

SAVOR THE FRESH-CAUGHT FLAVOR OF *Alaska Seafood*

Let the fresh taste of Alaska seafood add a cool touch to menus during the warm summer months. From the icy cold waters of our northernmost state, comes a bounty of succulent, prime-quality seafoods — majestic salmon, exquisite crab and shrimp and snowy halibut featured here in a variety of enticing dishes.

Alaska seafood is an excellent source of high-quality protein, containing all the essential amino acids. It also contains essential vitamins and minerals. The species are moderate in calories and fats.

Thanks to advances in freezing and transportation, choice Alaska seafood is plentiful year-round. Aside from offering great flavor and nutrition, Alaska seafood takes little or no time to prepare, leaving plenty of time for summertime fun.

Happily for the consumer, Alaska fresh/frozen salmon is now more plentiful than ever before. Here, chilled poached salmon steaks, surrounded with tender broccoli and tomatoes, are topped off with a tasty Mimosa Dressing for an elegant warm weather entree.

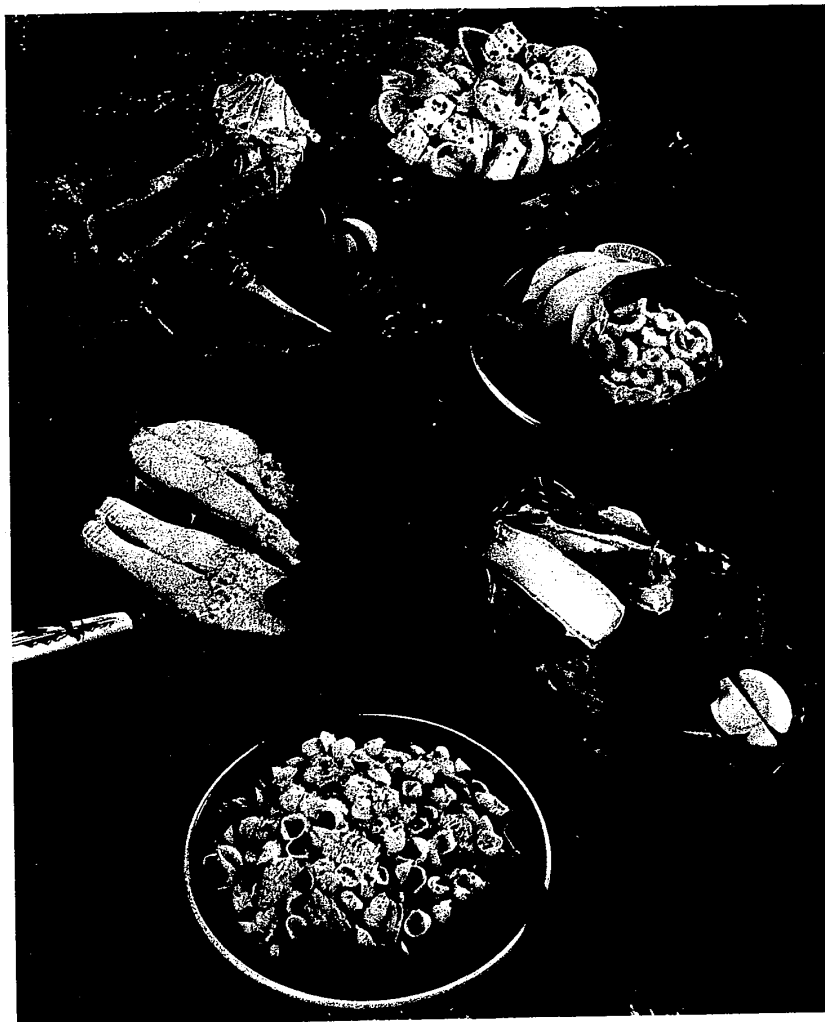
Always a favorite and readily available, Alaska canned salmon lends itself to an endless variety of menu suggestions. In a delicious main dish salad, Salmon Sea Shell Salad, marinated shell macaroni combines with convenient canned salmon, colorful peas, crisp celery and grated Parmesan cheese.

Clusters of Alaska Snow crab and a tasty dip fits right into the carefree mood of summertime living. For a delightful crab feast, serve a crisp green salad and crusty bread. And, be sure to supply plenty of napkins and small forks or picks for extracting every last delicious bite of succulent crab meat from the shell.

Expect compliments galore when you serve Gourmet Pickled Halibut, an appetizer of chunks of snowy white, Alaska halibut poached in a pickling mixture.

Another cool performer for sizzling days is Marinated Shrimp. Alaska Pink shrimp are marinated briefly in a zesty oil and lemon dressing, then complemented with an assortment of juicy fresh fruit.

Succulent Alaska King crab is featured in a tasty version of the famous "Louis Salad." While this recipe is designed for just two, it can easily be increased to serve more. Split legs of Alaska King crab are arranged on a bed of lettuce, surrounded with cooked asparagus, tomatoes, hard-cooked eggs and olives, then topped off with a creamy Louis Dressing.



