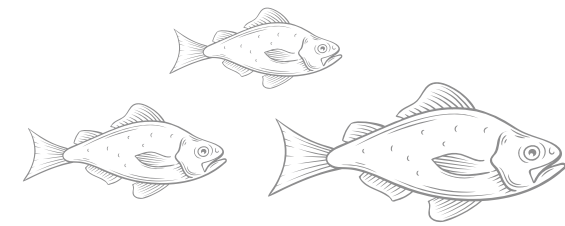




AQUA STAR: LENT & FISH FRIDAY + WHY EAT FISH?

LENT & FISH FRIDAY

WHY EAT FISH?



FISH IS GOOD FOR YOU! We could go on and on about all the health benefits of eating fish. Protein dense, high in omega-3 fatty acids, low calorie, great source of vitamins and minerals. Not to mention the USDA recommends consuming eight ounces of seafood per week as part of a healthy, balanced diet. There is no question fish is good for you.

FISH CAN FIT ANY FLAVOR PROFILE AND ANY MEAL! Breaded, battered, seasoned, or marinated, grilled, baked or sautéed, fish can fit into just about every recipe and any time of the day. While you may prefer one type of fish over another, the wide assortment guarantees there is a fish or two out there for you. **Good for you and tasty! Here are just a few recipe options.**

LOW CALORIE

most fish contain between 80 and 200 calories per serving

GENERAL FISH NUTRITION FAST FACT

24G
OF PROTEIN

in a single salmon serving

GREAT SOURCE OF MINERALS

such as calcium, iron, zinc, iodine, magnesium, and potassium

RELIGIOUS OR NOT, YOU PROBABLY KNOW "FISH FRIDAY" IS SORT OF A THING.

For centuries, Christians and Catholics have abstained from eating meat during the religious observance of Lent (the days between Ash Wednesday to Easter). While the rules have gradually relaxed over the years, many still observe meatless Fridays during Lent and instead turn to fish, hence "Fish Friday".

Milwaukee, Wisconsin is the origin of the traditional "Friday Night Fish Fry". In the 1860's, Catholic European immigrants settled in Milwaukee. Abstaining from eating meat on Ash Wednesday and Fridays during Lent, they instead ate the fish caught in lake Michigan, typically perch, and served it with cabbage, rye bread, and potatoes.

Taverns and restaurants quickly "caught on" to this Friday tradition and today there are several takes on the traditional "Fish Fry". Cod, pollock, halibut, haddock, tilapia, and catfish are all favored fish for a Fish Fry. Beer-battered, rice floured, pan-fried, or deep-fried, and always with a side of potato.

[More history on the "Friday Night Fish Fry"](#)

Two variations of the "Friday Night Fish Fry"

A lager beer-batter with tilapia fillets and traditional French fries or a share-ables version with Hefeweizen beer-battered cod bites and waffle fries. Each served with a mouth-watering sauce. Try both or experiment with YOUR favorite whitefish, beer-batter, and potato of choice.



RECIPES

NOT JUST FOR FRIDAYS.



FRIDAY NIGHT FISH FRY

FISH FILLETS OR FISH FRY BITES

Time to Table: 25 min
Servings: 4
Recipe Difficulty Level: Moderate

BREAKFAST



HARISSA SPICED TILAPIA SANDWICH

Time to Table: 30 min
Servings: 4
Recipe Difficulty Level: Easy

BRUNCH



WILD SALMON BURGER

AVOCADO TOAST

Time to Table: 25 min
Servings: 2
Recipe Difficulty Level: Easy

LUNCH



MEDITERRANEAN SALMON SALAD

Time to Table: 45 min
Servings: 4
Recipe Difficulty Level: Moderate

ANYTIME.



CRUNCHY COD TACOS

WITH CREAMY RED PEPPER SAUCE

Time to Table: 45 min
Servings: 8
Recipe Difficulty Level: Easy

ALL THE TIME!



BLACKENED WILD SALMON BURGER

WITH HERB AIOLI

Time to Table: 25 min
Servings: 2
Recipe Difficulty Level: Moderate

Whether or not you observe Lent, these recipes are worth checking out!

