



Rockfish Parmesan

Yield: 4 Servings

Ingredients

- 1 1/2 lb. fresh, Alaskan Rockfish fillets
- 3 tsp. each lemon or lime juice and Worcestershire sauce
- 1/2 cup flour
- 1 egg, slightly beaten
- 1/4 cup each fine dry bread crumbs and grated Parmesan cheese
- 2 tbsp. Heinen's Olive Oil
- Salt and pepper



Cooking Directions

Cut Rockfish into serving sized pieces. Combine lemon juice and Worcestershire sauce; sprinkle on fish. Dust fish lightly with flour on both sides; dip into beaten egg. Combine bread crumbs and cheese; coat fish generously with mixture. Pan-fry fish in olive oil over medium heat allowing about 10 minutes cooking time per inch of thickness measured at its thickest part or until Rockfish flakes easily when tested with a fork. Season to taste with salt and pepper.

Oven-fry Method

Prepare Rockfish as above. Melt 2 tablespoons butter in shallow pan; place fish in pan. Bake at 500°F. 8 to 10 minutes or until rockfish flakes easily when tested with a fork.



Grilled Alaskan Cod With Vegetables

Yield: 4 Servings

Ingredients

2 sheets (18 x 20 inches) aluminum foil
4 (4 - 6 oz. each) Alaskan Cod Fillets
2 cups carrots, shredded
1 cup zucchini, shredded
1 cup mushrooms, sliced
¼ cup green onion, chopped
1 clove garlic, minced
1 tbsp. sesame seeds
2 tbsp. butter
salt & pepper to taste
lemon slices



Cooking Directions

Make a foil grill pan by shaping two layers of heavy-duty foil over the outside of a 13 x 9 x 2 inch baking pan. Remove foil and crimp the edges to form a tight rim, making a pan with one-inch sides. Coat foil pan with non-stick cooking spray; place on a cookie sheet. Place Alaskan Cod fillets in center of foil pan. Combine carrots, zucchini, mushrooms, green onion, garlic and sesame seeds. Spoon vegetables evenly around cod. Dot fish and vegetables with butter; season with salt & pepper. Slide foil pan from cookie sheet onto grill. Cook 15 to 18 minutes, covered, on medium-hot grill or until fish flakes easily when tested with a fork. Slide foil pan from grill onto cookie sheet. Garnish with lemon slices.



Firecracker Grilled Alaskan Salmon

Yield: 4 Servings

Ingredients

- 4 (4 to 6 oz. ea.) Alaskan salmon steaks or fillets
- ¼ cup sesame oil
- 2 tbsp. soy sauce
- 2 tbsp. Two Brother's Balsamic Vinegar
- 2 tbsp. green onions, chopped
- 1 1/2 tsp. brown sugar
- 1 clove garlic, minced
- ¾ tsp. ginger, grated
- ½ tsp. red chili flakes (or more to taste)
- ½ tsp. sesame oil
- 1/8 tsp. salt



Cooking Directions

Place salmon steaks or fillets in a glass dish. Whisk together remaining ingredients and pour over salmon. Cover with plastic wrap and marinate in refrigerator 4 - 6 hours. Remove salmon from marinade and place on a well-oiled grill 5 inches from coals. Grill for 10 minutes per inch of thickness, measured at the thickest part, or until fish just flakes when tested with a fork. Turn halfway through cooking.



Grilled Mussels with White Wine

Yield: 4 Servings

Ingredients

- 2 lbs. mussels
- 1/2 cup fresh lemon juice, divided
- 6 tbsp. butter melted
- 1 cup dry white wine
- 1/4 tsp. Tabasco sauce
- 1/2 tsp. dried crushed red pepper
- 2 garlic cloves, minced
- 1/8 tsp. sea salt
- 1/8 tsp. freshly ground black pepper
- 1/3 cup fresh parsley, chopped

Cooking Directions

Remove beards on mussels and scrub shells well with a brush. Discard open or cracked mussels. Set aside. In a large bowl, combine 1/4 cup lemon juice and next 5 ingredients. Sprinkle mussels with salt, black pepper and 2 tbsp. lemon juice. Place mussels in a grill basket. Grill with lid closed, over high heat (400° to 500°) about 10 minutes or until shells open. Discard any unopened mussels. Add mussels to seasoned lemon mixture; toss well. Sprinkle with parsley. Serve immediately.