

Salmon Cakes

Hazel Blue Acres

Salmon Prep: 1 lb. sockeye salmon fillet (may use fresh, leftover or canned salmon) Olive oil Garlic salt Black pepper	1 Tbs. + 2 Tbsp. olive oil 1 medium onion (1 cup) finely diced ½ red bell pepper, diced 1 Tbsp.+ 2 Tbsp. unsalted butter 1 cup Panko bread crumbs 2 large eggs, lightly beaten 3 Tbsp. mayonnaise 1 tsp. Worcestershire sauce 1 tsp. garlic salt or garlic powder ¼ tsp. ground black pepper ¼ minced fresh parsley (optional but pretty!)
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1. Preheat oven to 425 degrees. Line a rimmed baking sheet with foil, parchment, or a silpat baking mat. Place salmon skin-side down, brush with olive oil and season with garlic salt and black pepper. Bake uncovered for 10-15 min or just until cooked through (a thinner salmon fillet may take closer to 10 min.) Remove from oven, cover with foil and let rest 10 minutes. Discard skin, flake salmon with a fork, remove any bones, and cool to room temperature.
2. Heat a medium skillet over medium heat. Add 1 Tbsp. olive oil, 1 Tbsp. butter, finely diced onion and finely diced pepper. Sauté onion & pepper until softened and golden (7-9 minutes) then remove from heat.
3. In a large mixing bowl, combine cooled flaked salmon, sautéed onion and pepper, 1 cup panko bread crumbs, 2 beaten eggs, 3 Tbs. mayo, 1 tsp. Worcestershire sauce, 1 tsp. garlic salt, ¼ tsp. black pepper, and ¼ cup fresh parsley. Stir to combine, then form into 13-14 patties. It's easy to portion patties using a flat ice cream scoop then pressing them into 1/3 to ½ inch thick patties. Adjust the amount of bread crumbs or mayo if the mixture too moist or dry.
4. Heat 1 Tbsp. oil and 1 Tbsp. butter in a large pan over medium heat and once butter is done sizzling, add half of the salmon cakes and sauté 3 – 4 minutes per side or until golden brown and cooked through. If salmon cakes brown too quickly, reduce heat. Remove to a paper towel lined plate. Add remaining 1 Tbsp. oil and 1 Tbsp. butter and repeat cooking remaining salmon cakes.

Tartar Sauce

1 cup mayonnaise 1 cup dill pickles, finely chopped 1 Tbsp. fresh dill or 1 tsp. dried dill 1 tsp. lemon juice 1 tsp. sugar ¼ tsp. black pepper, freshly ground	1. Combine all ingredients in a bowl and stir to combine. 2. Add more lemon juice or pickles if desired.
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Source: Natashaskitchen.com