

Gluten  
Free

**KEEP FROZEN UNTIL READY TO EAT!**

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Free

Being an Alaska Commercial Fisheries Captain commanding 1 of 20 cod factory longliners in America for decades, gives Alaskan Captain® brand a distinct advantage over others. We know quality fish! Purchase fish products from a *real* Bering Sea Captain. Compare our products to ALL PRODUCTS in the market for wild caught Alaska fish, utilizing sustainable longline (for quality) eco-friendly fishing methods. **We are different from the others! No Farm Raised Fish Here!!!! ONLY Wild Caught Longline, Pot or Set Net for BEST QUALITY!! We do not use trawled fish!!**

### **3 EASY WAYS TO PREPARE**

#### **SKILLET/ PAN FRYING & MICROWAVE- THE CAPTAIN'S FAVORITE METHOD!**

Place the chef sauce in cold water while cooking the dinner. The sauce may *not be* completely frozen because of the wine, cream and oil content in the sauce. Your sauce will thaw while preparing the dinner.

1. Place your favorite cooking oil in the skillet/pan. Bring the oil to a hot temperature.
2. Remove the frozen fish from the pouch. Baste and season both sides of the fish. Sear the fish in the hot oil for 1:00 to 1:30 on each side. Some may wish to season and brown the vegetables in the skillet with the fish, as well.
3. Remove the fish from the skillet and place on a microwavable safe plate  
**THE FISH WILL STILL BE FROZEN!** The majority of the cooking takes place in the next step.
4. Remove the vegetables and rice from the pouches and place on the microwavable plate with the frozen seared fish. Cover the dinner with a paper towel. Microwave (1100W) for 4:00 minutes. **A thin fillet, such as haddock or pollock, may only require 2-3 minutes in the microwave.** Core temperature the fish seeking 155F in a few locations. If necessary, microwave additionally for 15-30 seconds and repeat the core temperature process seeking a minimum 155F. Two dinners in the microwave at the same time will take longer. Always core temperature the fish. When cooking thick fillet, such as **Halibut or Cod**, these times can take longer. Always core temperature the fish after 15-30 seconds of additional cook time.
6. Remove the dinner from the microwave, fluff the rice. Season, salt, pepper, butter and garnish to taste. Shake the chef sauce well and apply to the dinner. ENJOY!

#### **BOILING- SIMPLE, FAST & EASY! VERY HEALTH! - Captures all of the minerals and nutrients in the pouch.**

Place the chef sauce in cold water while cooking the dinner. The sauce may *not be* completely frozen because of the wine, cream and oil content in the sauce. Your sauce will thaw while preparing the dinner.

1. Bring a pot of water to a rapid boil.
2. Remove the cooking pouches from the Master Pouch. Safely, place the fish, vegetables and rice in the rapidly boiling water. The water may reduce to simmer with the introduction of frozen items into the water. Once the water returns to the previous rapid boil, start timing the boil. Boil all dinner components for 10 Minutes.
4. Remove the dinner items from the boiling water using tongs or another safe apparatus, cut the pouches, plate the dinner. Core temperature the fish, seeking a minimum of 155F. If not reached, microwave for 10 second increments until 155F is met.. **Do not** re-introduce the fish to the boiling water once pouches have been cut.
5. Season, salt, pepper, butter and garnish to taste. Remove the sauce pack from the cold water. Shake the sauce well mixing the ingredients. **Cut the sauce pouch and apply to your dinner. ENJOY!**

#### **MICROWAVE ONLY- SIMPLE, FAST & EASY!**

Place the chef sauce in cold water while cooking the dinner. The chef sauce may *not be* completely frozen because of the wine, cream and oil content in the sauce. Your sauce will thaw while preparing the dinner.

1. Cut the fish, vegetables and rice pouches and place the contents on a microwavable plate. Cover the dinner with a paper towel.
2. Microwave (1100W) for 6 minutes. **Thin fillet such as haddock or pollock may only require 3-4 minutes of microwave time.**
3. Core temperature the fish, seeking a minimum of 155F. Microwave an additional 15-30 seconds until the proper core core temperature is reached.
4. Remove the dinner from the microwave and fluff the rice. Season, salt, pepper, butter and garnish to taste. Remove the chef sauce from the cold water. Mix well before cutting the pouch and apply to your dinner. ENJOY!

**USE CAUTION: STOVE TOPS/ GRILLS, HOT WATER, MICROWAVED & HOT FOOD CAN CAUSE SEVERE BURNS TO YOU OR OTHERS**

**Thank-You For Supporting American Small Business!**