

## Simple Techniques for SAUTÉING Wild Alaska Seafood

(Quick cooking at medium-high heat – best for thinner seafood portions)

- Preheat pan to medium-high
- Add oil or a combination of oil and butter to the pan
- Add seafood to pan, skin side up, and cook until browned
  - ❖ Pan must be the appropriate size so as to not overcrowd the seafood; an overcrowded pan's temperature will drop quickly and a good seal will not form on the food
  - ❖ Shake the pan immediately after adding seafood, then allow the seafood to remain undisturbed until the appropriate color develops
- 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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## FRESH HERB AND LEMON VINAIGRETTE FOR SAUTÉING WILD ALASKA SEAFOOD

\*Makes 1 cup

- 1/4 cup fresh lemon juice
- 2 teaspoons finely chopped fresh herbs (chives, parsley, basil, tarragon, or a combination)
- 1/2 teaspoon dry mustard
- Sea salt and freshly ground pepper to taste
- 3/4 cup or so extra virgin 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.



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