

# Perfect fish cake has more fish than cake

In my eternal search for the perfect fish cake, I find the best way to get the results I crave is to create my own recipe that has all the right elements (in my opinion). My ideal cake is packed with fish, has little filler and is not mushy.

It should be crispy yet succulent, salty with a hint of sweetness, and burst with fresh herbs and tiny bits of chile. A cooling, citrusy yogurt sauce spiked with Sriracha is the finishing touch, for deliciously addictive results.

This fish cake checks all the boxes. Actually, the term “fish cake” really doesn’t do it justice. While “fish” is correct, “cake” infers flour, fat and eggs with a bread-like crumb. My ideal fish cake has none of that. It’s packed with salmon and shrimp.

Fresh salmon’s thick flesh yields a buttery-rich and sturdy fish cake, which is balanced by sweet morsels of tender bay shrimp. An extra helping of hot smoked salmon adds a salty, smoky edge, rounding out the flavors.

The binder is kept to a minimum: a dollop of Greek yogurt and a sprinkle of panko breadcrumbs, just enough to hold the fish together with a jumble of fresh herbs, lemon and chiles. The result is fresh, meaty, vibrant and flavorful, and proves that you that can, indeed, take the cake out of a fish cake.

## Salmon and Shrimp Fish Cakes With Lemon-Chile Sauce

**Prep Time:** 30 minutes  
**Total Time:** 45 minutes, plus chilling time  
**Yield:** Makes about 16 (2-inch) cakes  
**Fish cake ingredients:**  
 1 pound salmon fillet, skin and pin bones removed, cut into ½-inch pieces  
 6 ounces cold smoked salmon fillet, skin and pin bones removed, coarsely chopped  
 6 ounces bay shrimp, coarsely chopped  
 1 small red jalapeno or Fresno chile, stemmed and seeded, minced  
 ¼ cup panko breadcrumbs, plus 1 ½ cups for rolling  
 2 tablespoons coarsely grated yellow onion, with juices  
 2 tablespoons finely chopped Italian parsley  
 2 tablespoons chopped fresh dill  
 2 tablespoons whole-milk Greek yogurt  
 1 tablespoon fresh lemon juice  
 ½ teaspoon hot sauce, such as Sriracha or Tabasco  
 ½ teaspoon kosher salt  
 ½ teaspoon freshly ground black pepper  
**Sauce ingredients:**  
 1 cup whole-milk Greek yogurt  
 1 tablespoon fresh lemon juice  
 2 teaspoons Sriracha, or to taste



LYNDA BALSLEV/TASTEFOOD

Salmon and shrimp fish cakes feature lemon chile sauce.

¼ teaspoon kosher salt  
 Pinch of freshly ground black pepper  
 Grapeseed oil for pan-frying  
 Lemon wedges and parsley or dill sprigs for serving

**Steps:**  
 Combine the salmon, smoked salmon and bay shrimp in the bowl of a food processor. Pulse 3 to 4 times to finely chop without over-processing. The consistency should be slightly chunky and not mushy. Transfer the fish to a large bowl. Add the chiles, ¼ cup breadcrumbs, the onion, parsley, dill, yogurt, lemon juice, hot sauce, salt and pepper and stir to combine without overmixing.

Pour the remaining 1 ½ cup breadcrumbs into a shallow bowl. Using a soup spoon, scoop out a generous amount of the salmon mixture. With a light hand (it helps if they are moist), carefully form the mixture into a plump 2-inch patty. Gently roll the patty in the breadcrumbs to evenly coat and place on platter, gently pressing to slightly flatten to about ¾-inch thick. Repeat with the remaining fish, rinsing

your hands between batches and adding more breadcrumbs to the bowl as needed. Cover loosely with plastic wrap and refrigerate the fish cakes for at least 1 hour or up to 3 hours.

Whisk sauce ingredients in a small bowl and refrigerate until use.

