



VitalChoice
WILD SEAFOOD & ORGANICS

In the Kitchen *with* VitalChoice

Enjoy five ravishing recipes
courtesy of chef Becky Selengut,
author of *Good Fish*.

Includes our
**Tips to
Cooking Seafood**
*Thaw, season,
and cook, easily
and perfectly.*



*Jerk-Spiced Salmon with Coconut
Pot Liquor and Sweet Potato Fries*

Jerk-Spiced Salmon with Coconut Pot Liquor and Sweet Potato Fries

INGREDIENTS

1/4 teaspoon black peppercorns
1 (1-inch) piece cinnamon stick
1/2 teaspoon kosher salt
1/4 teaspoon cumin seeds
1/4 teaspoon allspice berries
1/4 teaspoon red pepper flakes
1 pound [coho salmon fillets or steaks](#),
skin-on, cut into 4 equal portions
1 teaspoon plus 1 tablespoon [extra-virgin
olive oil](#), plus some for brushing the pan
2 large orange sweet potatoes, peeled and
cut into 4-by-1/2-inch pieces
1/4 teaspoon plus 1/8 teaspoon salt
1 bunch kale leaves, stems removed,
chopped into bite-size pieces
Heaping 1/4 teaspoon ground pepper
1 (14-ounce) can salted black beans,
drained and rinsed
1 tablespoon apple cider vinegar
1 (14-ounce) can coconut milk
1 tablespoon [high-heat vegetable oil](#)
1 lime, cut into wedges, for garnish

PREPARATION

Preheat the oven to 400°F. Grind the peppercorns, cinnamon stick, kosher salt, cumin seeds, allspice berries, and red pepper flakes in a spice grinder until fine. Reserve 1 teaspoon of the spice rub to sprinkle on the sweet potatoes. Coat the salmon pieces on all sides with the remainder of the rub and set them aside on a plate in the refrigerator for 30 minutes.

Meanwhile, lightly brush a sheet pan with olive oil. In a large bowl, toss the sweet potato pieces with 1 teaspoon of the olive oil, the reserved teaspoon of spice rub, and 1/4 teaspoon salt. Spread them out on the pan and bake for 25 to 30 minutes, or until they are browned in spots. Remove from the oven and cover to keep warm. Leave the oven on.

In a large pot over medium-high heat, add 1 tablespoon olive oil. Add the kale, 1/8 teaspoon salt, and pepper, and sauté for 2 to 3 minutes, or until the greens start to wilt. Add the black beans, apple cider vinegar, and coconut milk. Stir and simmer for 10 minutes, or until the greens are tender. Season to taste and keep warm until you are ready to serve.

In an ovenproof skillet over high heat, add the vegetable oil. When it is hot, carefully add the salmon fillets, skin side up. Cook for 2 to 3 minutes, or until the fillets are browned, then flip them carefully and place the skillet in the oven for 5 to 6 more minutes (assuming the fish is about an inch high measured at the thickest point). Ideally, the salmon should be served medium rare.

Yield: 4 servings



*Mussels with Sweet-and-Sour
Cabbage and Saffron Aioli*

Mussels with Sweet-and-Sour Cabbage and Saffron Aioli

INGREDIENTS & PREPARATION

FOR THE SWEET-AND-SOUR CABBAGE

1 tablespoon [extra-virgin olive oil](#)
1 pound (3 cups) thinly shredded red cabbage
6 ounces (1 cup) thinly sliced fennel bulb
1/4 teaspoon salt
2 teaspoons honey
2 teaspoons minced fresh rosemary
1/4 cup red wine vinegar

Heat the olive oil in a medium pot over medium-high heat. Add the cabbage, fennel, salt, honey, rosemary, and vinegar. Reduce the heat to medium low and cook, covered, for about 30 minutes, stirring occasionally. Season to taste with salt. Set aside and cover to keep warm.