TIME TO TABLE

SERVINGS

25

minutes

4

DIFFICULTY: **MODERATE**

HERB REMOULADE:

- ½ cup mayonnaise
- 1 tsp fresh dill, finely chopped
- 1 tsp fresh tarragon, finely chopped
- 1 tsp flat leaf parsley, finely chopped
- 4 cornichons, finely chopped
- 1 ½ tsp capers, roughly chopped
- 1 tsp vinegar
- 1 tsp honey

COCKTAIL AIOLI:

- ½ cup mayonnaise
- 3 garlic cloves, minced
- 1 Tbsp shallots
- 1 tsp Worcestershire
- ½ tsp Tabasco sauce
- 2 Tbsp ketchup

FISH FRY INGREDIENTS LIST:

- 1 lb Aqua Star Wild Cod Fillets, thawed, or your favorite white fish
- 1 cup all-purpose flour (for the batter)
- ½ cup all-purpose flour (for dredging)
- ½ tsp salt
- 12 oz light beer (recommend a lager for the traditional Fish Fry and a Hefeweizen for the Fish Fry Bites, but any light beer can be used)

BEER-BATTERED FISH FRY HERB REMOULADE & COCKTAIL AIOLI

TAKE YOUR PICK! A classic or new take on the Wisconsin Fish Fry! Tender white fish in a crispy golden beer-batter with a savory remoulade or aioli.

PREPARATION INSTRUCTIONS:

To prepare the Herb Remoulade or Cocktail Aioli, combine all ingredients in a small mixing bowl and refrigerate until ready to use.

Lightly season fish with salt. For Fish Fry Bites, cut fish into 1-inch pieces then lightly season with salt.

For the batter, mix the flour, salt, and beer in a large bowl. The batter consistency should be thin, just enough to coat a spoon, otherwise the fish will be heavy and soggy.

In a large skillet add 2 inches of oil and heat to 375° F. Dredge the fish in the remaining flour, shaking off any excess. One by one, dip the fish into the batter, coating all sides. Allow for some of the excess batter to drip off, before gently placing the fish in the oil, taking care not to splash as oil will be extremely hot. Ensure fish have plenty of room in the oil to avoid sticking together.

For the traditional Fish Fry, fry both sides for 2–4 minutes. The Fish Fry Bites require only 1 minute per side. Fish is finished when the color of the batter is a nice golden brown. Remove from the oil and drain on a paper towel or cooling rack. Serve with the Herb Remoulade or Cocktail Aioli (or both) and enjoy!

CHEF TIPS:

A traditional Wisconsin Fish Fry is often served with a plate of French fries, coleslaw, buttered rye bread, and lemon wedges.

The Herb Remoulade or Cocktail Aioli can be and is tastier made in advance, giving all the ingredients time to develop together.



**AQUA STAR
WILD COD FILLETS**

www.aquastar.com/shop/pacific-cod-fillets/



LENT & FISH FRIDAY + WHY EAT FISH?



TIME TO TABLE

SERVINGS

30

minutes

4

DIFFICULTY: **EASY**

HARISSA AIOLI:

- 1/4 cup mayonnaise
- 2 tsp harissa seasoning

INGREDIENTS LIST:

- 2 Aqua Star Tilapia Fillets, thawed according to package directions, rinsed and patted dry
- 1 tsp harissa seasoning
- Salt and pepper to taste
- 1 Tbsp vegetable oil
- 1 Tbsp butter
- 4 eggs
- 4 English muffins, toasted
- 1 tomato, cut into slices
- 4 pieces of lettuce

HARISSA SPICED TILAPIA SANDWICH

FOR A TASTY TREAT TO START THE DAY, look no further than our Harissa Spiced Tilapia Sandwich. Tilapia fillets are generously sprinkled with harissa seasoning, salt and pepper, then pan-seared. With a toasted English muffin, fried egg, crisp lettuce and juicy tomato, this sandwich is delectably chewy and satisfying. For extra oomph, mix mayonnaise with harissa for a savory aioli sauce. Breakfast is served!

PREPARATION INSTRUCTIONS:

To make Harissa Aioli, mix mayonnaise and 2 tsp of harissa seasoning in a small bowl. Set aside until ready to use.

Sprinkle both sides of the tilapia fillets with harissa seasoning, salt and pepper.

Heat a large skillet over medium-high heat and add vegetable oil. Sear tilapia 2–3 minutes on each side or until they reach an internal temperature of 145° F.

Meanwhile, heat another skillet with 1 tablespoon butter. Crack eggs into the pan being careful not to break the yoke. Cook 1–2 minutes on each side or until desired doneness.

