



# AQUA STAR: CULINARY CREATIONS FROM AROUND THE NATION





# CELEBRATING CULINARY CREATIONS FROM AROUND THE NATION!

*From coast to coast and in between*, seafood is a staple in American cuisine. Wild Pacific Salmon, Dungeness Crab, Shrimp, and Lobster all make a showing on local menus across the country. This time of year, around the 4th of July, we decided to explore some of the more popular local seafood favorites.

We've compiled five recipes from Alaska to Maine to help celebrate the diversity in seafood and flavor profiles around the nation. No need to leave your kitchen to find your next **TASTE ADVENTURE!**



## RECIPES FROM COAST TO COAST



### GRILLED LEMON GARLIC WILD SALMON

**Time to Table:** 20 min  
**Servings:** 3-6  
**Recipe Difficulty Level:** Easy



### DUNGENESS CRAB CAKES

**Time to Table:** 90 min  
**Servings:** 2-4  
**Recipe Difficulty Level:** Moderate



### SURF & TURF SKEWERS

**Time to Table:** 40 min  
**Servings:** 2  
**Recipe Difficulty Level:** Easy



### JAMBALAYA

**Time to Table:** 60 min  
**Servings:** 3-6  
**Recipe Difficulty Level:** Moderate



### NEW ENGLAND LOBSTER ROLLS

**Time to Table:** 30 min  
**Servings:** 3-6  
**Recipe Difficulty Level:** Moderate



*Transport yourself  
 across the nation  
 for your next  
**TASTE ADVENTURE!!!***



TIME TO TABLE

20

minutes

SERVINGS

3-6

DIFFICULTY: EASY

### INGREDIENTS LIST:

- 1 Aqua Star Pre-Portioned Pacific Salmon Fillet, thawed according to package directions
- 3 Tbsp olive oil
- ¾ tsp kosher salt
- ¼ tsp fresh ground black pepper
- 2 Tbsp minced garlic
- ½ tsp dried minced lemon zest
- 2 Tbsp lemon juice

# GRILLED LEMON GARLIC WILD SALMON

**WILD SALMON IS AN ALASKAN TREASURE!** With only a few simple ingredients, this grilled salmon dish highlights the natural flavors of wild caught salmon with a bright and citrusy, lemon garlic seasoning.

### PREPARATION INSTRUCTIONS:

In a small bowl, combine all seasoning ingredients. Rub salmon fillet with the seasoning mixture on both sides.

Preheat grill to medium-high heat.

Place seasoned fillet on grill skin-side down and cook for 8–10 minutes. Turn fillet over and grill for an additional 8–10 minutes (fish is fully cooked when internal temperature reaches 145°F).

Carefully remove from grill and let sit for 1–2 minutes. Serve and enjoy!

### CHEF TIPS:

Add sliced lemon wedges on top of the fillet for garnish and serve with your favorite vegetable sides.



### AQUA STAR WILD PACIFIC SALMON

[www.aquastar.com/shop/pre-portioned-wild-salmon-whole-skin-on-fillet/](http://www.aquastar.com/shop/pre-portioned-wild-salmon-whole-skin-on-fillet/)





TIME TO TABLE

SERVINGS

90

minutes

2-4

DIFFICULTY: MODERATE

## INGREDIENTS:

- ¼ cup butter
- ¼ cup chopped shallots
- 2 large eggs, beaten
- 1 Tbsp Worcestershire Sauce
- ½ tsp paprika
- ¼ tsp fresh ground black pepper
- 3 Tbsp tartar sauce
- 1 tsp lemon zest
- 1 Tbsp Tabasco sauce
- 1 Tbsp chopped parsley
- Salt to taste
- 1 lb Aqua Star Dungeness crab meat, cooked
- ⅔ cup panko breadcrumbs, divided
- 2 Tbsp cooking oil

# DUNGENESS CRAB CAKES

**DUNGENESS CRAB IS A PACIFIC NORTHWEST FAVORITE!** Transport yourself to the PNW and it's sea salt air with these savory crab cakes. Full of juicy, sweet Dungeness crab meat and coated in crunchy panko breadcrumbs.