FOR THE SAFFRON AIOLI

1/8 teaspoon saffron
1 1/2 tablespoons lemon juice, plus additional for seasoning
1/8 teaspoon smoked chile powder
1/4 teaspoon salt
1 egg yolk
1/2 cup [vegetable oil](#) (pick one with a neutral flavor, such as canola or grapeseed)

In a small bowl combine the saffron, lemon juice, chile powder, and salt, and let the saffron soak for about 10 minutes. Add to a blender along with the egg yolk. With the machine running, slowly drizzle in the vegetable oil. Alternatively, carefully whisk the egg yolk into the saffron mixture and then add the oil (a few drops at a time to start and then in a steady stream) into the mixture by hand. Season to taste with salt and lemon juice. Set aside.

FOR THE MUSSELS

2 pounds [mussels](#)
2 tablespoons all-purpose flour
2 tablespoons [high-heat vegetable oil](#)

Scrub and debeard the mussels. In a stockpot over high heat, add 2 tablespoons water and the mussels, cover, and cook for about 3 minutes, or until the mussels open. Any mussels that do not open can be pried open using an oyster shucker or discarded.

Transfer the mussels to a large bowl, removing and discarding their shells, and set aside. Strain the mussel liquor through a fine mesh sieve and add 1/2 cup of the liquor to the cabbage. Discard the rest or use it in a soup or sauce the next night.

Dredge the mussels in the flour and shake them in a strainer to remove any excess. In a large sauté pan over high heat, add the vegetable oil. When it is hot, sear the mussels until caramelized on both sides, about 4 minutes total.

TO SERVE

Pile the mussels on top of the warm cabbage and serve with a bowl of aioli on the side for dipping.

Yield: 6 servings or 8 as an appetizer

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*Seared Albacore with Ratatouille
and Caramelized Figs*

Seared Albacore with Ratatouille and Caramelized Figs

INGREDIENTS & PREPARATION

FOR THE TUNA

1 pound [albacore loin](#), cut into four 1-inch steaks
Salt and freshly ground pepper to taste
2 tablespoons [high-heat vegetable oil](#)
6 fresh figs, halved
1 cup cherry tomatoes, halved

Heat a large skillet over high heat. Season the albacore steaks with salt and pepper. Add 1 tablespoon of the vegetable oil to the skillet and, when it is hot, sear the tuna for exactly 2 1/2 minutes on each side, for a juicy medium rare. Transfer the steaks to a platter and cover lightly with aluminum foil to keep warm. Add the remaining 1 tablespoon of oil and, when it is hot, sear the figs, cut side down, until they are brown, about 2 minutes. Flip them over, add the cherry tomatoes, and cook for another 3 to 4 minutes, or until the tomatoes are lightly charred. Transfer the figs and tomatoes to the platter with the steaks and place the skillet back over the heat to prepare the sauce.

FOR THE RED-WINE-AND- BALSAMIC SAUCE

1 cup dry red wine
1/2 cup [clam juice or chicken stock](#)
3 tablespoons [balsamic vinegar](#)
Salt and freshly ground pepper to taste

Add the wine to the warm skillet you cooked the albacore and figs in. Reduce the wine by half, about 5 minutes. Add the clam juice and balsamic vinegar and reduce to a light syrup, about 3 minutes more. Season to taste with salt and pepper as needed.

FOR THE RATATOUILLE

3 teaspoons [extra-virgin olive oil](#), plus additional for sautéing
3 teaspoons [high-heat vegetable oil](#), plus additional for sautéing
1 small eggplant, cut into small dice
Salt to taste
1 medium zucchini, cut into small dice
1 red pepper, cut into small dice
1 medium Walla Walla onion, cut into half moons
1 teaspoon minced fresh thyme
1 teaspoon minced fresh parsley
1 teaspoon minced fresh oregano
1 teaspoon minced fresh rosemary

Heat a large sauté pan over medium-high heat. Add 1 teaspoon each of the olive oil and vegetable oil. Add the eggplant and salt, and sauté for 7 to 8 minutes, or until the eggplant is lightly browned and soft. Transfer to a large bowl. Add another teaspoon each of the olive oil and vegetable oil, and sauté the zucchini in the same fashion. Add it to the eggplant. Repeat the process with the red pepper and onion. Stir the cooked vegetables together; add the thyme, parsley, oregano, and rosemary; and season to taste with pepper and more salt if necessary.

