

# Miso Udon with Salmon Meatballs

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*By Casey Landaluce, F/V Clean Sweep*



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## Ingredients

- 1 lb skinless Copper River salmon, ground or finely chopped
- ½ cup minced shallots
- 2 cloves minced garlic
- 1 tsp fresh grated ginger
- ½ jalapeño, minced
- 1 egg
- 1/3 cup panko crumbs
- 2 tbs coconut oil
- 1 tsp salt
- ¼ tsp pepper
- ½ tsp sesame oil
- 2 tbs chopped cilantro
- salmon backbone and head
- sliced ginger
- pinch red pepper flakes
- parsley and cilantro stems
- 2 tsp soy sauce
- 6 oz package udon noodles
- 4" piece Kombu seaweed (optional)
- miso paste

## Instructions

- Lightly sauté shallots, garlic, ginger and minced jalapeño in 1 tbs coconut oil for 4 minutes over medium heat, set aside and cool
- Combine all ingredients into a mixing bowl and mix until even (hand mixing is best)
- Salt & pepper to taste
- Roll about 2 tbs of the mixture into balls
- Refrigerate for 2 hours
- Coat skillet with 1 tbs coconut oil and bring to medium high heat
- Pan fry salmon meatballs, turning until golden brown
- Place all ingredients except noodles and miso paste in a large stock pot, just cover with water
- Simmer for 20 minutes
- Strain liquid broth
- In separate pot cook noodles to package directions
- To assemble, combine 1 tsp miso paste, 1/4 udon noodles and 1 cup of broth into a serving bowl
- Stir to dissolve miso paste and add meatballs.
- Garnish with green onion and jalapeño



COPPER RIVER

Wild Alaska King, Sockeye & Coho

[www.CopperRiverSalmon.org](http://www.CopperRiverSalmon.org)