

SALMON CAKES

This was partially motivated by my desire for another pantry meal and partially by my need to develop recipes that can be made in a reasonable amount of time. At first I was going to shoot for a generic “one recipe fits all” type thing for any type of canned meat, but the more I thought about it, the more I think this one had to stand on its own.

Oh, and yes, there is a lot of “filler” bread. This is more or less on purpose to get some more carbs in there for a “one stop” meal. Veggie ratio is a little on the high side as well.

INGREDIENTS

| Qty. | Unit | Item |
|-------------|-----------------|------------------------------------------------------------------------------|
| 3 | 5 oz Can | Boneless, Skinless Salmon |
| 1 | 150 g Container | Plain Greek Yogurt (works out to about 6 TBSP) |
| 5 | Slices | White Bread (enough for about 3 1/3 cups of fine (but not too fine!) crumbs) |
| 1 | Large | Egg |
| 1 | Bunch | Green Onions (enough for 2/3 cup fine sliced) |
| 1 | Medium | Red Bell Pepper (enough for 2/3 cup fine diced and several rings) |
| AR | Bunch | Fresh Parsley (enough for 2 TBSP (packed) fine chopped) |
| 3/4 | oz. | Fresh Dill (enough for 1/3 cup finely chopped) |
| 1 | Clove | Garlic |
| 1 | TBSP | Capers |
| 2 | TBSP | Lemon Juice |
| 1 | TBSP | Worcestershire Sauce |
| AR | ----- | Kosher Salt |
| AR | ----- | Fresh Ground Black Pepper |
| 20 | ----- | Unsalted Saltine Crackers (enough for 150 ml finely crushed) |
| AR | ----- | LVO |

From what I understand, if you get salmon with bones, they are thoroughly cooked, soft, and edible. You may want to dig through, however, to check for any large vertebrae

Greek yogurt seems right here for some reason. I am using it in place of mayonnaise, so if you don't have greek yogurt, mayo will work too!

For the bread slices, you are shooting a generic, store bought size slice. It can be whatever bread you like, but you may need to adjust the amount based on slice size

2 TBSP lemon juice should be about ½ a small lemon, if you want to use the fresh stuff

SPECIAL TOOLS

- None (unless you consider a food processor “special”)

PREPARATION

- 1) Drain the salmon through a metal strainer into a 1 quart measuring cup
- 2) Pick through the salmon for and large bones or skin
- 3) Rinse the green onions and remove and fibrous or funky outer layers. Finely slice enough for 2/3 cup
- 4) Rinse the red pepper and cut out the stem
- 5) Slice the red pepper into thin rings and deseed
- 6) Finely dice enough of the red pepper rings for 2/3 cup
- 7) Rinse the parsley and finely chop enough for 2 TBSP
- 8) Rinse the dill and finely chop enough for 1/3 cup
- 9) Mince the clove of garlic
- 10) Give the capers a rough chop
- 11) Put the bread in the food processor 1 or 2 slices at a time and pulse until the bread becomes coarse crumbs and set aside
- 12) Put the unsalted saltines in the food processor and process until it becomes a fine crumb
- 13) Crack and whisk the egg in a decent size bowl
- 14) Whisk in the greek yogurt, Worcestershire sauce, and lemon juice in with the egg
- 15) Whisk in the garlic, green onions, red pepper, dill, parsley, and capers
- 16) Gently fold in the salmon and breadcrumbs
- 17) Divide into 6 portions and form into patties
- 18) Spread the saltines on a plate and coat each patty
- 19) Cover the patties with plastic wrap and chill in the fridge for at least 60 minutes
- 20) Heat pan on medium heat
- 21) Add LVO to the pan to coat the bottom
- 22) Cook each patty until nicely golden browned, about 3 – 5 minutes per side
- 23) Plate and garnish with the red pepper rings
- 24) ENJOY!!!

CLOSING THOUGHTS

None!!!

NOTES

None!!!

PICTURES















