

SALMON & HALIBUT LOAF

INGREDIENTS

- 2 t Extra virgin olive oil
- 1 Onion (finely chopped)
- 12 oz Halibut fillets (boneless) (skinless) (cut into pieces)
- 12 oz Salmon fillets (boneless) (skinless) (cut into pieces)
- 1/2 C Egg substitute
- 3/4 C Water (cold) + additional water for boiling
- 3 T Panko crumbs **OR** Matza Meal
- 1 T Splenda for baking cup for cup
- 1/2 t Lemon juice
- Kosher salt & ground pepper (to taste)
- Half Carrot (large) (thick) (ends snipped off) (peeled) (grated)
- Half Parsnip (large) (thick) (ends snipped off) (peeled) (grated)
- 2 T Dill



DIRECTIONS

- 1 Pre-heat oven to 325 degrees & spray a 9" x 5" loaf pan with the non-stick cooking spray
- 2 Heat olive oil in a saute pan over medium-heat & add the onion & cook until soft (6-8 minutes)
- 3 In your processor, pulse the halibut & salmon until chopped but don't let it get to the 'paste' stage
- 4 Whip egg substitute until frothy (2 minutes) & mix in onion, fish mix, cold water, panko crumbs or matza meal, Splenda, lemon juice, 2 t salt & some pepper & mix thoroughly
- 5 Add the dill, grated carrots & parsnips and mix until combined
- 6 Place the mix in the loaf pan & cover with parchment-lined foil
- 7 Place the loaf pan in a large roasting pot & pour enough boiling water into the roasting pan to come halfway up the sides of the loaf pan
- 8 Bake until the center is firm (approximately 45 minutes)
- 9 Remove the loaf pan from the water & allow to cool for at least 15 minutes
- 10 This recipe is usually refrigerated & served cold but that doesn't mean you can't serve it hot
- 11 Slice and serve with an aioli sauce &/or horseradish &/or Wasabi Sauce with Ginger

NOTES

You'll find an Aioi sauce on the Recipe Directory

