

SALMON CAKES (CANNED)

F EASY

Last Modified: 12/03/2016

PREP: 1 Hr
COOK: 15 Min
STOVETOP

SEAFOOD

MAKES 4 SERVINGS (8 SALMON CAKES)

QUANTITY	MEASURE	INGREDIENT	PROCESS
3	7.5 Oz Cans	Wild Caught Alaskan Salmon (Sustainable) NOT Atlantic Ocean Salmon	Boneless & Skinless
3	Strips	Thin Sliced Smoked Bacon	1/4" Lardons
1	Large	Russet Potato	Baked
1/4	Cup	Safflower Oil	Divided

BINDER

1/4	Cup	Yellow Onion	Fine Dice
1	Large	Egg	Beaten
1/2	Cup	Mayonnaise (Hellmann's)	
2	Tsp	Dijon Mustard	
1/2	Tsp	Granulated Sugar	
1/2	Medium	Lemon	Zested

BREADING

1/4	Cup	Panko Bread Crumbs (Kikkoman)	
2	Tbsp	Parmesan Cheese	Grated
1+/-	Pinches	Fresh Ground Black Pepper	To Taste

OPTIONAL

1	Medium	Lemon	Wedged
1	Recipe:	Sauce - Dill Sauce	
OR			
1	Recipe:	Sauce - Raita Sauce	
OR			
1	Recipe:	Sue K's Sauce - Tarter Sauce	
OR			
1	Recipe:	Sauce - Remoulade Sauce (Dill Version)	

PREPARATION

FACTOID	There is a myriad of canned Salmon available from gaggy (full of liquid, Fat, Skin and Bones) to high quality (Skinless and Boneless). COSTCO's Kirkland 7.5 Oz, Vital Choice's 7.5 Oz Safe Catch's 5 Oz and Star-Kist's 5 Oz, are ALL great tasting.
HINTS	Open the can of Salmon, drain off the liquid and dump the Salmon Meat onto a plate. Spread the Meat apart and search for, remove and discard any pieces of Fat, Skin and Bones that you can find. Boneless / Skinless cans from COSTCO is the way to go!
CAUTION	Safflower Oil is relatively flavorless and allows the Salmon taste to be the flavor. Any Vegetable Oil will work OK here, but may end up altering the Salmon taste.

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TOOLS	<p>1) Medium Mixing Bowl 2) Pie Tin 3) Large Non-Stick Skillet 4) Aluminum Half Sheet Pan & Wire Rack</p>
PREP	<p>BINDER 1) Finely dice the Yellow Onion and set it aside.</p>
PREP	<p>BREADING 1) Grate the Parmesan Cheese and set it aside.</p>
1	<p>Cut the Bacon Strips into 1/4 inch thick Lardons. In a large non-stick skillet over medium high heat, saute the Bacon until it is crisp and the fat has rendered out, drain, crumble and set it aside. Pour off all but one tablespoon of the Bacon grease (leaving in the Fond).</p>
2	<p>Bake the Potato in either the oven or microwave until tender. Scoop out the inside, fluff it with a fork and set it aside.</p>
3	<p>BINDER: Thoroughly mix the Crumbled Bacon, Onion, Egg, Mayonnaise, Mustard, Sugar, and Lemon Zest together in a medium mixing bowl.</p>
4	<p>Fold in in turn, the Potato and Canned Salmon, mixing very gently after each addition. Roll the Mixture into a log shape on a cutting board and divide it into 12 equally sized pieces (half, half, thirds). Lightly roll each piece into a ball and flatten them into twelve 1/2 inch thick round patties without cracks & with smooth edges.</p>
5	<p>BREADING: In a pie tin, combine the Bread Crumbs, Parmesan Cheese, and Pepper. Coat the patties evenly on all sides in the Bread Crumb Mixture as you finish flattening each one. Set them aside on a wire rack to dry until all of them are breaded.</p>
6	<p>Heat 1 teaspoon of Safflower Oil for each Cake in a large non stick skillet over medium heat until just shimmering. Add in the Salmon Cakes and cook them in batches (NOT touching each other) until golden brown, about 3 to 4 minutes. Turn each Cake over onto another teaspoon of Oil and fry for another 3 to 4 minutes.</p>
7	<p>Drain the Patties for a short while on the rack over paper towels and pat the tops lightly with a paper towel.</p>
SERVE	<p>Serve while hot with Lemon Wedges and / or a nice creamy Dill, Raita or Tartar Sauce on the side. A small splash of Recipe: Sauce Lobster Thermidore Sauce is to die for.</p>