Heat 2 tablespoons oil in a large skillet over medium-high heat until shimmering. In batches, carefully add the fish cakes to the pan without overcrowding. Fry the cakes until golden brown and cooked through, turning once with a spatula, about 3 minutes per side. Transfer the cakes to a plate lined with a paper towel and keep warm. Repeat with the remaining fish cakes. Transfer the cakes to a warm serving platter and garnish with parsley or dill. Serve with the yogurt sauce.

*Lynda Balslev is an award-winning cookbook author, recipe developer, tester and editor. Taste Food is distributed by Andrews McMeel Syndication.*

## Older adults are more prone to hypothermia

Q Is it true that it’s dangerous for older adults to spend time outside in cold weather? Why would that be? I’m 73 years old and have enjoyed cross-country skiing this winter. It does get cold, but I’m careful. My daughter wants me to stop because she’s worried about hypothermia.

A Cold weather can be hazardous for anyone. However, it does pose additional risks to older adults. This is due to some of the physical changes associated with aging, which can make it more difficult to generate and retain body heat than when a person was younger.

One factor is that the layer of fat just beneath the skin, which helps to conserve body heat, becomes thinner in older adults. Another is less-efficient blood flow, which occurs due to the decline in elasticity in the veins and arteries as we age. Blood absorbs and distributes heat as it circulates through the body, and less-efficient circulation makes it harder to stay warm. Certain health conditions — such as cardiovascular disease, kidney disease, thyroid problems and diabetes — can increase someone’s sensitivity to cold. So can some medications, such as beta blockers and calcium channel blockers. These meds, which are used to manage blood pressure, can reduce blood flow to the extremities.

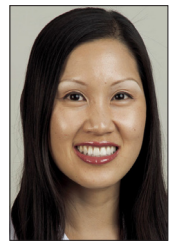
At the same time, it can be more difficult for older adults to recognize the body’s signals that it is becoming too cold. The result is that hypothermia, which is when the body loses heat at a faster rate than it can generate it, becomes a real possibility. Hypothermia affects not only the body, but also the brain. The muddled or disordered thinking that occurs during hypothermia can not only affect decision-making, but it can also prevent the person from even realizing they are in danger.

Symptoms of hypothermia in adults include uncontrollable shivering,

### ASK THE DOCTORS



EVE GLAZIER



ELIZABETH KO

slow or shallow breathing, weak pulse, loss of precise motion when using hands and fingers, exhaustion, drowsiness, slurred speech and confusion. This drop in body temperature adversely affects the heart, nervous system and organs, and it can lead to death.

Hypothermia is a medical emergency and requires immediate medical attention. While waiting for help to arrive, get the person into a warm room, remove wet clothing and wrap them in a dry blanket. Some people with hypothermia need help with rewarming. This can include the use of warm nonalcoholic drinks, a heating blanket or heating pad on a moderate setting wrapped around the torso and warm packs wrapped in fabric. Never apply these directly to the skin. If nothing else is available, use your own body heat.

Avoid hypothermia by dressing for the weather. Wear an inner layer that wicks away sweat from the body, a middle layer to insulate and an outer layer that repels moisture. Avoid cotton, which traps moisture and leads to becoming chilled. Have a hat, scarf and gloves, and wear warm, weather-proof footwear. Remove layers as you warm up with exercise, and add them back as soon as you feel cold. Ease your daughter’s mind by always bringing along a cellphone, sticking to a set path and keeping your outings short.

*Eve Glazier, M.D., MBA, and Elizabeth Ko, M.D., are internists and assistant professors of medicine at UCLA Health.*

## Start a healthy lifestyle during National Nutrition Month

National Nutrition Month in March is a fun time to start or continue ensuring you are eating healthy, avoiding excess weight gain, washing your hands frequently, wearing a good quality mask when appropriate and being physical active to avoid COVID-19 and flu. A shout out to the culinary arts students, their teachers, and principals of South Central and J.H. Rose high schools who partnered with ECU Family Medicine’s resident physicians to enhance skills for preparing and enjoying the Mediterranean style of healthy eating. Kay Craven, ECU Physician’s director of nutrition, along with a team of faculty, staff and dietetic interns from the Department of Family Medicine and ECU’s dietetic internship organized a grand workshop. I was thrilled to participate.

