend	¼ cup
Bell Pepper Mix (recipe follows)	¼ cup
Southwestern Spicy Corn and Bean Casserole (recipe follows)	¼ cup
Jalapeno Red Sauce (recipe follows)	¼ cup
Once-frozen Genuine Alaska Pollock Fish Sticks (Tex-Mex flavor, 1 ounce each)	2
Dill Tartar Sauce (recipe follows)	1 ounce

Preparation

Top tortilla with cheese blend, bell pepper mix, corn and bean casserole and jalapeno red sauce. Cut fish sticks in half and place on top of all other ingredients. Top with dill tartar sauce. Present open faced. Serve with Cucumber Tomato Salad, Chipotle Coleslaw and Fresh Fruit Salad (recipes follow).

BELL PEPPER MIX

Yield: 12 ½-cup servings

Ingredients

Olive Oil	½ ounce
Onions, chopped	1 cup
Red Peppers, chopped	1 cup
Green Peppers, chopped	1 cup
Garlic, finely chopped	4 cloves
Salt	pinch
Pepper	pinch

Preparation

Mix all ingredients together.

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SOUTHWESTERN SPICY CORN AND BEAN CASSEROLE

Yield: 12 ½-cup servings

Ingredients

Olive Oil	4 ounces
Onions, chopped	¾ cups
Baja Vegetable Mix (2 pound bag)	1
Black Beans (canned), drained and rinsed	8 ounces
Red Peppers, chopped	½ cup
Parsley, chopped	½ cup

Preparation

Heat olive oil in sauté pan over medium heat. Add onions and sauté. Add vegetable mix and combine. Add black beans and red pepper and simmer for five minutes. Top with parsley.

JALAPENO RED SAUCE

Yield: 15 servings

Ingredients

Tomatoes, diced (14.5 oz can)	2 cans
Parsley, chopped	½ cup
Garlic, finely chopped	3 cloves
Red Onion, chopped	½ cup
Jalapeno Peppers, chopped	3

Preparation

Combine ingredients in medium saucepan and simmer for 4 minutes.

DILL TARTAR SAUCE

Yield: 15 servings

Ingredients

Light Mayonnaise	2 cups
Baby Dill, fresh, finely chopped	3 ounces
Lemon Juice	from ½ lemon

Preparation

Stir all ingredients together.



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CUCUMBER TOMATO SALAD

Yield: 20 ½-cup servings

Ingredients

Cucumbers, chopped	2 large
Roma Tomatoes, chopped	4
Cherry Tomatoes, halved	8
Green Onions, chopped	2
Chives, chopped	3 tablespoons
Italian Parsley, chopped	4 tablespoons
Seasoned Rice Vinegar	2 ounces
Olive Oil	2 ounces

Preparation

Mix vegetables together. In a separate bowl, whisk rice vinegar and olive oil together. Pour over vegetables and stir to combine.

CHIPOTLE COLESLAW

Yield: 30 ½-cup servings

Ingredients

Coleslaw Mix or Shredded Cabbage	2 lbs
Light Mayonnaise	2 cups
Lemon Zest	from ½ lemon
Lime Zest	from ½ lime
Lemon Juice	from ½ lemon
Lime Juice	from ½ lime
Chipotle Pepper, canned, chopped	1

Preparation

Stir all ingredients together, except coleslaw mix or cabbage. Pour dressing over coleslaw mix or cabbage and stir gently to combine.

FRESH FRUIT SALAD

Yield: 12 ½-cup servings

Ingredients

Orange Sections, cubed	½ cup
Bananas, peeled and cubed	3
Apple, cubed	1
Orange Zest	1 teaspoon
Orange Juice, fresh	¼ cup

Preparation

Mix all ingredients together.