To make sandwich, spread Harissa Aioli on both sides of the English muffin. Top with seared tilapia, egg, lettuce and tomato. Serve and enjoy!

CHEF TIPS:

Serve with mixed fruit, hash browns or salad.



**AQUA STAR
TILAPIA FILLETS**

www.aquastar.com/shop/tilapia-fillets/



LENT & FISH FRIDAY + WHY EAT FISH?



TIME TO TABLE

25

minutes

SERVINGS

2

DIFFICULTY: **EASY**

LEMON HERB VINAIGRETTE:

- 3 Tbsp olive oil
- 2 Tbsp lemon juice
- 1 Tbsp white wine vinegar
- 2 tsp Dijon mustard
- 1 tsp honey
- 1 clove garlic, minced
- 1 Tbsp parsley, minced
- 1 Tbsp basil, minced
- 1 Tbsp shallot, minced
- Salt & black pepper to taste

INGREDIENTS LIST:

- 2 Aqua Star Wild Pacific Salmon Burgers
- 4 thick slices of artisan bread
- 2 avocado, mashed
- 1 tsp kosher salt
- 1 cup thinly sliced fennel
- 1 cup thinly sliced red radish
- 2 Tbsp vegetable oil
- Salt & black pepper to taste

WILD SALMON BURGER AVOCADO TOAST

DELICIOUS IN THE MORNING, NOON OR NIGHT. Creamy avocado toast with fennel and radish in a flavorful Lemon Herb Vinaigrette, topped with Wild Alaskan Salmon burgers.

PREPARATION INSTRUCTIONS:

To make the Lemon Herb Vinaigrette, add all ingredients in a mixing bowl and mix until smooth. Toss the fennel and radish with vinaigrette and set aside, saving a couple tablespoons to drizzle over toast before serving.

Prepare the salmon burgers according to package directions.

While the salmon burgers are cooking, toast the bread. Mash the avocado in a bowl and spread a healthy layer on each slice of toast. Sprinkle avocado mixture with kosher salt and top with the fennel and radish vinaigrette mixture.

When salmon burgers are done cooking, cut into quarters and divide among each piece of avocado toast. Drizzle with remaining Lemon Herb Vinaigrette. Serve and enjoy!

CHEF TIPS:

Vinaigrette can be made ahead of time and stored in the refrigerator for up to a week. Store bought vinaigrettes are a simple and easy alternative if you don't have the time or ingredients to make your own.



**AQUA STAR
WILD PACIFIC SALMON BURGERS**

www.aquastar.com/shop/salmon-burgers/



LENT & FISH FRIDAY + WHY EAT FISH?



TIME TO TABLE

SERVINGS

45

minutes

4

DIFFICULTY: **MODERATE**

LEMON OREGANO DRESSING:

- 2/3 cup fresh squeezed lemon juice
- 2 cloves garlic, minced
- 2/3 cup olive oil
- 2 tsp dried oregano
- Salt and pepper to taste

MARINATED FETA:

- 1 cup diced feta cheese
- 1 Tbsp Lemon Oregano Dressing

SALAD:

- 4 Aqua Star Wild Pacific Salmon Portions
- 8 oz spring lettuce mix
- 1 yellow bell pepper, diced
- ¼ red onion, thinly sliced
- 2 medium sized tomatoes, sliced into wedges
- ½ medium sized cucumber, diced
- Salt and pepper to taste

MEDITERRANEAN SALMON SALAD

MARINATED FETA WILL MELT IN YOUR MOUTH. This fresh, delicious salad features a mix of healthy vegetables, marinated feta and succulent wild Pacific salmon tossed with a Lemon Oregano Dressing.

PREPARATION INSTRUCTIONS:

To make the Lemon Oregano Dressing, whisk together all ingredients in a small bowl.

Toss feta cheese with 2 tablespoons Lemon Oregano Dressing and let marinate until ready to use (up to 24 hours).

Use half of the remaining dressing to marinate the salmon in a bowl or zip lock bag for 1—4 hours. Prepare the salmon according to package directions.

While salmon is cooking, prepare vegetables and place in a large mixing bowl; toss with feta and remaining dressing. Season with salt and pepper to taste. Divide among 4 dinner plates and top each with a portion of salmon. Serve and enjoy!

CHEF TIPS:

Prepare the Lemon Oregano Dressing in advance to allow the salmon and feta cheese to marinate.

Serve with garlic bread.