Q Why should Americans celebrate National Nutrition Month 2022? Are there any local events? TW, Winterville

A It’s that time of year again, and Ashley Ramirez, a senior ECU dietetics student, has infor-



KATHY KOLASA

mation to share with you about local and national Nutrition Month activities. The theme this year is Celebrate a World of

Flavors — a time to embrace global cultures, cuisines and inclusion. Here is what she wants you to know. During a visit with your family doctor, you probably have been asked about your eating habits. That may have made you feel uncomfortable, upset or anxious. You probably told yourself, “I promise to start my diet or eat more healthy tomorrow” only to ravage the pantry the next day and feel defeated.

If you experience this cycle, you may feel drained and daunted by the bombardment of nutrition information. It is completely normal to experience a rollercoaster of emotions when starting lifelong changes to the way you eat. You are not alone. There are millions of Americans



EATRIGHT.ORG

who are in your shoes.

National Nutrition Month is a wonderful time to kick-start healthy eating habits and physical activity. Americans, including those of us in eastern North Carolina, can unite to support one another to overcome barriers to eating healthy.

If you are a student at ECU, you can receive nutrition counseling free at Student Health. Services are provided all year round by a registered dietitian nutritionist (RDN). Students can schedule a one-on-one nutrition appointment by calling 328-6941.

Students who find the cost of food a barrier to eating healthy can check with The Purple Pantry, a

campus organization with a mission to decrease food insecurity among college students. The organization partners with the Food Bank of Central and Eastern North Carolina and Churches Outreach Network. Students and residents can volunteer by signing up through Purple Pantry’s GivePulse Page.

If you want to celebrate the month by making a food or monetary donation to those in need, do so 1-5 p.m. Monday-Friday in the Main Campus Student Center (G-14 or CLCE Suite, Suite 208). Learn more at <https://clce.ecu.edu/purple-pantry/>.

The Pitt County Health Department is saying “thanks” to Pitt County

government employees. The Nutrition Team at the department is hosting a virtual wellness event for employees. Staff will be able to enter a recipe for their favorite cultural cuisine that is nutritious and can be prepared in 30 minutes or less. WIC participants also will receive cooking kits: a reusable shopping bag, a measuring set, small cutting board, potholder, bag clip, and sandwich spreader/citrus peeler.

The Vidant Wellness Nutrition Clinic Team is posting a weekly message for employees and the public. They will present great ideas about eating a variety of nutritious foods, including video on making a vegetarian curry; creating homemade pizza dough with herbs; planning meals and snacks including a homemade spiced trail mix; and creating tasty foods at home with recipes from the Vidant wellness team. Watch for them on the Vidant Wellness Facebook page and look around your school of business for other activities.

National Nutrition Month is supported by the Academy of Nutrition and Dietet-

ics the Celebrate a World of Flavors theme embraces an all-inclusive nation with healthy foods from various cultures and ethnicities. If you can’t find an activity, check out the Academy’s Facebook and Twitter using the hashtag #NationalNutritionMonth for resources to plan your own. Check out their website at [eatright.org](http://eatright.org) for a wide range of resources, not just in March but all year long.

National Nutrition Month is all about being proactive and participating in challenges that are enjoyable. Consider volunteering at a local food pantry, food bank or shelter. Accept our challenge to eat as a family more this month. Research shows that children will eat more fruits and vegetable, develop communication skills, learn about healthy eating and the family will have the opportunity to bond more with one another.

*Professor emerita Kathy Kolasa, a registered dietitian nutritionist and Ph.D., is an affiliate professor in the Brody School of Medicine at ECU. Contact her at [kolaska@ecu.edu](mailto:kolaska@ecu.edu).*