



Salmon Cakes



I tend to buy salmon in bulk when I find a really good sale. I then portion it up, vacuum-seal the portions, and freeze them. This allows me to have salmon available for dinners every few weeks. My Go-To Salmon is usually what I prepare, since it is easy and probably our favorite. A moment of inspiration prompted me to do something different this time, and I thought of Salmon Cakes. This now competes!

This recipe was inspired by Chef Serge, found on Smart Cook Recipes, and modified, as usual.

INGREDIENTS

1 lb. salmon fillet

2 eggs

2 tablespoons mayonnaise

2 teaspoons Dijon mustard

1 tablespoon fresh garlic, minced

1/2 teaspoon kosher salt

1/2 teaspoon black pepper

1/2 teaspoon dried thyme

1/2 teaspoon dried dill (this is an addition for next time)

1 finely diced medium jalapeno pepper

1-1/2 tablespoons Worcestershire

Panko bread crumbs

1/2 cup parsley, chopped

1/4 cup oil

1. Place the salmon fillet skin side down on a cookie sheet lined with aluminum foil and bake for 10-15 minutes at 350 degrees, until it is able to be flaked. Remove from the oven, and wrap the foil around the salmon, and let sit for 15 minutes or so while you gather and prepare the other ingredients.

2. Whisk 2 eggs in a bowl large enough to be able to mix everything else.

3. Take the fish out of the foil and place it skin side up on a cutting board. Using a

butter knife to help, remove the skin. Gently flake the salmon with a fork or by hand. Do not mush it up - you'll want to keep the texture intact. Then add the salmon to the bowl with the egg. Mix gently.

3. Add all of the other ingredients except the bread crumbs and parsley to the salmon. Mix gently.

4. Add Panko bread crumbs, a little at a time, until you get a good consistency where you will be able to form your cakes and they will hold together. If you accidentally make it too dry, just add a little more mayonaise.

5. Mix in the parsley.

6. Divide the mixture into even portions on a cutting board. I got 6 medium sized portions from 1 pound of salmon. Then take each portion and form it into a cake, similiar to a hamburger shape.

7. Preheat oil in your frying pan. Fry the cakes on medium heat, 4-5 minutes per side. I used a flapjack turner with a butter knife as a helper to turn the cakes without having them fall apart. Adjust the heat and move them around the pan if needed to get a nice browned surface. Do not crowd them. When done, move them to a plate lined with paper towels.

8. They are delicious plain, or served with tartar sauce or sour cream. You can squeeze a little lemon juice over them if desired.

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