TO SERVE

On each of 4 plates, place an albacore steak with some figs and tomatoes and a heaping pile of ratatouille. Drizzle some of the pan sauce around the plate.

Yield: 4 servings

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*Grilled Sockeye Salmon
with Fennel Two Ways*

Grilled Sockeye Salmon with Fennel Two Ways

INGREDIENTS & PREPARATION

FOR THE FENNEL SALT

- 1 tablespoon dried fennel seeds
- 1 teaspoon salt
- 1/2 teaspoon black peppercorns

Grind the fennel seeds, salt, and peppercorns together in a spice grinder. Reserve.

FOR THE VEGETABLES

- 1 large fennel bulb, stems removed, cut into thin wedges, small frond pieces reserved for garnish
- 1 red onion, cut into thick slices
- 1 tablespoon [extra-virgin olive oil](#)

In a medium bowl, toss the fennel and onion with the olive oil and 1 teaspoon of the fennel salt.

FOR THE SALAD

- 1/4 cup plain Greek-style yogurt
- 1 teaspoon Dijon mustard
- Pinch of cayenne
- 1/2 teaspoon honey
- Salt to taste
- 4 cups salad greens (mixture of arugula, frisée, mizuna etc.)

In a small bowl combine the yogurt, mustard, cayenne, and honey. Season to taste with salt. Right before serving, lightly coat the greens with 2 tablespoons of the dressing. Reserve the rest to use as a sauce for the salmon.

FOR THE SALMON

- 1 pound [sockeye salmon fillet](#), skin on, cut into 4 equal portions.
- Vegetable oil, for oiling the grill.

Remove the pin bones. Coat the salmon pieces on all sides with the remaining fennel salt and set them aside on a plate in the refrigerator.

Preheat an outdoor gas grill or indoor grill pan to high heat. Oil the grill rack with vegetable oil. Grill the fennel wedges and onion slices for 6 to 8 minutes, or until crisp-tender.

Grill the salmon, skin side up, until the grill marks are clearly visible. Sockeye is usually fairly thin, so a 1/2-inch thick piece should cook for 2 to 3 minutes per side.

TO SERVE

This is a great dish to serve family-style on a large platter. Place the salad in the middle of the platter and top with the salmon. Scatter the vegetables all around the platter. Garnish with small fennel fronds. Serve with the reserved sauce on the side.

Yield: 4 servings



*Weeknight Linguine with
Spot Prawns and Basil*

Weeknight Linguine with Spot Prawns and Basil

INGREDIENTS

Kosher salt to taste

1 pound fresh or dried linguine

1/4 cup [extra-virgin olive oil](#)

3 cloves garlic, minced

1/4 teaspoon red pepper flakes

1/2 cup pitted kalamata olives

1/4 cup capers, chopped

1/4 cup dry white vermouth or dry white wine

2 fresh tomatoes, cut into medium dice, or two canned tomatoes, cut into medium dice, plus 1/2 cup of the juice

1/4 cup roughly chopped fresh basil, plus some small leaves for garnish

1 pound [spot prawns](#), peeled and deveined

Zest of 1 lemon (about 2 teaspoons)

Freshly ground pepper 2 ounces goat cheese (optional)

PREPARATION

Set a large pasta pot filled with water over high heat. When the water boils, add 1 tablespoon salt. Add the pasta and cook until it is al dente. Drain in a colander, reserving 1/2 cup of the pasta cooking liquid. Set the pasta aside, shaking it from time to time to keep it from sticking.

In a large sauté pan over medium-high heat, add the olive oil. After a minute, add the garlic, red pepper flakes, olives, and capers, and cook for 2 minutes, stirring, to flavor the oil. Carefully add the vermouth, stirring to loosen any bits clinging to the pan. Add the tomatoes with juice and cook for 2 to 3 minutes more. If the sauce is dry, add a touch of the reserved pasta cooking water.

