

# Miso Udon with Salmon Meatballs

By Casey Landaluce, FIV Clean Sweep



## Salmon Meat Balls

### 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 of a 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

### Instructions

- Lightly sauté shallots, garlic, ginger and minced jalapeño in 1 tbs coconut oil ~4 minutes over medium heat
- Set aside and cool
- Combine all ingredients into the mixing bowl and mix until even (hand mixing is best!)
- Roll about 2 tbs of the mixture into balls
- Refrigerate for 2 hours
- Coat skillet with 1 tbs coconut oil and meat to medium high heat
- Pan fry salmon meatballs



**COPPER RIVER**  
Wild Alaska King, Sockeye & Coho

## Miso Fish Broth

### Ingredients

- Salmon backbone and head
- Sliced ginger
- A pinch red pepper flakes
- Parsley and cilantro stems
- Splash of soy sauce (~2 tsp)
- 6 oz package of udon noodles
- a 4" piece of Kombu seaweed (optional)
- miso paste

### Instructions

- Bring all ingredients except noodles and miso paste to a gentle simmer for 20 minutes
- Strain liquid broth
- In separate pot cook noodles to package directions
- To assemble combine 1 tsp miso paste, 1/4 of udon noodles and 1 cup of broth into a serving bowl. Stir to dissolve miso paste and add meatballs garnished with green onion and jalapeños



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