
WILD ALASKA SEAFOOD



Chef Recipes by

GOVIND ARMSTRONG
BARTON SEAVER
JERRY TRAUNFELD

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Ask a professional chef what is most important for creating a superb meal and the answer will be *flavor*. And the key to great flavor is quality ingredients. Seek out and select the highest quality ingredients available and, as any chef will tell you, you're practically guaranteed an outstanding meal.

In their quest for the best, chefs across the country recognize and value the outstanding attributes of *wild Alaska seafood*. For good reason. Wild Alaska seafood, harvested with care from an unspoiled environment in the far north, ranks number one for consistently delivering flavor and variety.


Flavors offered by wild Alaska seafood are abundant and tantalizing. From the five species of wild Alaska salmon to numerous whitefish varieties – wild Alaska halibut, cod, Alaska Pollock, sole and black cod – and shellfish such as wild Alaska King crab, Snow crab, Dungeness crab, Weathervane scallops and shrimp, Alaska seafood offers a *mouthwatering* spectrum of rich, robust and delicate flavors with numerous appealing textures ranging from flaky and fine-grained to meaty and dense.

All wild Alaska seafood is harvested following strict management practices recognized worldwide as a successful model for *sustainability*. Since 1959, when Alaska became a state, its constitution has mandated that all fish be utilized, developed and maintained on the sustained yield principle.

To showcase the delicious range of wild Alaska seafood, we asked three of America's top chefs from across the country to share their favorite seafood recipes – recipes easily adaptable to home kitchens. Our chefs are Govind Armstrong of 8 oz. Burger Bar in Los Angeles; Chef/Author Barton Seaver from Washington, D.C.; and Jerry Traunfeld of Poppy in Seattle. All are passionate about *wild, sustainable seafood* from Alaska. Each has created distinctive seafood recipes *exclusively* for this cookbook.

Browse their recipes, presented in each chef's *personal* cooking style, and you'll feel almost as if you're participating in a one-on-one cooking class. Chef Armstrong guides you step-by-step through the preparations for each component of his sophisticated dishes, then outlines how to assemble them for serving. Chef Seaver describes the preparation steps as if he were working beside you, talking with you and offering visual tips so you know exactly when an ingredient is cooked or ready to add to the sauce. Chef Traunfeld also talks you through his recipes' preparation steps, teaching cooking methods and sharing substitution ideas, to guide you to *delicious* results.

We trust the enthusiasm of these chefs for preparing wild Alaska seafood will *inspire* you to explore and expand your own experience with versatile, flavorful fish and shellfish from *Alaska*.



chef GOVIND ARMSTRONG

Raised in Los Angeles and on the Caribbean coast of Costa Rica, Govind Armstrong has enormous culinary talent and personal charisma. With his *distinctive* approach to cooking, he has quickly become one of the nation's brightest stars in restaurant kitchens and in front of the camera. His Table 8 restaurants in Los Angeles and Miami have earned international critical acclaim, as has his 8 oz. Burger Bar concept in the same cities. Strongly committed to *market-driven cuisine*, Govind's menus consistently feature moderately priced dishes using fresh, seasonal ingredients from the finest local producers.

Govind has been a hands-on participant in Los Angeles culinary history – and the evolution of California cuisine – for two decades. From age 13 to 16, he spent three summer vacations in Wolfgang Puck's trend-setting kitchen at the original Spago. He also worked for L.A. culinary luminaries Mark Peel and Nancy Silverton at Campanile, Mary Sue Milliken and Susan Feniger at their seminal CITY Restaurant, and Joachim Splichal at Patina and Pinot Hollywood. He also trained in several top European kitchens, including Arzak restaurant, the preeminent Michelin three-star establishment in San Sebastian, Spain. These experiences have made him a *purist* about practicing California cuisine, a philosophy he's extended to close relationships with top local producers who provide his restaurants' remarkable seasonal ingredients.

A *consulting chef* to Air New Zealand, a member of the Macy's Culinary Council, guest chef aboard the Queen Mary 2, Crystal Cruises, and Holland America, plus a *culinary ambassador* to New Zealand, Govind is engaged and involved in wide-reaching community issues. His media appearances have ranged from People Magazine's 50 Most Beautiful issue, Bon Appetit, Gourmet, O Magazine, to television (Iron Chef America/Food Network, The Today Show/NBC, Bravo's Top Chef, Top Chef Masters, Extra, Style Network, Fine Living, WE and an appearance on The Oprah Winfrey Show). He also recently released his first cookbook, Small Bites, Big Nights: Seductive Little Plates for Intimate Occasions and Lavish Parties (Clarkson Potter).

