



This zine and recipe were created by the volunteers at Homer Drawdown to address food waste on the Kenai Peninsula. We hope you find ways to use ALL parts of the fish you catch.

Spoon Meat for Foodies



Salmon Fritata

- 6 ounces** salmon meat
- 1 tablespoon** olive oil
- 2** small potatoes, small dice
- 1** small onion, small dice
- 4 ounces** feta cheese, crumbled
- 8** eggs
- 1/2 cup** cheese, grated
- 1 tablespoon** parsley, finely chopped
- 1 tablespoon** dill, finely chopped

Preheat oven to 400 degrees Fahrenheit. Parboil the diced potatoes, drain and set aside. Saute onions and garlic in olive oil. Spread the onions, potatoes, and garlic in an oven-proof skillet. Mix the seasoning into eggs and pour over the potatoes. Cook on the stove until almost set. Then, finish in oven until set and puffy.

We are all ears!

something smells good

Salmon Spoon Meat Paella

- **1/8 cup** olive oil
- **1** onion chopped
- **1/2** green pepper
- **1/2 cup** white wine
- **1 tablespoon** smoked paprika
- **6 cups** salmon stock
- **1 pound** salmon meat
- **2 cups** rice
- **3 cloves** garlic chopped

Ingredients

Directions

Saute onions and peppers in oil until tender. Then, add garlic and paprika, stirring for 1 minute. Add rice and stir until all the grains are coated. Add wine and boil until almost dry. After, add 6 cups of stock and simmer for 10 minutes. Gently, add salmon meat. Let simmer again until all the broth is absorbed.

Spooned meat is the meat scraped from the backbone and ribs of the fish.

Simply take a metal spoon, run it along the spine from tail to head, and store the meat in a freezer bag. This is best for up to 6 months. Older frozen salmon is still perfectly fine to use, too.

Save the fish bones to use for broth. A recipe for this can be found in another Drawdown "No Scrap Wasted" Zine.

*spooned
salmon meat...*

YUM

Read along for tasty recipes using your spooned salmon meat that you salvaged!

Salmon Spread

Yes, Chef!

7 ounces spooned meat
8 ounces cream cheese
1 teaspoon prepared horseradish
1 tablespoon lemon juice
2 teaspoons grated onion
1 tablespoon chopped fresh parsley
½ cup chopped pecans (optional)

In a medium bowl, mix together salmon, cream cheese, horseradish, lemon juice, and onion. Chill if necessary until firm enough to handle. Then, form into a ball and roll in parsley and pecans. Chill until serving.



Sweet Chili Salmon Patties

Gather your ingredients!

2 pounds spoon meat
1 bunch green onions, finely chopped
2 cloves garlic, minced
2 teaspoons ginger, minced or grated
1 red bell pepper, diced
⅓ cup sweet chili sauce
¼ cup soy sauce
½ cup cilantro, chopped
2 eggs
1 ½ cups Panko
Avocado oil, for frying

But how do I turn
this into *that*?

Directions:

1. Combine ingredients, except avocado oil and set ½ cup of Panko aside. Mix well by hand. Add the Panko until the mixture is binds. If it is too loose, add more Panko.
2. Refrigerate for 1 hour.
3. After chilling, form into 2-3 inch salmon patties.
4. Roll each in the leftover Panko.
5. Heat avocado oil over medium heat. Pan fry the patties 3-4 minutes per side, turning only once.
6. Serve with a lime wedge, cilantro, and sweet chili sauce.
7. Enjoy!