



Salmon Cakes

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**454 g (1 lb) cooked salmon fillet**  
**45 mL (3 Tbsp) olive oil, divided**  
**45 mL (3 Tbsp) unsalted butter, divided**  
**160 g (1 cup) onion, finely diced**  
**½ red bell pepper, diced**  
**60 g (1 cup) panko breadcrumbs or Japanese-style breadcrumbs**  
**2 large eggs, lightly beaten**  
**45 mL (3 Tbsp) mayonnaise**  
**5 mL (1 tsp) Worcestershire sauce**  
**5 mL (1 tsp) garlic salt**  
**1 mL (¼ tsp) black pepper**  
**15 g (¼ cup) fresh parsley, minced**

Discard the salmon skin, flake the salmon with a fork and remove any bones, if needed.

Heat a medium skillet over medium heat. Add 15 mL (1 Tbsp) olive oil, 15 mL (1 Tbsp) butter, onion and bell pepper. Sauté for 7 to 9 minutes, or until softened and golden, then remove from heat.

In a large mixing bowl, combine flaked salmon, onion, bell pepper, breadcrumbs, eggs, mayonnaise, Worcestershire sauce, garlic salt, black pepper and parsley. Stir to combine, then form into 13 to 14 patties. Then press them into 0.85-cm (⅓-inch) to 1.27-cm (½-inch) thick patties.

Heat 15 mL (1 Tbsp) oil and 15 mL (1 Tbsp) butter in a large pan over medium heat. Once the butter is done sizzling, add half of the salmon cakes and sauté for 3½ to 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 15 mL (1 Tbsp) oil and 15 mL (1 Tbsp) butter and cook the remaining salmon cakes. Makes 13 to 14 salmon cakes, or 5 to 7 servings.

**Tip:** If the salmon mixture is too moist to hold the patty shape, add more breadcrumbs. If it is too dry, add an extra 15 mL (1 Tbsp) of mayonnaise.

*Recipe and photo courtesy of Natasha Kravchuk (natashaskitchen.com)*