AQUA STAR WILD PACIFIC SALMON PORTIONS

www.aquastar.com/shop/wild-pacific-salmon-skin-on-portions



LENT & FISH FRIDAY + WHY EAT FISH?



TIME TO TABLE

SERVINGS

45

minutes

7-8

DIFFICULTY: **EASY**

CREAMY RED PEPPER SAUCE:

- 1 clove garlic
- 1 – 7 oz jar roasted red peppers, drained
- ½ small red cabbage, shredded
- 2 Tbsp lime juice
- 1 tsp sweet paprika
- ½ cup feta cheese
- ¼ tsp ground cumin
- ½ tsp salt

INGREDIENTS LIST:

- 1 package Aqua Star Crunchy Breaded Alaskan Cod
- Package of tortillas, warmed
- Sour cream
- ½ bunch cilantro, chopped

CRUNCHY COD TACOS WITH CREAMY RED PEPPER SAUCE

TACOS AREN'T JUST FOR TUESDAY. Our Crunchy Breaded Alaskan Cod paired with a Creamy Red Pepper Sauce is a perfect way to mix up taco night. Easy to prepare and a great way to get seafood on your weekly menu. Warm and comforting, crispy and refreshing, these tacos will blow your taste buds!

PREPARATION INSTRUCTIONS:

To make the Creamy Red Pepper Sauce, place garlic, canned red peppers, lime juice, sweet paprika, feta, ground cumin, and salt in a blender and purée until smooth. Set dressing aside until ready to use.

Bake Crunchy Breaded Alaskan Cod fillets according to package directions.

While cod is baking, prepare the remaining taco toppings.

To serve, spread tortillas with Creamy Red Pepper Sauce, top with cabbage and Crunchy Breaded Alaskan Cod. Garnish with sour cream, and cilantro. Enjoy!

CHEF TIPS:

Creamy Red Pepper Sauce can be made ahead of time and refrigerated for up to 2 days.

Try your tacos in a crispy tortilla! Drizzle a medium skillet with vegetable or canola oil and heat over medium-high heat. Once hot, add tortillas until warmed and lightly browned, flipping once.



AQUA STAR CRUNCHY BREADED ALASKAN COD

www.aquastar.com/shop/crunchy-breaded-wild-caught-alaskan-cod/



LENT & FISH FRIDAY + WHY EAT FISH?



TIME TO TABLE

25
minutes

SERVINGS

2

DIFFICULTY: **MODERATE**

HERB AIOLI:

- 1 Tbsp parsley, minced
- 1 Tbsp basil, minced
- 1 Tbsp dill, minced
- 3 Tbsp olive oil
- 2 Tbsp lemon juice
- 1 Tbsp white wine vinegar
- 2 tsp Dijon mustard
- 1 tsp honey
- 1 clove garlic, minced
- 1 Tbsp shallot, minced
- ½ cup mayonnaise
- Salt & black pepper to taste

INGREDIENTS LIST:

- 2 Aqua Star Wild Pacific Salmon Portions
- 1 Tbsp blackening seasoning
- 2 sourdough hamburger buns, toasted
- Lettuce, shredded
- Tomato, sliced
- Red onion, thinly sliced

BLACKENED WILD SALMON BURGER WITH HERB AIOLI

A TASTE OF WILD ALASKA. A wild caught, seasoned salmon fillet pan-seared and topped with a refreshing Herb Aioli on a sourdough bun. The ultimate salmon burger inspired by the Alaskan wilderness.

PREPARATION INSTRUCTIONS:

To make Herb Aioli, combine all ingredients except for the mayonnaise in a blender and blend for approximately 10 seconds; scrape the mixture from the sides and repeat the process once more. Pour into a small mixing bowl, fold in the mayonnaise and refrigerate.

Thaw salmon according to package directions. Season liberally with the blackening seasoning.

In a non-stick skillet, heat 2 tablespoons of olive oil over medium-high heat and sear salmon for 3 minutes each side. Remove and let rest for 2 minutes.

Toast the sourdough buns and spread liberally with Herb Aioli. Top with shredded lettuce, tomatoes, onion, blackened salmon, and your favorite burger toppings. Serve and enjoy!

CHEF TIPS:

Serve with a side of potato chips and a squeeze of lemon.

Herb Aioli can be made in advance and stored in the refrigerator for up to 2 days.



AQUA STAR WILD PACIFIC SALMON PORTIONS

www.aquastar.com/shop/wild-pacific-salmon-skin-on-portions





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