



SAUTEED MONTEREY BLACK COD
with
SWEET POTATO BACON HASH

“As a chef, some of my favorite fish to cook has been flash-frozen when first caught. In most cases, fish properly frozen soon after it’s harvested is fresher than fresh – rivaling its unfrozen counterpart. When thawed and properly cooked, it is second only to fish pulled directly from the water and cooked immediately.

Flash-freezing also benefits small-scale, sustainable fishermen and local fishing communities. It allows them to sell product throughout the year and eliminates immense amounts of waste, which lessens the stress on our already fragile seafood supply chain.”



MATTHEW BEAUDIN

Executive Chef, Monterey Bay Aquarium

2017 Seafood Champion Award Winner

1 SAUTÉED MONTEREY BLACK COD

Ingredients

4 6-oz portions of black cod
4 tbsp olive oil
Salt & black pepper to taste

Directions

Thaw frozen black cod fillets overnight in the refrigerator. In a medium nonstick sauté pan heat oil until ripples begin to appear or approximately 2-3 minutes (this will give you the best sear as oil needs to be hot in order to properly attain the Maillard reaction otherwise known as the browning you observe when searing a piece of fish or meat). When oil is hot, season the flesh side of the cod with salt and pepper and place that side down in the oil first. Cook for approximately 1 ½-2 minutes. Flip cod over and repeat for another 1 ½-2 minutes. Cooking time may vary depending on thickness of the fillet with a desired temperature of 145 (allow for carry-over cooking of 5-10 degrees after removing the fish from the pan).

2 SWEET POTATO, BACON & FENNEL HASH

Ingredients

6 slices thick-cut bacon, roughly chopped
4 tbsp unsalted butter
1 yellow onion, diced
4 cloves garlic, minced
3 peeled sweet potatoes, ½-inch diced
3 peeled russet potatoes, ½-inch diced
1 medium fennel bulb, cored and diced
1 sprig of thyme, finely chopped
Salt & black pepper to taste
½ cup heavy cream (optional)

Directions

Render bacon slowly in a medium sized sauté pan over medium heat until crisp. When bacon is crispy remove the bits from the pan and reserve for later use. Retain bacon fat. Add butter and bacon fat back to pan and cook over medium heat until

butter has melted. When melted, add onions and cook until they are translucent. (Onions may be caramelized for a sweeter flavor if desired). When onions are translucent, add potatoes and sweet potatoes to pan and sauté slowly for approximately 15 minutes or until they are golden brown and tender.

Add crispy bacon and thyme to finished potatoes, season to taste. Cream may be added if desired to give the hash a more sauce-like consistency. If cream is added, cook for an additional 5 minutes over medium heat or until cream has reduced by half.

3 APPLE CIDER GASTRIQUE

Ingredients

4 cups apple cider vinegar
4 cups brown sugar
1 green apple quartered & seeded

Directions

In a small sauce pan, combine vinegar, apple pieces, and sugar. Simmer on medium heat until liquid has reduced by half. Remove from heat and strain, reserving liquid (apples may be thrown away or reserved as a tasty snack). Gastrique may be made up to 3 days in advance and stored in the refrigerator.

4 PLATING

Place approximately 1 spoonful or ½ cup of hash in the center of the plate. Place seared fish on top of the hash. Drizzle approximately 1 tablespoon of gastrique over and around the fish. Garnish with a fresh fennel frond.

OLIVE OIL POACHED ALASKAN COHO SALMON
with
GEM LETTUCE + RHUBARB VINAIGRETTE

“ A properly packaged flash-frozen fish is protected from freezer burn, and helps reduce waste across the board by allowing anyone to store a high-quality fillet of their favorite fish for long periods of time.

The flash-freezing process locks in the nutrition, texture, and flavor of the salmon. Cooking with fish that has been flash-frozen when first caught gives me piece of mind, as I know that I’m working with a delicious fillet that is respectful to the environment and the fisherman who caught it. ”



LIONEL UDDIPA

Executive Chef at SALT, Juneau, Alaska

2017 King of American Seafood of the Great American Seafood Cook-Off

Tools

- Chef's knife
 - Cutting board
 - Measuring spoons
 - Measuring cups
 - Fish scaler
(or butter knife)
 - Oven
 - Gas or electric burner
 - Meat thermometer
 - Large plate with paper towel
(for dredging the salmon)
 - Blender
 - Fine strainer
 - 9x9 baking pan
 - Spatula
 - Timer
 - 1 quart pot
 - Small tweezers
(to remove pin bones from fish after it has been poached)
 - Mixing bowl
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1 FOR THE SALAD

Ingredients

- 1-2 lbs of gem lettuce (or mixed greens)
 - 1 orange, peeled and sliced into rings
 - 1 jicama, julienned
 - 6 figs, cut in half
 - 1 fennel bulb, thinly sliced
 - Salt & black pepper to taste
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2 FOR THE OLIVE OIL POACH

Ingredients

- 4 cups olive oil (reserve 1 cup for dressing)
 - 3 sprigs fresh thyme
 - 6 garlic cloves
 - 1 tsp black peppercorn
 - 1 tsp fennel seeds
 - 2 large shallots, julienned (or 1 small red onion)
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3 FOR THE RHUBARB VINAIGRETTE

Ingredients

- 1 ½ cups fresh rhubarb, chopped
- 4 oz fresh raspberries (or strawberries)
- 1 oz red wine vinegar
- ½ cup white sugar
- 1 cup water
- ½ cup grapeseed oil (or other neutral oil)

4 FOR THE SALMON

Ingredients

- 4 6-oz fillets Alaskan coho salmon
- 1 tbsp Alaskan smoked sea salt (or any smoked finishing salt)

Directions

Thaw frozen salmon fillets overnight in the refrigerator. If you forget to thaw your fish, place the fillet in cold water until thawed (should take about one hour). Preheat oven to 250°F. Once the oven has reached temperature, take all the ingredients in the olive oil poach and place into the baking pan. Place the baking pan into the oven and let sit for about 30 minutes.

Next, take the rhubarb, sugar, and water and place them into a small pot. Cook on medium heat until the rhubarb is fully cooked, take it off the heat and transfer to the blender. Add the raspberries (or strawberries) in with the rhubarb, along with the vinegar. Blend on low, slowly turning it to high. Emulsify the grapeseed oil into the mix and let it blend on high for about 5 minutes. Strain through a fine strainer and set aside to cool.

Begin working on your knife cuts for your salad. Once finished take the thawed salmon, pat it dry and feel for any pin bones. Take the olive oil poach out of the oven and add the salmon, place back in the oven for 15 minutes.

While the salmon is cooking, begin plating the salads. In a mixing bowl, gently toss the greens in the vinaigrette with salt and crushed black pepper. Place onto an entrée plate (or platter if you wish). Place the figs, oranges, and jicama around the salad so that you can see every item. Take the salmon out of the oven. Very gently remove the salmon out of the olive oil and transfer to a plate with paper towel underneath. Gently remove any pin bones. Once all the oil drains from the salmon, generously sprinkle with smoked sea salt. Place the salmon on the side of the salad and enjoy!