

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 jalapeño, minced
- 1 egg
- ⅓ 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 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



COPPER RIVER
Wild Alaska King, Sockeye & Coho

Miso Fish Broth

Ingredients

- salmon backbone and head
- sliced ginger
- pinch red pepper flakes
- parsley and cilantro stems
- splash of soy sauce (~2 tsp)
- 6 oz package of udon noodles
- 4" piece of Kombu seaweed (optional)
- miso paste

Instructions

- 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

www.CopperRiverSalmon.org