

## RECIPE OF THE WEEK

### Alaska Cod Tostadas



**PREP TIME:** 10 min  
**COOK TIME:** 15 min  
**SERVES:** 8

#### INGREDIENTS

- 8 oz. regular or light cream cheese, softened
- 1/2 cup mayonnaise
- 3/4 cup chopped fresh cilantro, divided
- 1/3 cup fresh lime juice, divided
- 1/4 cup olive oil
- Salt and pepper, to taste
- 1-1/2 pounds Alaska Cod fillets, fresh, thawed or frozen
- 8 flat tostada shells (6 to 7 inches each)
- 3/4 cup (3 oz.) shredded Mexican cheese blend
- Prepared salsa, as needed
- 1 large avocado, peeled and sliced

#### DIRECTIONS

1. Mix together cream cheese, mayonnaise, 1/2 cup chopped cilantro and 3 tablespoons lime juice in small bowl; set aside.
2. Heat oven to 425°F. Combine olive oil, remaining lime juice and cilantro, salt and pepper to taste; mix well.
3. Rinse any ice glaze from frozen Alaska Cod under cold water, pat dry with paper towel. Place fillets on a spray-coated baking sheet; bake for 5 minutes. Remove from oven. Baste cod fillets with olive oil mixture. Bake an additional 7 to 8 minutes for frozen cod or 3 to 5 minutes for fresh/thawed fish, adjusting cook time for smaller fillets. Bake just until fish is opaque throughout.
4. Spread cream cheese mixture evenly on tostada shells. Divide shredded cheese on top of cream cheese. Place tostadas on baking sheet and bake just until cheese melts, about 2 minutes. Flake cod with fork; divide among tostadas. Top with prepared salsa and fresh avocado slices.

*Nutrients per serving (with light cream cheese): 422 calories, 32g total fat, 9g saturated fat, 69% calories from fat, 60mg cholesterol, 21g protein, 11g carbohydrate, 2g fiber, 381mg sodium, 113mg calcium and 400mg omega-3 fatty acids.*

**Courtesy: Alaska Seafood Marketing Institute**

## FIELD SKETCHES



PHOTOS BY JENNIFER GIBBINS / THE CORDOVA TIMES

Kristin Link, naturalist and scientific illustrator, says her work is grounded both in a scientific base and emotional connection with the natural world.

# New exhibit at Cordova Historical Museum opens

BY JENNIFER GIBBINS  
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A new exhibit of works by scientific illustrator Kristin Link opened this past Friday at the Cordova Historical Museum. The show, titled *Sketching Wilderness: A Naturalist in Alaska*, is intimate in scope and content.

Many of the works are pages from Link's field sketch books, depicting gracefully drawn wildflowers, watercolors flush with the color of an evening sky and renderings of birds and animals from the Alaska landscape.

"Kristin's work represents the environment and wildlife of the Copper River watershed through a combination of science and art," said Aurora Lang, curator of collections and exhibits at the Cordova Historical Museum. "I thought the exhibit would be meaningful to the local community, and it is a wonderful opportunity to support an artist who is so committed to these things."

Born in Belgium, and raised in New Jersey and London, Link graduated from Middlebury College in Vermont where she studied environmental studies and art. She earned her certificate in scientific illustration at California State University at Monterey Bay.

Link says art and the outdoors have always been a part of her life, but she wrestled with the thought that she might have to choose between being either an environmental professional or an artist. When she discovered scientific illustration she was delighted to realize she could be both at the same time.

Link originally discovered Alaska while working for the Student Conservation Association.

"Once I came to Alaska, I knew I wanted to come back," said Link.

Upon graduating from college two years ago, Link returned to make Alaska her home. She now spends her winters in Girdwood, and summers working for the Wrangell Mountain Center guiding and teaching field sketching.



Pages from artist Kristin Link's sketch book are on exhibit with other pieces by Link at the Cordova Historical Museum through May 31.

"Field sketching attracts a really cool group of people," Link told The Cordova Times.

"I enjoy being outside, working with a moving, changing landscape and capturing a dynamic world. I love figuring out what little things we can find, moss roots or a raven's nest.

"Field sketching is about observing. It attracts artists of all abilities, beginners, people interested in nature."

Link says when she is not drawing she is outside exploring. She reads field guides at night before going to bed and whenever she goes for a walk, she comes back with something interesting in her pocket.

Asked what differentiates scientific illustration from fine art or photography, Link says it comes down to the content of what the artist is trying to communicate.

"With scientific illustration you have a different purpose. You are trying to tell a story, and use art to

communicate something you can't illustrate with a photograph like slicing through something to show layers, what is happening above and below.

"You can simplify things to show what is important or the representative characteristics. Field sketching combined with the journal entries are a cool way to teach people about natural history."

Link also says her work reflects a personal connection.

"I like to draw what I like. It helps when you have that strong emotional connection."

With commissions, it can be different. One piece in the show is a drawing of a loon with a baby on her back, I had never seen that. So I try to imagine, what if I did see this? I try to create my own emotional response. Putting emotional energy into it to makes it personal."

Link will be back in Cordova later this summer. She is working with the Cordova Historical Museum to teach a field sketching workshop over the summer Solstice.