

2010 Winners

1st Place (\$1000) Joseph McKay with Sesame Grilled Pink Salmon
2nd Place (\$500) Mel Bowden with Mel's Sweet Teriyaki Pink Salmon Burgers
3rd Place (\$300) Vernell Sodergren with Pink Salmon Ceviche
4th Place (\$150) Corina Gittins with Grilled Crab Stuffed Pink Salmon

The Valdez Pink Salmon Cook-Off is a joint effort between the City of Valdez and the Valdez Fisheries Development Association created to promote Pink Salmon fisheries in the Port of Valdez.

For more information about the 1st Annual or future Valdez Pink Cook-Offs please contact Colleen Stephens at colleen@stephenscruises.com



Sesame Grilled Pink Salmon Filet with Lemon Zest Teriyaki, skin crisp and won ton by Joseph McKay

Ingredients:

5-4oz filets Pink Salmon Sesame Oil 1/4 **cup** Fish Sauce ¼ cup Soy Sauce 1 cup **Brown Sugar** 2 cups Lemon Zest 2 lemons Corn Starch **1/4** cup 2" strips Salmon Skin Veg. Oil 2 cups Shallots 1 minced

Garlic 2 cloves minced Ginger 2 tsp minced

Wonton Wrappers 5

Directions:

- 1. Filet and skin the salmon into five 4 oz portions
- 2. Marinate the filets with Sesame Oil, fish sauce, garlic, black pepper
- 3. Cut the salmon skin into 2" strips and fry in veg. oil until crisp and place on paper towel and sprinkle w/kosher salt
- 4. Make sauce with soy sauce, brown sugar, fish sauce, lemon zest and ginger in sauce pan. Bring to boil and add corn starch (slurry) to thicken. Let Stand.
- 5. Mince the fish parts and add shallots, green onion, garlic, ginger, fish sauce, soy sauce and pepper into mixing bowl and fold together. Place 1 tsp of mix onto center of wonton wrapper and fold
- 6. Fry wontons in veg. oil until golden brown and place on towel
- 7. Grill salmon filets 2 minutes on each side or until med firm
- 8. Plate filet and put spoon full of sauce and add crisp on top and wonton on the side



Mel's Sweet Teriyaki Pink Salmon Burgers by Mel Bowden

Ingredients:

Spread

½ cup Mayonnaise

½ cup Cream Cheese

1/3 cup Sour Cream

1 Bulb Roasted Garlic

2 Tbs Fresh Dill Minced

Salt and Pepper to taste

Patties

4 fillets Pink Salmon cut into large cubes

2 Eggs (only 1 used depending on the size of salmon filets)

1/3 cup prepared bread crumbs

4 tsp Teriyaki Sauce

Season with Kosher Salt, Pepper, and roasted garlic powered

2 Carrots shredded

1 stalk Celery

½ each - chopped Green Bell Pepper, Red Bell Pepper, Yellow/Orange Bell Pepper

5 cloves roasted Garlic minced

1 cup chopped Pineapple and/or Papaya

1 Sweet Onion chopped

3 Tbs fresh Parsley chopped

6 oz sliced Swiss cheese

½ cup Tbs Olive Oil

4 to 6 whole wheat hamburger buns toasted

Topping

1 Sweet Onion Slightly Sliced

4 cups chopped Spring/Lettuce Mix

3 cut Tomatoes

3 cut Avocadoes



Mel's Sweet Teriyaki Pink Salmon Burgers by Mel Bowden continued

Preparation:

Spread -

Combine all ingredients in food processor – set aside

Patties -

Sauté carrots, $\frac{1}{2}$ cup pineapple, peppers, parsley, pineapple, celery and $\frac{1}{2}$ of the onion in 3 Tbs Olive oil, set aside.

Put salmon in food processor until coarsely mixed

Add egg, bread crumbs, garlic and sautéed veggies and teriyaki sauce until well incorporated.

Sauté chopped onion and rest of pineapple in 2 Tbs oil until almost clear. Set aside.

Heat ¼ cup of olive oil in pan.

Using gloves – make salmon mix into 3 inches balls, set in pan and flatten until $\frac{1}{2}$ inch thick. Cook burgers 3 minutes on each side (until no longer pink in the center).

Top with cheese cover until melted.

Assembly

Spread prepared dill spread on top of toasted bun.

Place lettuce and tomatoes on bottom bun.

Place patty on bottom bun.

Top with sautéed onion/pineapple mix and avocado

Place top bun on top.



Pink Salmon Ceviche by Vernell Sodergren

Ingredients:

Approximately 2 lbs of boneless, skinless Pink Salmon (cubed into $\frac{1}{4}$ to $\frac{1}{2}$ inch pieces)

½ cup Lime juice

3 or 4 Serrano Peppers (remove seeds and chop small)

½ of a White Onion (chopped small)

3 or 4 Tomatoes (chopped small, leave some seeds)

1 teaspoon of salt

Cilantro per you taste (chopped)

Instruction:

In a large bowl mix Pink Salmon and lime juice. The lime juice actually cooks the salmon, so the color and texture will change. Place mixture in the refrigerator while you prepare other ingredients. Add all the chopped ingredients, plus salt, to the salmon mixture. Mix thoroughly. Chill for about an hour. You may garnish with lettuce leaves, lemons, cilantro, etc. (Jalapeno peppers may be substituted for more spice)

Serve with crackers or tortilla chips



Grilled Crab Stuffed Pink Salmon by the Gittins Girls

Ingredients:

4 boneless, skin-on Pink Salmon filets

1 package imitation Crab meat

1 cup pre-cooked salad Shrimp

½ cup Mayonnaise

3 Celery sticks

1 bushel of Green Onions

1/4 Cup Pimentos or Red Peppers

2 Large Eggs

2 cups Panko

6-8 oz Salad Oil or Extra Virgin Olive Oil

3 Tbs fresh Garlic

1 small package of fresh Dill

White cooking wine – as needed to taste

1 lemon – as needed to taste

Salt and Pepper – as needed to taste

Preparation:

Cut the skin from the Pink Salmon filets, wash under cold water and place on ice.

Finely chop crabmeat and shrimp, combine in mixing bowl. Set aside

Finely chop celery, garlic, pimentos, and green onions.

Caramelize garlic in small pot with 2 oz of Olive Oil. Add vegetables and cook approx. 5-7 minutes.

Mix together eggs, celery, onions, pimentos, garlic, and mayonnaise. Fold in crab and shrimp mixture.

Add a dash of salt & pepper (to taste) with Panko. Gently fold together until moistened.

Preheat BBQ Grill on high heat.

Make pocket in the salmon with 3 sides closed and one side open for stuffing, usually open up the backside.

Fill salmon with stuffing and set aside.

Make "boats" with the tinfoil so no juices will escape during cooking.



Grilled Crab Stuffed Pink Salmon by the Gittins Girls continued

Carefully put the "boats" on the BBQ grill.

Generously douse salmon with white wine and add a few slices of freshly cut lemon and a couple of spears of dill to the top of the salmon.

Turn BBQ grill to medium-low heat and cook for 1 5-20 minutes or until salmon is done.

Carefully pull salmon out of the BBQ "boat" and place on serving plate. Pour the remainder of the sauce from the "boat" on top of the salmon and add a few more pieces of dill.