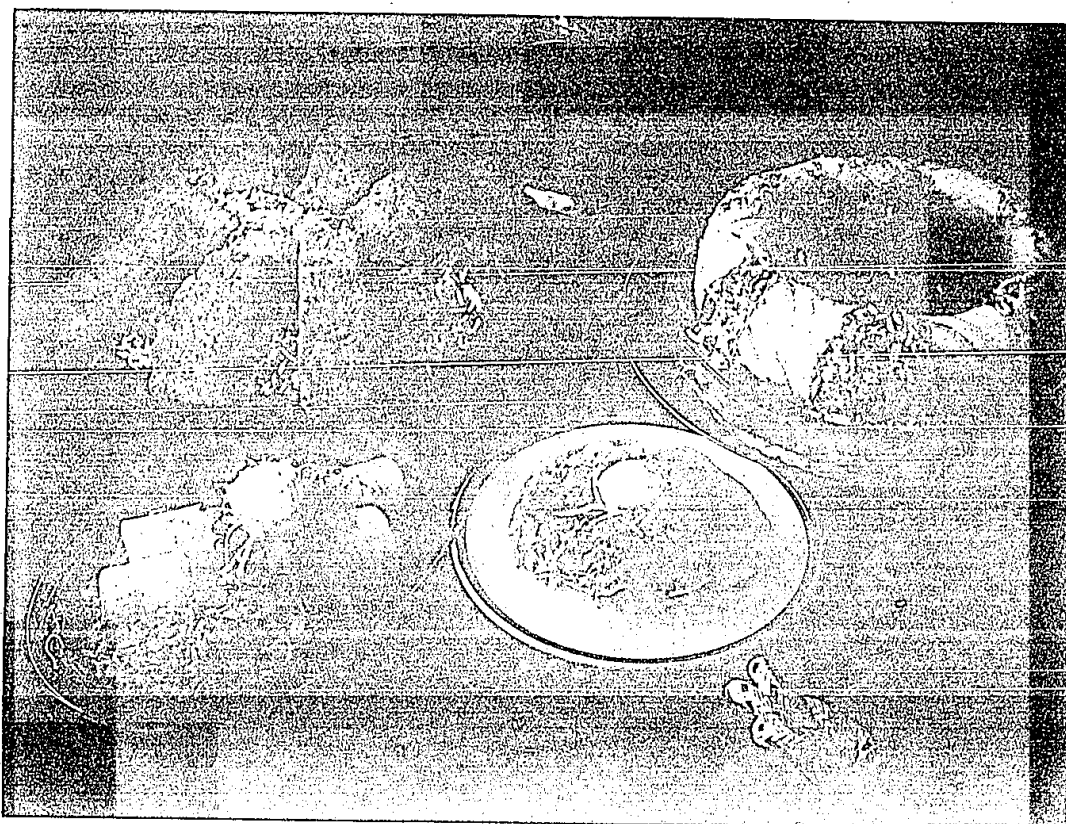




SEAFOOD AND RICE ...an historic combination



As early immigrants settled along the oceans and waterways of America, seafood became an important part of their diets. Rice, a familiar staple from their native cuisines, was planted for the family table. The combination of seafood and rice was a natural, one with strong influence on the development of American cuisine.

Today virtually all of the rice consumed in the United States is grown in the fertile states of Arkansas, California, Louisiana, Mississippi, Missouri and Texas. From the icy waters of Alaska

come many varieties of succulent seafood that are now available nationwide. Rice and seafood from Alaska are both exported around the world as well.

Alaska seafood is an important source of high-quality protein and provides valuable vitamins and minerals as well as the light satisfying flavors today's cooks seek. Rice too, provides essential nutrients. In addition to being the world's most versatile grain, it is an excellent source of complex carbohydrates and

supplies several of the B vitamins. Being low in cost, it will extend and enhance any meal.

The light and delicate flavor of seafood from Alaska calls for a complementary accompaniment, and rice is perfect. Whether plain, buttered, or seasoned with lemon, dill or other seasonings, rice accents but never overpowers a seafood entree.

High in flavor and enjoyment, the historic combination of rice and seafood can also be relatively low in calories, fat and cholesterol—a boon to health-conscious, modern-day consumers.

PAN-FRIED-SALMON

- 1/4 cup all-purpose flour
- 1/2 teaspoon salt
- 1/8 teaspoon ground black pepper
- 2 tablespoons water
- 2 eggs, beaten
- 6 (3 to 4 ounces each) Alaska salmon fillets or (about 6 ounces each) Alaska salmon steaks, thawed if necessary
- 2 tablespoons oil

Combine flour, salt and pepper. Beat water into eggs. Roll salmon in seasoned flour, dip in egg mixture, roll again in seasoned flour, shaking off excess. Pan-fry on both sides in hot oil until salmon flakes easily when tested with a fork. Allow about 10 minutes total cooking time per inch of thickness.

Makes 6 servings.

RICE MEDLEY

- 1 cup uncooked rice
- 2 cups chicken broth
- 2 tablespoons butter or margarine
- 3/4 cup each chopped celery, onions, and green pepper
- Salt and ground black pepper

Measure rice and broth into 2 to 3-quart saucepan. Bring to a boil; stir once or twice. Lower heat, cover, and simmer about 15 minutes or until rice is tender and liquid is absorbed. Meanwhile, melt butter in skillet. Add celery, onions, and green pepper. Cook until tender crisp. Stir into hot rice. Season to taste.

