

Salmon Cakes

Recipe courtesy Merle Ann Loman, 2009

Prep Time: 20 min

Inactive Prep Time: 30 min

Cook Time: 12-15 min

Level: Intermediate

Serves: 12 cakes, 4 servings

Ingredients

- 1 (15 ounce) can salmon, drained, or 1 ½ - 2 cups baked or poached salmon (about ¾ to 1 pound), flaked
- 1 tablespoon capers, drained and roughly chopped
- 1/4 teaspoon hot sauce (such as Tabasco)
- 1/2 teaspoon Worcestershire sauce
- 1/4 cup good mayonnaise
- 2 teaspoons Dijon mustard
- Juice of one lemon (can use the zest, too, if you like)
- 2 large eggs, lightly beaten
- 3/4 cup fresh whole-wheat breadcrumbs (see Tip) (optional)

Vegetable mixture:

- 2 cloves garlic, minced
- 3/4 cup small-diced onion (1 small onion or scallions – white and green parts, thinly sliced)
- 3/4 cup small-diced celery (about 2 stalks)
- 3/4 cup small-diced green, yellow, or red bell pepper or combination (1 small to medium pepper)
- 1/2 cup small-diced fresh mushrooms
- 1/4 cup minced fresh flat-leaf parsley
- 1 teaspoon seasoning, Old Bay or your preferred seasoning mix
- Kosher salt and freshly ground black pepper if necessary (to taste)
- Good olive oil

Directions

Preheat oven to 450 degrees F. Coat a baking sheet with cooking spray.

Add capers, hot sauce, Worcestershire sauce, mayonnaise, mustard and eggs to a large bowl. Mix until blended.

In another bowl, add the garlic, onion, celery, pepper, mushrooms, parsley, Old Bay seasoning and salt and pepper to taste. Drizzle with a small amount of olive oil and toss lightly.

Flake the salmon into the egg mixture, removing any bone and skin, and blend well. If you want to add breadcrumbs to bind, do so now. Add the vegetable mixture and mix well. Cover and chill in the refrigerator for 30 minutes. Shape into 12 (2–3 inches wide) cakes.

Bake the salmon cakes until golden on top and heated through, 12 to 15 minutes.

Serve with a simple fresh tomato and avocado salad, top salmon cakes with Cucumber Raita – see my recipe at <http://merles-outdoor-dining-ideas.blogspot.com/2009/02/basic-cucumber-raita.htm>

Cook's notes and tips:

If using fresh salmon, to bake, place it skin side down on a lightly oiled sheet pan. Brush with olive oil and sprinkle with salt and pepper. Roast for 15 to 20 minutes, until just cooked. Remove from the oven and cover tightly with aluminum foil. Allow to rest for 10 minutes and refrigerate until cold. Remove any bones and skin.

I want to taste the salmon so I usually don't choose to add breadcrumbs. If you want to add fresh breadcrumbs: Tear whole-wheat bread into pieces and process in a food processor until coarse crumbs form. One slice makes about 1/3 cup.

If you prefer to sauté the vegetables before adding to the salmon: heat 1 1/2 teaspoons oil in a large nonstick skillet over medium-high heat. Add the vegetable mix except the parsley; cook, stirring, until softened, about 3 minutes. Stir in parsley; remove from the heat.

If you prefer to sauté the cakes instead of bake them: heat 2 tablespoons butter and 2 tablespoons olive oil in a large sauté pan over medium heat. In batches, add the salmon cakes and fry for 3 to 4 minutes on each side, until browned. Drain on paper towels; keep them warm in a preheated 250 degree F oven and serve hot.

About the flavor and texture: Not everyone likes capers, but try them. They add a wonderful undertone and depth to the flavor of the salmon cakes.

One of my unique additions is the fresh mushrooms. I love the earthy flavor and texture they provide.

Speaking of texture, I don't sauté my vegetables (small dice helps) because they stay just a bit crunchy which makes each bite interesting.

<http://merles-outdoor-dining-ideas.blogspot.com/>