Add the basil, prawns, lemon zest, and reserved pasta, and cook, tossing, for 2 more minutes. Season to taste with salt and pepper. Garnish with the goat cheese and basil leaves.

Tips for cooking with Vital Choice seafood



There are many ways to cook seafood, but when you start with high quality ingredients we believe a simple preparation is best. We do it the same way fishermen have for centuries, with simple ingredients that enhance flavor but don't overpower, like a light marinade of olive oil and our favorite herbs and spices. When you cook with Vital Choice seafood, less is always more.

QUICK-THAWING SEAFOOD SAFELY

For the freshest results, we suggest thawing your fish for half an hour or so before preparation. Immerse unopened packages in cool water for about 20 minutes to thaw. During this time, prepare ingredients and preheat your oven or grill. Once thawed, remove fish from package, rinse under cool water, and pat dry.

WHEN IS YOUR FISH DONE?

When prepared properly, wild salmon can be a wonderfully delicious meal, but nothing can strip it of its natural flavor and nutrition faster than over-cooking. For best results, remember that your fish will continue to cook for a few minutes after removal from the heat source. To get it just right, check with an instant-read thermometer. Fish is medium-rare when the internal temperature reaches 125°F and well done at 145°F.

APPLYING MARINADES & RUBS

- Thaw fish thoroughly, rinse, pat dry and coat with favorite marinade or dry rub.
- Apply barbecue, teriyaki or fruit sauces just before fish is done cooking to prevent burning.

STEAMING

- Use a wire steamer basket or vegetable steamer, and bring about 1" of water to a boil in pot.
- Turn off heat; place steamer basket in pot. If desired, line steamer with lettuce, onions, herbs or citrus to keep seafood from sticking.
- Add seafood.
- Return liquid to a boil and cover loosely.
- Cook just until opaque throughout.

GRILLING

- Clean and preheat grill. Oil lightly when hot.
- Lay marinated fish directly over heat source, skin side up. Fish should sizzle when it hits the grill.
- Check after 2-3 minutes by gently lifting the fish to look for grill marks. When grill marks form, slide a spatula under the fish, flip and cook the other side. Turn 90° to produce crosshatch marks, if desired.
- Check again after 2-3 minutes. Cook just until opaque throughout.

GRILLING ON WOOD PLANKS

Native Americans in the Pacific Northwest pioneered the art of grilling fish and game on wood planks, which preserves moisture and imparts wonderfully subtle wood notes to grilled food. On your grill, try Vital Choice Cedar or Alder Grilling Planks and experience the flavor of a timeless Northwest tradition.

- Heat grill to medium-high.
- Place pre-soaked plank on grill and preheat for 5 minutes, or until bottom begins to darken.
- Carefully flip plank over and arrange salmon or other fish on top.
- Cooking times will vary depending on the heat of your grill and thickness of fish, but can range from 5 -10 minutes, just until salmon is opaque throughout.

BAKING

- Preheat oven to 350 °F.
- Place marinated fish in baking dish and cook for 8-10 minutes. Time will vary depending on portion thickness.
- Remove from oven when fish begins to flake easily with a fork. Cook just until opaque throughout.

BROILING

- Preheat oven to broil.
- Drizzle 1 tablespoon olive oil into a medium heat-proof skillet.
- Place salmon skin side down and gently rub olive oil on the top of fish and season.
- Broil in the oven for 8 minutes per inch of thickness.
- Cook just until opaque throughout.

SLOW OVEN ROASTING

- Preheat to 250°F.
- Coat fish with desired marinade or seasoning.
- Place fish in roasting dish on center rack of oven for 20 minutes.
- Using a fork to flake open the thickest section, check the interior. Cook just until opaque throughout.

SAUTÉING

- Preheat oiled pan to medium-high.
- Add marinated /seasoned seafood, skin side up.
- Shake the pan immediately after adding seafood, and then leave undisturbed until the appropriate color develops.
- Flip fish and cook just until opaque throughout.