

Waffled Wild Alaska Pollock Cakes with Poached Egg and Avocado



Preparation Time: 20 minutes

Cook Time: 10 minutes

Servings: 4

Ingredients:

1 pound (450g) wild Alaska pollock fillets
1/4 cup sorghum flour
5 eggs, divided
4 ounces (115g) finely chopped kale, stems removed
3 tablespoons finely chopped fresh parsley
2 tablespoons minced chives
1/2 teaspoon ground turmeric
1/2 teaspoon kosher salt
1/4 teaspoon freshly cracked black pepper
2 avocados, sliced, for serving
Lemon wedges, for serving

Description:

1. Add wild Alaska pollock, sorghum flour, 1 egg, turmeric, salt, and pepper to the bowl of a food processor. Pulse until finely chopped and combined but not puréed. Stir in finely chopped kale, parsley, and chives. (Alternatively, you can finely chop all ingredients by hand, gently flaking the fish, and bind together without a processor.)
2. Heat a waffle iron on high according to manufacturer's directions. Spray waffle iron plates with nonstick cooking spray.
3. Divide wild Alaska pollock mixture into 4 evenly sized patties. Working with one patty at a time, place a patty in the center of the waffle iron (it won't fill it). Close tightly and cook for about 3 minutes or until cooked through, evenly browned, and just starting to get crispy at the edges.
4. Meanwhile, poach the remaining 4 eggs.
5. Serve each waffled wild Alaska pollock cake with a poached egg, 1/2 sliced avocado, and a lemon wedge.

Recommended beer pairing: Kona Big Wave Golden Ale

Recommended wine pairing: Columbia Crest H3 Les Chevaux Red Blend