## PREPARATION INSTRUCTIONS:

Melt butter in a small skillet over medium-low heat. Add shallots and sauté for 1–2 minutes, until slightly transparent.

In a medium bowl, add the cooked shallots and remaining ingredients, except for the crab meat, panko breadcrumbs and cooking oil. Mix until smooth and the eggs are well incorporated. Gently fold in the crab meat and 1/3 cup of the panko breadcrumbs. Take care not to over mix. Cover and place in the refrigerator for 1 hour or overnight.

Pour the remaining panko breadcrumbs onto a large plate in an even layer.

To form the crab cakes, scoop about 2 oz (golf ball size) of the mixture and roll into a ball shape. Press the ball onto the panko breadcrumb filled plate, turn, and press the other side into the breadcrumbs to form ½" thick cakes. Repeat until all cakes are formed and coated.

In a large skillet over medium heat, add the cooking oil and sauté the crab cakes for 2–3 minutes per side, turning over once. Cakes are done when the outside is a nice golden brown.



Remove cakes from the skillet, let sit for 1–2 minutes. Serve and enjoy!

## CHEF TIPS:

Serve with tartar or cocktail sauce, green salad, and a glass of sauvignon blanc.

## AQUA STAR WILD DUNGENESS CRAB

[www.aquastar.com/shop/star-cut-dungeness-crab-legs-claws/](http://www.aquastar.com/shop/star-cut-dungeness-crab-legs-claws/)





TIME TO TABLE

SERVINGS

40

minutes

2

DIFFICULTY: EASY

### INGREDIENTS LIST:

- 5 Tbsp olive oil, divided
- 4 garlic cloves, minced
- 1 tsp lemon zest
- 4 tsp parsley, chopped
- Salt and fresh ground black pepper to taste
- 12 oz beef tenderloin, cut to 1-inch cubes
- 12 Aqua Star Raw Shrimp, Peeled, Tail-Off, thawed according to package instructions
- ½ large red onion, cut into 1" squares
- 6 - 8 inch skewers (if wooden, soak in water for 30–60 minutes)

# SURF & TURF SKEWERS

## FROM MONTANA TO TEXAS AND NORTH DAKOTA TO KENTUCKY.

Surf & Turf cuisine is a common staple across the country. This casual spin on the steakhouse standard features juicy pieces of marinated beef tenderloin and plump, succulent shrimp skewered for a modern, summer time twist.

### PREPARATION INSTRUCTIONS:

To make the marinade, combine 4 Tbsp of olive oil, garlic, lemon zest, and parsley (add salt and pepper to taste), mix well, and evenly divide between two small bowls. Place the shrimp in one bowl and the beef tenderloin in the other and toss together to coat in the marinade. Cover and place in the refrigerator for 30 minutes.

While the shrimp and beef are marinating, in a small bowl, toss together the red onion, the remaining 1 Tbsp of olive oil, and salt and pepper to taste.

Preheat grill to medium-high heat. To assemble the skewers, thread one piece of protein, then onion, repeating evenly between skewers.

Place all skewers on the grill and cook for 2–3 minutes per side, to desired doneness for the beef, and until the shrimp are fully cooked through. (Note: shrimp are cooked when meat is opaque and internal temperature reaches 165°F).

Remove skewers from the grill and let sit for 1–2 minutes. Serve and enjoy!



### CHEF TIPS:

Due to different cooking times, we do not recommend skewering shrimp and beef together on one skewer.

Include your favorite dipping sauce and serve with your favorite sides for a complete meal.

