

Salmon Cakes on Spring Salad

Serves 3-4, would be great doubled & used for leftovers : ~40 minutes : Salmon Cakes by [Salmon Sisters](#)

Ingredients:

Salmon Cakes

- ½ tblsp extra-virgin olive oil
- ½ medium yellow onion, diced
- 1lb cooked salmon filet OR 1 (15oz) can of wild caught salmon (no bones)*
- ¾ cup bread crumbs, plus more for dredging (I used homemade* but you could also use store bought)
- ¼ cup fresh parsley, chopped
- ½ tsp salt
- ½ tsp freshly ground black pepper
- 2 small eggs, beaten
- ½ tblsp mayonnaise
- ½ tblsp Dijon mustard
- ½ tblsp Worcestershire sauce
- High heat oil of choice (I used avocado oil)

Quick “aioli”

- ¼ cup mayonnaise
- ½ hot sauce (I used primal kitchen buffalo sauce)

Instructions:

Make the Salmon Cakes:

- Heat the olive oil in a large frying pan over medium heat.
- Sauté the onion until translucent, then transfer to a small plate & set aside to cool. Wipe out the pan to reuse for frying.

- In a large bowl, mix together the salmon, breadcrumbs, parsley, salt, pepper, & slightly cooled onion.
 - In a small bowl, whisk together the eggs, mayonnaise, mustard, & Worcestershire.
 - Add the dressing to the salmon mixture.
 - Form the mixture into ¼ cup balls & flatten into burger-shaped patties.
 - Dredge in breadcrumbs.
 - In the large frying pan, add a nice coating of avocado oil & heat up on medium.
 - Once it's nice & hot, carefully lower the salmon cakes, frying them until golden brown, about 3 minutes or less per side (keep a close eye).
 - I cooked about 3 at a time & placed them on a paper towel-lined plate when finished.
 - Meanwhile, make the spicy dipping sauce by mixing together the mayonnaise & hot sauce in a small bowl.
 - Serve — I enjoy these with a side salad.
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recipe notes:

- **homemade breadcrumbs:** Slice ¼ loaf of sourdough bread into chunks. Pulse bread pieces in a food processor until crumbly. Spread the crumbs on a baking sheet & drizzle with olive oil & a sprinkle of salt. Bake at 350 for 10-18 min, tossing halfway, until golden brown and toasted.

what I learned from this recipe:

- When deciding on this recipe, I genuinely thought that canned salmon would be an economical choice. I was shocked to see the price on it. Close to \$19 for a mere 11oz. So, I chose to get a 1lb slab of fresh salmon & cooked it in the oven at 450 for about 12-14 minutes (until cooked through) with a hearty sprinkle of salt. It worked great for the recipe but did add an extra step.