

Salmon Patties

written by The Recipe Exchange | November 28, 2017

Ingredients

1 pound salmon fillet, cooked and flaked or (1/2 ounce) can of pink or red salmon, undrained
1/3 cup of finely minced onion
1/4 teaspoon of freshly cracked black pepper, or to taste
1/4 teaspoon of Cajun seasoning (like Slap Ya Mama), or to taste, optional
1/4 teaspoon of Old Bay seasoning, or to taste, optional
1 tablespoon fresh chopped parsley
1/4 teaspoon zest from a fresh lemon
15 saltine crackers, crushed fine
1 large egg, beaten
1/8 cup of water
1/2 cup of canola or vegetable oil

Directions

If using fresh salmon, brush with olive oil and season lightly with salt and pepper. Grill for about 6 minutes or bake wrapped in foil at 350 degrees F for approximately 10 minutes. 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. Slice lemon into wedges and reserve. 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 the reserved fresh lemon.