### AQUA STAR RAW, PEELED, TAIL-OFF SHRIMP

[www.aquastar.com/shop/raw-peeled-tail-off-shrimp/](http://www.aquastar.com/shop/raw-peeled-tail-off-shrimp/)





TIME TO TABLE

60

minutes

SERVINGS

3-6

DIFFICULTY: MODERATE

## INGREDIENTS LIST:

- 3 Tbsp olive oil
- 2 Tbsp onion, diced
- 2 Tbsp celery, diced
- 2 Tbsp green bell pepper, diced
- 2 Tbsp red bell pepper, diced
- 1 tsp garlic, minced
- 1 ½ cups uncooked white rice
- 1 lb Aqua Star Raw Shrimp, Peeled, Tail-Off, , thawed according to package instructions
- ⅓ cup chicken breast meat, diced
- ½ cup Andouille sausage, cut in ½” slices
- 1 – 14 oz can crushed tomatoes
- 1 ½ cups chicken broth
- 2 Tbsp okra, cut in ½” slices (use frozen if fresh not available)
- 1 tsp Cajun seasoning
- 1 bay leaf
- 1 tsp kosher salt, more to taste
- ¼ tsp fresh ground black pepper
- ¼ tsp thyme leaves, whole
- 1 pinch cayenne pepper

# JAMBALAYA

## A NEW ORLEANS' CLASSIC AND ODE TO THE LOUISIANA BAYOUS.

Spicy, hearty, and incredibly flavorful, jambalaya has complex flavors inspired from around the world—Spanish, West African, and French to name a few. Comforting, fulfilling, and chock full of shrimp, Andouille sausage, chicken, and vegetables.

## PREPARATION INSTRUCTIONS:

Heat olive oil in a large skillet over medium heat. Add onion, celery, green and red bell peppers, and garlic. Sauté for 3—4 minutes stirring often to prevent burning. Add rice, cook for 4 minutes, stirring regularly. Add shrimp, chicken, and sausage, cooking for an additional 3 minutes. Add tomatoes, chicken stock, okra, and all remaining ingredients. Stir together and bring to a boil; turn heat down to low, cover and simmer for 10—15 minutes, until rice is cooked.

Remove from heat and stir to mix. Adjust salt and pepper if necessary. Serve and enjoy!

## CHEF TIPS:

For an extra dose of heat, add your favorite hot sauce – and serve with a chilled light beer.



## AQUA STAR RAW, PEELED, TAIL-OFF SHRIMP

[www.aquastar.com/shop/raw-peeled-tail-off-shrimp/](http://www.aquastar.com/shop/raw-peeled-tail-off-shrimp/)





TIME TO TABLE

**30**  
minutes

SERVINGS

**3-6**

DIFFICULTY: **MODERATE**

### INGREDIENTS LIST:

- 8 oz Aqua Star Cold Water Lobster Tails, cooked according to package directions
- 1/3 cup red onion, diced
- 1/3 cup celery, diced
- 4 sandwich rolls, split
- 4 Tbsp butter, melted
- 1/2 cup mayonnaise
- 3 Tbsp lemon juice
- Cayenne pepper to taste
- 1 tsp Old Bay seasoning
- Salt to taste



# NEW ENGLAND LOBSTER ROLLS

**THE ESSENCE OF A NEW ENGLAND SUMMER!** Close your eyes and imagine yourself on the coast of Maine with this classic local favorite, packed with creamy lobster meat on a crisp buttery roll.

### PREPARATION INSTRUCTIONS:

In a medium bowl, combine the lobster meat, red onion, and celery. Set aside.

Butter both sides of the sandwich rolls and toast to a golden-brown color.

To make the dressing, in a small bowl, add the mayonnaise, lemon juice, cayenne pepper, Old Bay seasoning, and salt to taste; mix well. Brush a small amount of the dressing onto the toasted rolls, saving the rest. Gently combine the remaining dressing with the lobster, red onion, and celery.

Evenly divide the lobster mixture atop each toasted roll and enjoy!

### CHEF TIPS:

Serve with a side warm butter, lemon wedges, French fries or crispy potato chips and, a crisp lager.

### AQUA STAR COLD WATER LOBSTER TAILS

[www.aquastar.com/shop/cold-water-lobster-raw-tails/](http://www.aquastar.com/shop/cold-water-lobster-raw-tails/)







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