



SEAFOOD IRON CHEF 2011 SEATTLE, WASHINGTON

BAJA FISH TACO

Makes 1 taco

Ingredients

Whole Wheat Flour Tortilla	1
Mexican Cheese Blend	¼ cup
Bell Pepper Mix (recipe follows)	¼ cup
Southwestern Spicy Corn and Bean Casserole (recipe follows)	¼ cup
Jalapeno Red Sauce (recipe follows)	¼ cup
Once-frozen Genuine Alaska Pollock Fish Sticks (Tex-Mex flavor, 1 ounce each)	2
Dill Tartar Sauce (recipe follows)	1 ounce

Preparation

Top tortilla with cheese blend, bell pepper mix, corn and bean casserole and jalapeno red sauce. Cut fish sticks in half and place on top of all other ingredients. Top with dill tartar sauce. Present open faced. Serve with Cucumber Tomato Salad, Chipotle Coleslaw and Fresh Fruit Salad (recipes follow).

BELL PEPPER MIX

Yield: 12 ½-cup servings

Ingredients

Olive Oil	½ ounce
Onions, chopped	1 cup
Red Peppers, chopped	1 cup
Green Peppers, chopped	1 cup
Garlic, finely chopped	4 cloves
Salt	pinch
Pepper	pinch

Preparation

Mix all ingredients together.

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SOUTHWESTERN SPICY CORN AND BEAN CASSEROLE

Yield: 12 ½-cup servings

Ingredients

Olive Oil	4 ounces
Onions, chopped	¾ cups
Baja Vegetable Mix (2 pound bag)	1
Black Beans (canned), drained and rinsed	8 ounces
Red Peppers, chopped	½ cup
Parsley, chopped	½ cup

Preparation

Heat olive oil in sauté pan over medium heat. Add onions and sauté. Add vegetable mix and combine. Add black beans and red pepper and simmer for five minutes. Top with parsley.

JALAPENO RED SAUCE

Yield: 15 servings

Ingredients

Tomatoes, diced (14.5 oz can)	2 cans
Parsley, chopped	½ cup
Garlic, finely chopped	3 cloves
Red Onion, chopped	½ cup
Jalapeno Peppers, chopped	3

Preparation

Combine ingredients in medium saucepan and simmer for 4 minutes.

DILL TARTAR SAUCE

Yield: 15 servings

Ingredients

Light Mayonnaise	2 cups
Baby Dill, fresh, finely chopped	3 ounces
Lemon Juice	from ½ lemon

Preparation

Stir all ingredients together.



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CUCUMBER TOMATO SALAD

Yield: 20 ½-cup servings

Ingredients

Cucumbers, chopped	2 large
Roma Tomatoes, chopped	4
Cherry Tomatoes, halved	8
Green Onions, chopped	2
Chives, chopped	3 tablespoons
Italian Parsley, chopped	4 tablespoons
Seasoned Rice Vinegar	2 ounces
Olive Oil	2 ounces

Preparation

Mix vegetables together. In a separate bowl, whisk rice vinegar and olive oil together. Pour over vegetables and stir to combine.

CHIPOTLE COLESLAW

Yield: 30 ½-cup servings

Ingredients

Coleslaw Mix or Shredded Cabbage	2 lbs
Light Mayonnaise	2 cups
Lemon Zest	from ½ lemon
Lime Zest	from ½ lime
Lemon Juice	from ½ lemon
Lime Juice	from ½ lime
Chipotle Pepper, canned, chopped	1

Preparation

Stir all ingredients together, except coleslaw mix or cabbage. Pour dressing over coleslaw mix or cabbage and stir gently to combine.

FRESH FRUIT SALAD

Yield: 12 ½-cup servings

Ingredients

Orange Sections, cubed	½ cup
Bananas, peeled and cubed	3
Apple, cubed	1
Orange Zest	1 teaspoon
Orange Juice, fresh	¼ cup

Preparation

Mix all ingredients together.

