



## ALASKA POLLOCK BANH MI SANDWICH

**1 serving = 1 sandwich** | One sandwich provides 2 ounce equivalent lean meat/meat alternate, 1/8 cup other vegetable, 2.5 ounce equivalent whole grain or whole grain-rich product. Values could vary based on the specific seafood, vegetable, and grain products used.

Ingredient	1 SERVING	10 SERVINGS	50 SERVINGS
Once-frozen, Genuine Alaska Pollock® portions (unbreaded, 2.6 ounces each)	1	10	50
Master Honey-Citrus Glaze or Asian Honey-Citrus Glaze (recipes on back)	1 teaspoon	3 tablespoons plus 1 teaspoon	1 cup plus 2 teaspoons
Pickled Vegetables, drained (recipe on back)	2 tablespoons	1 1/4 cups	6 1/4 cups
Whole grain or whole grain-rich baguette-style roll with slightly crunchy exterior, split without separating halves, warmed	1	10	50
Mayonnaise (low-fat or fat-free)	2 teaspoons	6 tablespoons plus 2 teaspoons	2 1/8 cups
English cucumber, unpeeled, sliced lengthwise	1-2 slices	10-20 slices	50-100 slices
Cilantro	2 sprigs	20 sprigs	100 sprigs
Cooking spray (olive or canola oil)			

### Preparation

- Prepare Master Honey-Citrus Glaze or Asian Honey-Citrus Glaze, and Pickled Vegetables.
- Spray sheet pan with cooking spray. Place frozen Alaska pollock portions on pan and brush with Master Honey-Citrus Glaze or Asian Honey-Citrus Glaze.
- Cook Alaska pollock portions according to manufacturer's instructions and until internal temperature just reaches 165°F. Do not overcook!
- Spread top and bottom of warm roll with mayonnaise.
- Place cucumber slices on bottom of roll; top with fish portion, 2 tablespoons drained Pickled Vegetables and 2 sprigs of cilantro, and replace roll top.

### Flexible Service Options

- Offer as a choice on a made-to-order sandwich bar.
- Fish portion may be offered hot or cold.



*Great Fish  
for Great Kids!*



## ALASKA POLLOCK BANH MI SANDWICH *Continued*

### MASTER HONEY-CITRUS GLAZE

Serving size: 1 teaspoon

Ingredient	10 SERVINGS	50 SERVINGS
Frozen orange juice concentrate, room temperature	1 tablespoon plus 1 teaspoon	1/3 cup
Orange juice, reconstituted from concentrate or natural	1 tablespoon plus 1 teaspoon	1/3 cup
Spicy brown mustard	3/4 teaspoon	1 tablespoon plus 3/4 teaspoon
Granulated garlic	1/4 teaspoon	1 1/4 teaspoons
Ground ginger	1/8 teaspoon	3/4 teaspoon
Honey	1 tablespoon plus 1 teaspoon	1/3 cup

#### Preparation

- Mix all ingredients together except honey.
- Add honey and stir.
- Refrigerate if not used immediately. May be made up to 2 weeks ahead. Stir before using.

### ASIAN HONEY-CITRUS GLAZE

Serving size: 1 teaspoon

#### Preparation

- Prepare Master Honey-Citrus Glaze.
- Add 1 1/4 teaspoons soy sauce for 10 servings, or 2 tablespoons soy sauce for 50 servings. Stir to combine.
- Refrigerate if not used immediately. May be made up to 2 weeks ahead. Stir before using.

### PICKLED VEGETABLES

Serving size: 2 tablespoons

Ingredient	10 SERVING	50 SERVINGS
Water	1/3 cup	1 2/3 cups
Rice vinegar	3 tablespoons	1 cup
Sugar	3 tablespoons	1 cup
Kosher salt	1/4 teaspoon	1 1/4 teaspoon
Crushed red pepper flakes	1/8 teaspoon	1/2 teaspoon
Daikon radish or jicama, peeled and julienned	2/3 cup	3 1/3 cups
Carrots, peeled and julienned	2/3 cup	3 1/3 cups

#### Preparation

- Combine water, rice vinegar, sugar, salt and crushed red pepper flakes in a small saucepan. Bring to a boil, then remove from heat.
- Transfer the brine to a large bowl and let cool to room temperature.
- Add the daikon radish and carrots to the brine and stir; cover the vegetables so they remain submerged.
- Make at least 30 minutes prior to serving. May be made up to 2 days ahead and refrigerated. Drain well before adding to the sandwich.

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