

SALMON CAKES (FRESH)

F EASY

Last Modified: 12/03/2016

PREP: 1 Hr
COOK: 15 Min
STOVETOP

SEAFOOD

MAKES 4 SERVINGS (8 SALMON CAKES)

QUA	MEASURE	INGREDIENT	PROCESS
1 1/2	Pounds	Fresh Wild Caught King Salmon (Skinless Boneless)	
1	Medium	Lemon	Wedged
1/2	Cup	Panko Bread Crumbs (Kikkoman)	
1/2	Cup	Safflower Oil	
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)	

BINDER

3	Tbsp	Panko Bread Crumbs (Kikkoman)	
1	Stalk	Green Onion (Greens & Whites)	Thin Sliced
1	Medium	Shallot	Minced
2	Tbsp	Fresh Italian Parsley Leaves	Chopped
2	Tbsp	Mayonnaise (Hellmann's)	
4	Tsp	Lemon Juice	
1	Tsp	Dijon Mustard	
1 +/-	Pinches	Cayenne Pepper	To Taste
3/4	Tsp	Kosher Salt	
1/4	Tsp	Ground Black Pepper	

PREPARATION

FACTOID	These Cakes taste like Salmon, are crisp on the outside and moist on the inside. You want to use a piece of Salmon that does NOT smell fishy.
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.
TOOLS	<ol style="list-style-type: none"> 1) Small Mixing Bowl 2) Food Processor OR Blender 3) 1/3 Cup Measuring Cup 4) Pie Tin 5) Large Stainless Steel Skillet 6) Aluminum Half Sheet Pan 7) 2 - Flexible Slotted Spatulas 8) Needle Nosed Pliers

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PREP	<p>BINDER</p> <p>1) Thinly slice the Green Onion and set it aside. 2) Mince the Shallot and add it on top of the Onions. 3) Chop the Parsley Leaves and add them on top of the Onions.</p>
PREP	<p>SALMON</p> <p>1) Feel along the Backbone edge of the Salmon Fillet for any rib bones that protrude. Pull out any you find with a pair of needle nosed pliers</p>
1	<p>BINDER: In a small mixing bowl: add in the 3 tablespoons of Panko Bread Crumbs, the Green Onion Slices, Shallot, Parsley, Mayonnaise, Lemon Juice, Mustard, Cayenne, Salt and Black Pepper. Stir to mix together thoroughly and set the mixture aside.</p>
2	<p>If not done already, remove the skin from the Salmon: Place the Salmon skin side down on a cutting board, stab a long sharp knife between the skin and the flesh, keeping the blade turned slightly down, slice between the skin and the flesh.</p>
3	<p>Slice the skinned Salmon into roughly 1 inch cubes. In a Food Processor, place 1/3 of the Salmon cubes, pulse them twice so that there are no pieces larger than 1/4 inch. Repeat for each additional 1/3. As each batch is completed, add it on top of the Binder mixing bowl.</p>
4	<p>Gently fold the Salmon and Binder together until thoroughly mixed. Using a 1/3 cup measure, gently fill it with the Salmon Cake Mixture (do NOT pack it in tightly). Place the Patty onto a sheet pan.</p>
5	<p>Add the 1/2 cup of Panko Bread Crumbs into a Pie Pan. In order, place each Salmon Cake in the Bread Crumbs, cover it with Crumbs and gently pat the Bread Crumbs into all surfaces while shaping the Salmon Cake gently into a 3/4 inch thick round Patty with no cracks and place each back on the sheet pan. For even cooking ALL of the Cakes must end up the same size.</p>
6	<p>In a large skillet (NOT non-stick) over medium high heat, add in the 1 teaspoon of Safflower Oil for each Salmon Cake (you may have to fry them in batches) and heat it until shimmering but not smoking. Using a flexible slotted spatula (See Picture), carefully add in the Salmon Cakes not touching and fry them until golden brown (about 2 to 3 minutes). Once they free themselves, turn them over carefully onto another teaspoon of Safflower Oil using 2 Spatulas and fry until the second side is golden brown (another 2 to 3 minutes).</p>
7	<p>Drain the Salmon Cakes for a short time on paper towels.</p>
SERVE	<p>Serve while hot with Lemon Wedges and / or a nice Creamy Dill, Raita or Tartar Sauce on the side. A splash of Recipe: Sauce Lobster Thermidore Sauce is to die for.</p>