

## Blackened Alaska Rockfish with Avocado-Corn Salsa



**Preparation Time:** 10 minutes

**Cook Time:** 40 minutes

**Servings:** 4

### **Ingredients:**

#### STICKY RICE:

1 cup short grain white rice

1<sup>3</sup>/<sub>4</sub> cup water

#### AVOCADO CORN SALSA:

1 small Alaska Grown bell pepper

1 Tablespoon olive oil, divided

2 Tablespoons Alaska Grown diced yellow onion

3/4 cup yellow corn kernels, cooked and cooled

Half of a small avocado, seeded, peeled and diced

Juice of one lime

2 Tablespoons Alaska Grown chopped cilantro

1<sup>1</sup>/<sub>2</sub> teaspoons ground cumin

1<sup>1</sup>/<sub>2</sub> teaspoons kosher salt

#### ROCKFISH:

4 Alaska rockfish fillets (6 oz. each serving)

1 Tablespoon olive oil

2 Tablespoons Cajun-style seasoning

**Description:**

**STICKY RICE:**

Rinse rice under cool water until water runs almost clear; drain. Add rice and water to rice cooker; cook according to manufacturer's directions. Keep rice warm.

**AVOCADO CORN SALSA:**

1. Rub bell pepper with 1 teaspoon oil; place pepper over open flame on stove top or grill. Cook until skin is blistered and charred, about 3 minutes per side. Place pepper in a bowl; cover bowl with plastic wrap. Allow to rest 5 to 10 minutes.
2. Meanwhile, cook onion in remaining olive oil over medium heat until onion is transparent. Allow to cool.
3. Rinse and rub off charred skin from bell pepper. Dice one quarter of the roasted pepper, reserving the remainder for another use. Add pepper to a small bowl; stir in onion, corn, avocado, lime juice, cilantro, cumin and salt. Set aside, or refrigerate until serving.

**ROCKFISH:**

Heat cast-iron skillet over medium heat; add oil. Dredge Alaska Rockfish in seasoning; gently place fillets in skillet. Cook 3 to 4 minutes per side, just until rockfish is opaque throughout.

For each serving, place 1/2 cup sticky rice in the center of each of 4 plates; stack rockfish fillet on rice. Spoon one-fourth of the salsa over all.

Recipe developed by Chef Tim Farley, Williwaw, Alaska.