ALASKA BLACK COD

with risotto, pea coulis and pickled carrots

Serves 4

PICKLED CARROTS

- 1/2 cup champagne vinegar
- 1 cup water
- 3 tablespoons sugar
- 2 tablespoons coriander seed
- 4 bay leaves, dried
- 5 sprigs thyme, fresh
- 2 tablespoons fennel seed
- 1-1/2 tablespoons salt
- 2 large carrots, julienned
- 2 tablespoons Italian (flat-leaf) parsley, chopped
- 3 green onions, sliced thin lengthwise

Heat champagne vinegar, water, sugar, coriander seed, bay leaves, thyme, fennel seed and salt in a small pot. Bring to a boil, then remove from heat. Strain the liquid over the carrots into a clean plastic or heat-resistant glass dish. Allow to cool at room temperature. Place in the refrigerator for 2 to 24 hours. To serve, toss with chopped parsley and sliced green onion.

PEA COULIS

- 1 cup peas, including shells (fresh or frozen peas)
- 2 cups Italian (flat-leaf) parsley
- Ice water, as needed
- 1 cup extra-virgin olive oil
- 1 tablespoon honey
- Salt and pepper, to taste
- Wasabi powder, to taste

Blanch the peas in boiling water until tender; remove and place peas in bowl of ice water, then repeat the process with the parsley. Place the peas and parsley in a blender with 1 tablespoon ice water to begin the puréeing process. Slowly drizzle in the olive oil, then the honey. Season with salt and pepper and a little wasabi powder, to taste. Strain the sauce through a fine strainer; chill immediately.

RISOTTO

- 1/4 cup extra-virgin olive oil
- 1 cup onion, finely chopped
- 1 tablespoon garlic, chopped
- 2 cups Arborio rice
- 1 cup dry white wine
- 6 cups hot fish stock (or vegetable or chicken broth), divided
- 2 tablespoons butter
- 2 tablespoons lemon juice
- 1/2 cup Parmesan cheese, shredded
- 1 cup blanched peas (fresh or frozen)

In a large, heavy saucepan, heat the olive oil over medium-high heat. Add the onion and garlic and sauté, stirring continuously, just until softened, 3 to 4 minutes. Stir in rice. Continue to stir, using a wooden spoon to coat the rice with the oil. Add the white wine; continue to cook and stir often, until it has been absorbed by the rice. Pour in enough stock to cover the rice completely, about 3 cups, and continue to cook, stirring often, until all the liquid is absorbed. Pour in another cup of the stock; stir and cook until it has been absorbed. Repeat with 1 more cup. Add the remaining cup and cook, stirring, until the rice is al dente (tender but still chewy) and most of the liquid has been absorbed. To finish the risotto, stir in the butter, lemon juice, Parmesan cheese, and peas; heat through.

In a separate spray-coated pan, heat the pea coulis over low heat.

ALASKA BLACK COD

- 1-1/2 pounds Alaska black cod, cut into 4 (6 ounce) portions, skin on
- Olive oil, as needed

Cook the black cod in a heavy pan over medium heat in 1 to 2 tablespoons of oil, about 2 to 3 minutes each side, just until opaque throughout.

To serve, place the risotto in the center of a large plate or shallow bowl and then place the black cod (skin removed) on top. Drizzle the pea coulis around the risotto and dot the sauce with a little extra-virgin olive oil. Garnish the black cod with the pickled carrots.

A CHEF'S GUIDELINES FOR SELECTING SEAFOOD

by Executive Chef Govind Armstrong



Chefs are expected to have an insider's knowledge about selecting and preparing seafood. And we do. Training and experience hone our skills for identifying the freshest fish and shellfish. Using fresh, top-quality ingredients *ensures cooking success*.

We're also steeped in various cooking methods to enhance the flavors of the ingredients being prepared. Combine fresh seafood with the ideal cooking method for the species and you're assured a great meal.

These are my guidelines for selecting seafood:

- ~ The flesh is firm and resilient.
- ~ The skin is shiny.
- ~ The gills of most finfish, if present, should be blood red.
- ~ The eyes are bright and clear.
- ~ The scales should adhere closely to the skin and be largely intact.
- ~ Odor should be pleasant and minimal. Seafood should smell like the sea.

I also ask where and how the seafood was caught. Is it wild? Were sustainable practices used to harvest the fish? I learn which seafood species are endangered from over-fishing, which is another reason to *choose* wild Alaska seafood. I know Alaska's fisheries are responsibly managed so generations to come can enjoy such great seafood.

These are my guidelines for preparing seafood:

- ~ Alaska Cod and Alaska Pollock – roast, poach, steam, sauté or deep-fry – complemented by sauces, herbs, spices and coatings.
- ~ Alaska Scallops – grill, sauté, broil or sear.
- ~ Alaska King, Snow and Dungeness Crab – pre-cooked and ready-to-serve hot or cold in various dishes.
- ~ Alaska Black Cod – grill, smoke, poach, roast or sauté.
- ~ Alaska Salmon – grill, roast, sauté, poach or smoke.
- ~ Alaska Halibut – poach, roast, grill or sear – pairs well with bold sauces, marinades and toppings.