

## Simple Techniques for GRILLING Wild Alaska Seafood

(Quick cooking at high heat – perfect for any seafood species)

- Thoroughly clean and preheat the grill
- Oil both the grill and the seafood to prevent sticking
  - ❖ Oil the grill lightly after it's hot using a bound towel or brush
- Marinate or season the seafood
- Place the seafood on the grill
- Turn 90 degrees to produce crosshatch marks, if desired
- Flip
- Cook just until opaque throughout

For more information, cooking tips and recipe ideas, please visit the Alaska Seafood Marketing Institute at [www.alaskaseafood.org](http://www.alaskaseafood.org).



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## INDIAN-INSPIRED SPICE RUB OR SEASONING FOR GRILLING WILD ALASKA SEAFOOD

- |                                |                                 |
|--------------------------------|---------------------------------|
| 1 teaspoon cumin seeds         | 1 teaspoon ground ginger        |
| 1 teaspoon coriander seeds     | 1-1/2 teaspoons ground turmeric |
| 1/2 teaspoon fennel seeds      | 2 teaspoons salt                |
| 1/2 teaspoon white peppercorns | 1 teaspoon brown sugar          |

Toast the cumin, coriander, fennel and peppercorns in a small skillet over moderate heat, shaking the pan occasionally to prevent burning. As soon as mixture becomes fragrant, 3 to 4 minutes, remove from heat and cool spices to room temperature.

Grind toasted spices to a powder in a spice grinder or coffee mill. Stir in rest of ingredients. Can be stored tightly covered for up to 4 weeks.



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