

Simple Techniques for ROASTING Wild Alaska Seafood

(Oven technique – best for thicker seafood portions)

- Preheat oven to 400°F-450°F
- Spray-coat or foil-line a baking sheet
- Place seafood on baking sheet
- Brush with oil and season
- No need to 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.



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CAPER DILL VINAIGRETTE FOR ROASTING WILD ALASKA SEAFOOD

3-4 Tablespoons wine vinegar
(red or white depending on
the look you want)
2 teaspoons finely minced shallots
or green onion
1/2 teaspoon dry mustard

Sea salt and freshly ground pepper to taste
1 Tablespoon chopped fresh dill
1 Tablespoon chopped, drained capers
1/2 teaspoon finely grated lemon zest
3/4 cup or so olive oil**

In a bowl, whisk all ingredients together except for the olive oil. Continue to whisk while slowly adding the oil. This will form an emulsion in which the sauce will thicken. Alternately you can put all the ingredients in a jar with a tight-fitting lid and shake vigorously. The emulsion won't be quite as thick or stable but it's another way to combine the ingredients. Vinaigrettes are best served within a couple of hours or so and at room temperature for maximum flavor. Whisk or shake again if it has stood for more than a few minutes.

**Note: You can decide whether to use extra virgin olive oil with its more pronounced aromatic flavors or more subdued virgin olive oil. If using fragrant extra virgin oil you might want to use less oil. It's all to your taste!



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