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ALASKA SEAFOOD TOM YUM

Prep time: 10 minutes

Cook time: 15 minutes

Servings: 4

- 1 quart (32 oz.) seafood stock
- 1 cup water
- 1-2 Tablespoons fish sauce
- 1 lemongrass stalk (light part only), crushed
- 2 round slices galangal or ginger (about 1/2-inch thick), peeled
- 2 cloves garlic, crushed
- 4 Alaska Seafood portions (4 oz. each), fresh, thawed or frozen
- 1 cup (2 oz.) straw or crimini mushrooms, sliced
- Sea salt and pepper, to taste
- 2 Thai chili peppers, sliced into rounds
- 1 cup cilantro leaves
- 1 lime, cut in wedges

In a large (12-inch) nonstick pan or stockpot, cook seafood stock, water, fish sauce, lemongrass, galangal and garlic over medium-high heat for 5 minutes. Rinse any ice glaze from frozen Alaska Seafood portions under cold water. Turn off heat and gently add mushrooms and seafood to liquid, skin side down. Return heat to a simmer.

Once simmering, cover pan and cook 4 to 5 minutes for frozen seafood or 2 minutes for fresh/thawed fish. Turn off heat and let seafood rest 5 minutes or until seafood is opaque throughout.

Remove lemongrass and galangal slices. Season to taste with salt and pepper. Portion seafood and broth into bowls. Garnish with chili pepper slices, cilantro and lime wedge.

Nutrients per serving (with Alaska Pollock): 152 calories, 3g total fat, 1g saturated fat, 16% calories from fat, 83mg cholesterol, 26g protein, 5g carbohydrate, 1g fiber, 1040mg sodium, 32mg calcium, 630mg omega-3 fatty acids.

Variation: If using Alaska Crab legs, omit resting phase. Shell crab, if desired.