

Salmon Patties

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1 (14.75 ounce) can of salmon, *undrained*
1/3 cup of finely minced onion
1/4 teaspoon of freshly cracked black pepper
1/4 teaspoon of Cajun seasoning, *optional*
1/4 teaspoon of Old Bay seasoning, *optional*
1 tablespoon fresh chopped parsley
1/4 teaspoon of fresh lemon zest
15 saltine crackers, *crushed fine*
1 large egg, *beaten*
1/8 cup of water
1/2 cup of oil



Use a fork to gently break apart the salmon, leaving some small chunks. Add the onion, pepper, Cajun seasoning, Old Bay, parsley and lemon zest; gently toss. Reserve and slice lemon. Add the cracker crumbs, egg and water. Shape into 4 to 6 patties.

Heat oil in a skillet over medium high heat oil and carefully add the patties, cooking until browned; use a fish turner or wide spatula to carefully turn and brown the other side. Drain on paper towels. Serve immediately with a squeeze of fresh lemon.

Cook's Notes: Serve as patties with mashed or fried potatoes potatoes and creamed peas, a mixed garden salad and a fresh tomato pasta side, or serve with green beans, lima beans and a good condiment like Comeback sauce, Remoulade, Cajun mayonnaise, horseradish sauce, or ketchup, or serve on your favorite sandwich or dinner rolls if you prefer. The skin and bones of canned salmon are generally edible, however you can remove them if you prefer, or purchase it without. I use Chicken of the Sea Red Salmon Traditional Style Sockeye and leave the bones in. If you don't have fresh lemon, add a tiny squirt of yellow mustard.

Tip: If you have the time, place the patties in the refrigerator about 30 minutes before cooking.

To Bake: Line a baking sheet with aluminum foil and brush with oil or spray with non-stick spray. Place patties on top, dab with oil and bake in a 400 degree F preheated oven, turning once, for about 20 to 25 minutes, or until golden brown. May also scoop about 1/3 cup into lightly greased or sprayed muffin tins.

Variations: Substitute fresh cooked salmon, or an equal amount of well drained tuna, mackerel, cooked shrimp or fish, freshly cooked, canned or leftover meats, ham or chicken, or simply cooked, mashed potatoes. If you have leftover mashed potatoes, they also make an excellent binder for fluffier croquettes, or you may also substitute bread crumbs, flour or cornmeal for the saltines. If you like, you may coat the patties with bread crumbs, panko, flour or cornmeal.