

FOO YUNG FUN

BY KATIE AYOUB

More than a century ago, Chinese cooks made Egg Foo Yung for loggers and railroad gangs out West, fusing cuisines way before it was hip to do so. In fact, James Beard gives this now-classic egg dish credit for spawning the Western omelette, though it's closer to a Korean pancake, with its touch of cornstarch and crunchy add-ins like bean sprouts. Today, Egg Foo Yung is getting a second look, pushed back into the spotlight thanks to its global mash-up posture and craveable, old-school flavors. Amy Muzyka-McGuire, RDN, created this dish as part of the Alaska Seafood Marketing Institute's (ASMI) "Swap Meat" campaign. She gives the whisked eggs a dose of umami with soy sauce and honey, then adds Alaska salmon for its depth of flavor, nutritive attributes and premium positioning. A side of oyster sauce for dipping adds to the craveability factor. A good place for seafood trim, Egg Foo Yung can slide seamlessly into most menu parts. "I think there's great opportunity in positioning this dish," says Karl Uri, ASMI's foodservice marketing specialist. "I can see it on brunch menus and bar snack menus. Egg Foo Yung reminds me of late-night, so I think it would work well there, too. It's got a retro feel to it, but updated for today's consumers." ☺



THE SALMON

Meaty and substantive, other seafood could also work here, like scallops or black cod.

THE RICE

Instead of plating as an entrée, try it as a bowl presentation, or nix the rice and move the Foo Yung into an eggs Benedict.

THE SAUCE

Easily customizable, depending on the concept; swap out the oyster sauce for Sriracha mayo or honey-mustard, for instance.