

Simple Techniques for POACHING Wild Alaska Seafood

(Submerge seafood in poaching liquid to cook – great for any seafood species)

- Add water/seasoned liquid to large pan and simmer
 - ❖ Add flavors like lemon juice, wine, fresh herbs, dried spices
- Turn off heat
- Add seafood to liquid, skin side down
 - ❖ Seafood should be mostly covered by the poaching liquid
- Return heat to a simmer
 - ❖ Liquid should simmer, not boil
- Cover pan tightly
- Cook just until opaque throughout

Delicious topped with a flavored mayonnaise or salsa!

For more information, cooking tips and recipe ideas, please visit the Alaska Seafood Marketing Institute at www.alaskaseafood.org.



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COURT BOUILLON FOR POACHING WILD ALASKA SEAFOOD

*Makes enough to poach 6 servings of fish

3 cups water	1/4 cup chopped carrot
1 cup white wine	6 whole black peppercorns, crushed
1 small lemon, sliced	3 sprigs or so fresh thyme (1 teaspoon dried)
3 green onions, chopped	1 small bay leaf
1/2 celery rib, chopped	1 Tablespoon chopped fresh ginger

Combine all ingredients in a saucepan and bring to a boil over high heat. Reduce the heat and simmer for 5 minutes. Poach fish in the gently simmering liquid. When done, strain liquid and save refrigerated up to a week or frozen up to 3 months to poach more fish. It will gain flavor each time you use it and can be used as a stock for soups or sauces.



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