Makes 6 servings.

ALGERIAN FISH RING

- 1-1/2 pounds Alaska cod, pollock or rockfish fillets,* thawed if necessary
- Salt
- Paprika
- 1/2 cup chopped onions
- 2 tablespoons butter or margarine, divided
- 1 clove garlic, minced
- 1 package (10 ounces) frozen chopped spinach, thawed
- 1/2 cup lemon juice
- 1/2 teaspoon each dill weed and seasoned pepper
- 3 cups hot cooked rice
- 1/2 cup each dairy sour cream** and finely crumbled feta cheese
- Cherry tomatoes and parsley sprigs, optional

Sprinkle fish lightly with salt and generously with paprika. In large skillet cook onions in 1 tablespoon butter over medium heat until soft but not brown. Add garlic. Squeeze excess moisture from spinach; add to skillet. Stir in lemon juice, dill, and pepper. Remove from heat; add rice, sour cream, and cheese. Mix well. Melt remaining butter; brush inside of 6-cup ring mold. Arrange fillets in mold with small ends at center of ring and wide ends and any overhanging at outer rim. Fish will not cover entire surface of mold; leave equal space between fillets. Fill with rice mixture. Fold ends of fish over top of rice. Cover with heavy-duty foil. Set in pan to catch drippings. Bake at 350° F, 40 minutes, or until fish flakes easily when tested with a fork. Invert onto heated serving plate. Fill center with cherry tomatoes and parsley sprigs.

Makes 6 servings.

*If fish is thicker than 1/2-inch, slice in half horizontally while still partially frozen.

**Sour half-and-half can be substituted.

WEST COAST SEAFOOD GUMBO

(NOT ILLUSTRATED)

- 2 tablespoons oil
- 1/4 cup flour
- 1 cup each chopped onions, celery and green pepper
- 1 package (10 ounces) frozen cut okra, thawed (optional)
- 1 can (14-1/2 to 16 ounces) tomatoes
- 1 quart chicken broth or water
- 1 clove garlic, minced
- 1 bay leaf
- 1/4 teaspoon each ground black and red pepper
- 1/4 teaspoon thyme, crushed
- 1 pound boned Alaska halibut, thawed
- If necessary, cut into 1-inch pieces
- 1 pound Alaska Snow crab clusters*, thawed
- If necessary, cut into serving-sized pieces
- Salt
- 1 teaspoon gumbo filé, if okra is not used
- 3 to 4 cups hot cooked rice

Heat oil in large non-iron skillet. Add flour; cook and stir over medium heat until a rich brown. Do not let flour burn. Reduce heat to medium low. Add onion, celery, green pepper, and okra. Cook and stir until onion is tender but not brown. Add tomatoes, broth, garlic and seasonings. Bring to a boil. Lower heat and simmer, uncovered, 1 hour. Add Alaska halibut and Alaska Snow crab. Cook 10 minutes. Salt to taste. Remove bay leaf. Stir filé into gumbo just before serving. Ladle gumbo into bowls and top each with a mound of rice.

Makes 6 servings.

*If desired, remove meat from legs and claws and add meat only to gumbo.

CANNED SALMON TOSTADAS

- 1 can (15-1/2 ounces) salmon
- 1 can (4 ounces) diced green chiles
- Dairy sour cream
- Salt
- Hot pepper sauce (optional)
- 6 crisp fried corn tortillas
- 6 cups shredded iceberg lettuce
- 2 tomatoes, chopped
- 1/2 cup sliced green onions, including tops
- 1 cup shredded Cheddar cheese
- Picante sauce or green chiles salsa

Drain salmon; break into large chunks. Toss with green chiles and 1/4 cup sour cream. Season with salt and hot pepper sauce. Place tortillas on individual plates; top with lettuce. Layer salmon mixture, tomatoes, onions, and cheese onto lettuce. Garnish with sour cream. Serve with picante sauce.

Makes 6 servings.

ROLLED SALMON TORTILLAS (ENVUELITOS)

Heat 6 large or 12 small flour tortillas (tortillas de harina) on a griddle or over a low flame until soft and pliable. Wrap in a clean napkin to keep warm. Or cover with damp paper towels, wrap in foil, and heat in oven until soft. Place equal amounts of salmon filling in middle of each tortilla; roll. Top with lettuce, tomatoes, onions, and cheese. Garnish with sour cream. Serve with picante sauce.

Makes 6 servings.

FIESTA RICE

- 1 cup uncooked rice
- 1-1/2 teaspoons chili powder
- 1 teaspoon salt
- 1 clove garlic, minced
- 2 cups beef broth
- 2 tablespoons butter or margarine, divided
- 1/2 cup each chopped onions and green pepper

Combine rice, seasonings, broth, and 1 tablespoon butter in 2 to 3-quart saucepan. Bring to a boil; stir once or twice. Lower heat, cover, and simmer 15 minutes, or until rice is tender and liquid is absorbed. Meanwhile, melt remaining butter in skillet. Add onions and green pepper. Cook just until tender crisp. Stir into hot rice.

Makes 6 servings.