

# It's a Hot Dog. It's Also Salmon. And I Love It.

Pescatarians, this one's for you!



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Photo: By Emma Feltner

Here is something about me: I love hot dogs. Here is something else about me: Hot dogs make my stomach hurt. I think it might have something to do with [nitrates](#), and/or the fact that I can never seem to eat just one (picture one of those [old-timey cartoons](#) where a dog runs off with a whole string of sausage links—that dog is me). Whatever the reason, my digestive system, usually a reliable old girl, simply cannot handle the things. Over the years, I've tried learning to love tofu dogs (bleh!) and opting for [burgers](#) instead (okay, fine), but in my heart remained a hot-dog-shaped hole. Or, more precisely, in my stomach remained a dull burning sensation caused by the several processed meat tubes I still couldn't stop myself from eating at the cookout.

That is, until the day I came across [Kvarøy Arctic Salmon Hot Dogs](#).

At first, I thought what you are probably thinking: Why. But then I shrugged, throwing caution to the wind and a two-pack into my basket. What did I have to lose?

Turns out, nothing but the stomach pains. Believe it or not, the fatty, velvety texture of the salmon makes it an excellent substitute for beef or pork, and a clever casing made with fish keratin means these dogs even have a little bit of that quintessential snap to them. The salmon flavor is present but subtle; balance it out with one of their infused options—like jalapeño and Jarlsberg cheese (my personal favorite)—and you may forget you're actually eating fish at all. I like to brown them on the grill, squeeze on some grainy mustard and horseradish, and watch my Oscar-Meyer FOMO fade faster than that sausage-toting terrier fleeing the scene of the crime.

Honestly though, I'd recommend these babies even if your stomach *can* tolerate normal wieners. Because did I mention that they're also really good for you? We're talking a full weekly recommended allowance of [heart-healthy Omega-3's](#) in one serving. Plus, they're better for the planet: Kvarøy's salmon is [sustainably farmed in Norway](#) and uses [blockchain technology for sourcing transparency](#). Their [salmon burgers](#) and hot dogs are made with the trimmings and off-cuts from the production of their [fillets](#), meaning that by eating them you are actively reducing food waste rather than adding to it.

Hot dogs with a side of smug. What's better than that?



**Kvarøy Arctic Salmon Hot Dogs**

\$7 AT FULTON FISH MARKET