

Enjoy!

SALMON CAKES WITH GINGER MAYONNAISE

MATERIALS

Large mixing bowl
Colander
Skillet
Stirring spoon

YIELD

Three servings of two
2-ounce cakes

DISH: **MAIN**

FOOD GROUP(S):
PROTEIN

INGREDIENTS

Salmon Cakes

3 (6-ounce) cans of wild-caught Alaskan salmon
3 eggs
4 diced green onions
1 tablespoon dried dill
1/2 teaspoon ground ginger
A few shakes of red pepper flakes
About 1 teaspoon fresh ground pepper
Pinch of sea salt
About 1/4 cup oil
Lemon wedges
Shredded green and purple cabbage

Ginger Mayonnaise

2 eggs (or equivalent pasteurized liquid egg product)
2 tablespoons apple cider vinegar
1 teaspoon yellow mustard
1 teaspoon sea salt
1/4 teaspoon white pepper
1/4 teaspoon cayenne pepper
1 teaspoon ground ginger
2 cups light-tasting olive oil



DIRECTIONS

Salmon Cakes

1. Drain the water from the canned salmon and dump the salmon into a large mixing bowl.
2. Add the eggs, green onions, dill, ginger, red pepper flakes, black pepper, and salt. Mix well.
3. In a large skillet, heat the oil over medium to medium-high heat. Make sure there is more than enough oil to cover the bottom of the pan. The oil is hot enough when it crackles after you flick some water into the pan, but do not get the oil so hot that it smokes.
4. Form the salmon mixture into patties or “cakes,” one at a time, and place them gently into the oil. Fry for 3 minutes on each side. Do not handle the patties once they are in the pan. Let them cook for the full 3 minutes before you touch or flip them or they will stick to the pan or fall apart.
5. Serve the patties over a bed of the shredded green and purple cabbage with a lemon wedge and the Ginger Mayonnaise.

Ginger Mayonnaise

1. Place all ingredients except for the oil in a blender or food processor.
2. Cover and blend on low while you count to five. Continue to blend while you VERY SLOWLY add the olive oil.
3. Once all the oil is in, continue to blend while you again count to five, and then shut the blender or processor off. If the mayonnaise fully emulsifies and the blender or food processor stalls, do not add any more oil; use the mayonnaise “as is.”

CHEF'S NOTES

- ▷ The USDA recommends that twice a week you make seafood—fish and shellfish—the main protein food on your plate.
- ▷ Seafood contains a range of nutrients, including healthy omega-3 fats.
- ▷ According to the *Dietary Guidelines for Americans*, eating about 8 ounces a week (less for young children) of a variety of seafood can help prevent heart disease.
- ▷ Include some seafood or fish that is higher in omega-3s and lower in mercury, such as salmon, trout, oysters, Atlantic and Pacific mackerel, herring, and sardines.

Recipe adapted from
<http://www.everydaypaleo.com>.

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