



Alaska Cod

Vietnamese Classic

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GRILLED WILD ALASKA COD MARINATED WITH SWEET & SPICY VIETNAMESE FLAVORS SERVED IN A CRUSTY FRENCH ROLL WITH SWEET CILANTRO AÏOLI, PICKLED CARROT AND CUCUMBER SLAW, SLICED JALAPEÑOS AND HOUSE-MADE ONION RINGS.

SPECIES

Alaska Cod

CONCEPT

Sandwich

FLAVOR PROFILE

Trendy Vietnamese

KEY FLAVOR COMPONENTS

Fresh Lime

Cilantro

Chili Sauce

PRIMARY COOKING METHOD

Grilled

ALTERNATIVE COOKING METHOD

Roasted

RELEVANT TO

QSR, Casual, Family, White Table Cloth, Colleges & Universities

YIELD

12 servings

variations

DINNER VARIATION

Serve roasted cod on a bed of cilantro rice, instead of in a sandwich roll, and top with pickled slaw, house-made onion rings and sprigs of cilantro.

ALTERNATIVE COOKING METHOD

To roast, simply marinate cod as you would for grilling, space fillet pieces apart on sheet pan, and roast in a hot oven for 6 to 8 minutes, or until internal temperature reaches 145°F.

TECHNIQUE TIP

To make onion rings, slice white or yellow onions very thinly with a meat slicer or mandolin. Combine flour and potato starch (50/50), and season with salt, cayenne and five-spice powder to taste. Dredge the onions in the mixture and fry in 375°F oil until golden, about 2 minutes. Drain on paper towels. Fry enough onions for a lunch or dinner service at one time. Reheat onion rings in oven when toasting sandwich roll.

TIPS TO UTILIZE TRIM

Sandwich can be made from cod trim that weighs about 4 oz.

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VIETNAMESE MARINADE

Fish sauce	6 oz.
Lime juice, fresh	6 oz.
Rice vinegar	4 ½ oz.
Garlic, fresh	3 oz.
Brown sugar	3 oz.
Siracha (Vietnamese hot sauce)	1 ½ oz.

1. Combine all ingredients in a stainless steel bowl. Whisk to combine.
Yield: approx. 24 oz.

Alaska Cod fillets, 4 to 5 oz. each	4 lbs.
Vietnamese Marinade	24 oz.

1. Place cod fillets in a plastic bag or hotel pan. Pour marinade over fish and refrigerate.
2. After two hours, drain cod. Discard marinade.
3. Place marinated cod fillets, top-side down, on a hot grill. Grill for 2 to 3 minutes, depending on grill temperature. Turn cod over and grill for another 1 to 2 minutes, or until internal temperature reaches 145°F.
4. Carefully remove cod from grill and place on a sheet pan to cool. Refrigerate.
IMPORTANT NOTE: As cod cooks, it begins to flake apart. Use care when turning and removing from grill.

SWEET CILANTRO AÏOLI

Mayonnaise	12 oz.
Cilantro, fresh	1 ½ oz.
Garlic, fresh, minced	4 ½ tsp.
Lemon juice, fresh	4 ½ tsp.
Lemon zest	1 ½ tsp.
Sugar	1 ½ tsp.
Kosher salt	1 ½ tsp.

1. Combine all ingredients in a food processor. Process for 60 seconds, or until cilantro is finely chopped and well combined.
2. Pour dressing into squeeze bottles and refrigerate.
IMPORTANT NOTE: Use a neutral mayonnaise without its own sweetness. If using sweet mayonnaise, reduce the amount of sugar in the recipe.
Yield: approx. 12 oz.

PICKLED CARROT & CUCUMBER SLAW

Rice vinegar	5 oz.
Sugar	1 Tbsp.
Kosher salt	2 tsp.
Carrot, julienne	8 oz.
Cucumber, julienne	4 oz.

1. To make the dressing, combine vinegar, sugar and salt in a stainless steel pot over medium heat. Stir to dissolve sugar.
2. Place carrots and cucumbers in a stainless steel bowl. Pour dressing over vegetables. Toss to combine and let sit for 1 to 12 hours.
Yield: approx. 12 oz.

ASSEMBLY

French roll	1 ea.
Cilantro Aïoli	2 Tbsp.
Grilled Alaska Cod fillet	1 ea.
Carrot & Cucumber Slaw	1 oz.
Jalapeños, sliced	to taste
Maggi Seasoning	to taste
Onion rings, cooked	4 rings
Cilantro sprigs, fresh	Garnish

1. Place grilled cod fillet on a pie plate in hot oven and reheat for 1 minute.
2. Open roll (do not separate top and bottom halves) and toast on the griddle or under the broiler.
3. Assemble each sandwich in this order: Spread Aïoli on both sides of roll and place cod fillet on bottom half. Add Slaw and jalapeños. Drizzle with Maggi Seasoning. Top with onion rings. Garnish with cilantro sprigs.