

Salmon Sticks

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This recipe is kid-friendly, and loved by adults, and can be either baked or pan fried.



(Note: if using frozen salmon, always defrost fish under refrigeration.)

Salmon Sticks

- 1 pound salmon or steelhead
- 1/2 lemon
- 1/2 cup sour cream or Greek yogurt
- 1 beaten egg
- 1/2 cup flour
- 1/4 cup cornmeal
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon granulated garlic
- 1/4 teaspoon granulated onion
- 1/4 teaspoon smoked paprika
- 3 tablespoons olive or coconut oil*

Fillet and remove skin from fish. Cut into strips across the grain. Remove any remaining bones using a fish tweezers. Squeeze fresh lemon over fish strips. In a medium bowl, whisk sour cream or yogurt and egg until thoroughly combined. In a shallow dish or sealable plastic bag, mix remaining dry ingredients. Begin by dipping fish in egg mixture, then coat with flour mixture. Heat oil in a large skillet on medium-high. Pan fry fish 1-2 minutes per side or until golden brown.

*Recipe Alternative: To bake instead of pan fry, spray both the baking sheet and the fish with a light coating of non-stick cooking spray. Bake in a preheated 400° oven, 12-15 minutes or until fish is no longer opaque.