



# 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.