GOURMET PICKLED HALIBUT

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| 2 to 2-1/2 pounds Alaska halibut, thawed if necessary | 1 tablespoon olive oil |
| 1-1/4 cups each water and white vinegar | 2 bay leaves |
| 1/2 cup white wine | 10 peppercorns |
| 1/2 cup sugar | 8 whole cloves |
| 1 tablespoon salt | 1 medium onion, thinly sliced |
| | 1 lemon, thinly sliced |
| | Chopped parsley and lemon slices for garnish |

Remove bones and skin from halibut; cut into 1-inch pieces. In large saucepan, combine water, vinegar, wine, sugar, salt, oil and seasonings. Bring to boil; cover and simmer 15 minutes. Return to full boil; add halibut. Simmer gently 3 to 5 minutes or until halibut barely flakes when tested with a fork. Layer halibut, onion and thinly sliced lemon in 1-1/2-quart serving bowl; pour stock over all. Refrigerate, covered, overnight. Drain. Garnish with parsley and lemon slices. Makes about 20 appetizer servings.

MARINATED SHRIMP

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| 2 tablespoons each olive oil and lime or lemon juice | 1/8 teaspoon each tarragon and oregano leaves, crushed |
| 1/4 cup very thinly sliced onion rings | Dash cracked pepper |
| 1 tablespoon chopped parsley | 1 pound Alaska Pink shrimp, thawed if necessary |
| 1/2 teaspoon grated lime or lemon peel | Bibb lettuce |
| 1/4 teaspoon salt | Melon slices |
| 1 bay leaf | Grape clusters |
| | 4 lime or lemon wedges |

Combine oil and lemon juice; add onion, parsley, lemon peel and seasonings. Add shrimp; mix well. Marinate, refrigerated, 1 hour. Remove bay leaf. Line individual salad plates with Bibb lettuce. Arrange shrimp, melon, grapes and lime wedges on lettuce. Makes 4 servings.

ALASKA SNOW CRAB CLUSTERS WITH SNAPPY RED SAUCE

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| 2 pounds Alaska Snow crab clusters, thawed if necessary |
| 1 cup chili sauce |
| 2 tablespoons lemon juice |
| 1/8 teaspoon each prepared horseradish and grated onion |
| 1/8 teaspoon each bottled hot pepper sauce and garlic salt |
| Lemon wedges |

Rinse crab under cool running water. Cut or break the legs apart at each joint. Using a large heavy knife, carefully score the leg sections on the back side of the shell or slit with kitchen shears. Break shoulder into two or three pieces. Combine remaining ingredients; chill thoroughly. Serve crab with sauce; garnish with lemon wedges. Makes 4 or 5 servings.

KING CRAB LOUIS SALAD

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| 10 to 12 ounces Alaska King crab split legs, thawed if necessary |
| Lettuce |
| 10 to 12 fresh or frozen asparagus spears, cooked |
| 1 hard-cooked egg, quartered |
| 1/2 tomato, cut into wedges |
| 6 pitted ripe olives |
| Louis Dressing |

Cut crab into serving-size pieces. Line dinner plates with lettuce leaves; heap center with shredded lettuce. Arrange crab, asparagus spears, egg, tomato and olives on lettuce. Serve with Louis Dressing. Makes 2 servings.

Louis Dressing: Combine 1/4 cup each mayonnaise and catsup, 1 tablespoon each chopped green onion and sweet pickle, 1 teaspoon lemon juice and a dash bottled hot pepper sauce; mix well. Makes 1/2 cup.

ALASKA SALMON SALAD WITH MIMOSA DRESSING

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| Lettuce | 1 cup broccoli flowerettes, parboiled |
| 2 small (4 oz. each) fresh/frozen Alaska salmon steaks, poached | Mimosa Dressing |
| 1 tomato, cut into wedges | Lime wedges |

Line platter with lettuce leaves; top with shredded lettuce. Arrange salmon, tomato and broccoli on lettuce. Drizzle with Mimosa Dressing; garnish with lime wedges. Pass remaining dressing. Makes 2 servings.

Mimosa Dressing: Combine 1 hard-cooked egg yolk, sieved, 1/4 teaspoon each salt, dry mustard and crushed basil leaves and a dash white pepper. Gradually add 1/3 cup olive oil. Stir in 1 tablespoon lime juice. Makes 1/2 cup.

To Poach Salmon: Combine 1 quart water, 3 peppercorns, 1 bay leaf, 1 slice onion, 1 sprig parsley and salt to taste; bring to boil. Add salmon. Return to boil; cover and simmer, allowing 10 minutes cooking time per inch of thickness measured at its thickest part or until salmon flakes easily when tested with a fork. Drain; cool.

SALMON SEA SHELL SALAD

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| 1 can (7-3/4 oz.) salmon | 1/4 cup chopped celery |
| 3 tablespoons white wine vinegar | 1/4 cup grated Parmesan cheese, divided |
| 2 tablespoons olive oil | 2 tablespoons each sliced green onion and chopped parsley |
| 1/2 teaspoon seasoned salt | Salt and pepper |
| 1/4 teaspoon basil leaves, crushed | Lettuce |
| 1/8 teaspoon pepper | |
| 6 ounces small sea shell macaroni | |
| 1 cup fresh or frozen peas, thawed if necessary | |

Drain salmon; reserve 1 tablespoon liquid. Combine reserved liquid with vinegar, oil and seasonings. Cook macaroni according to package directions; drain. Marinate warm macaroni in 3 tablespoons vinegar mixture; cool at room temperature. Add salmon, peas, celery, 2 tablespoons cheese, green onion, parsley and remaining vinegar mixture; toss gently. Salt and pepper to taste. Serve on lettuce-lined salad plates; sprinkle with remaining cheese. Makes 4 servings.