

Alaska Salmon Foo Yung



Preparation Time: 10 minutes

Cook Time: 10 minutes

Servings: makes approximately 6 patties

Ingredients:

6 oz. cooked seasoned, boneless Alaska Salmon, broken into small chunks

6 eggs

2 teaspoons soy sauce, divided

1/2 teaspoon honey

1/4 teaspoon salt

1/2 teaspoon white pepper

2 Tablespoons cornstarch, divided

6 oz. fresh bean sprouts, blanched and thoroughly drained

1/2 cup chopped green onions

2 Tablespoons grapeseed oil

1/2 teaspoon sesame oil

1/2 cup oyster sauce, warmed, if desired (or 1 cup favorite foo yung sauce)

Description:

Beat eggs with 1 teaspoon soy sauce, honey, salt and white pepper until blended. Blend 1-1/2 tablespoons cornstarch with 1 tablespoon cool water in a small bowl; beat into egg mixture. Stir in bean sprouts, green onions and salmon.

Heat oils in a large nonstick pan over medium-high heat. Add a heaping 1/2 cup egg mixture to pan. As egg spreads, fold it over bean sprouts to form a mound. Cook until egg is set, about 1 minute. Turn patty over; cook an additional 1 to 2 minutes, until fully cooked. Remove and keep warm.

Repeat procedure, using additional oil, if needed. Serve with oyster sauce, if desired.