

Salmon Cakes

Phillip Jones

Ingredients:

- 1 Can Salmon (best brand is **Double-Q** if not available, use **Chicken of the Sea** or any other major brand)
- 1 egg
- 1-2 tablespoons Flour
- Vegetable or Olive oil
- 8 -10 inches iron Skillet for frying

Directions:

Open can of Salmon. Mash the Salmon with a fork until consistency of chicken salad. Next add the flour and egg, mix thoroughly until a little smoother but stiff.

Place Cast Iron frying pan on stove, pour enough oil to cover bottom of pan. Turn heat on to Medium to slightly Medium High heat (electric stove with scale **low, 2 - 8, high - set to 5 or 6**). Allow Oil to heat Hot enough to see oil ripple.

Next get a large spoon (a tablespoon or large size/gravy spoon). Spoon some of the salmon mixture about the size of the spoon in shape roughly like ball, then drop carefully in the hot oil. Immediately take a fork, or back of the spoon, or an egg turner, and mash down until about $\frac{1}{4}$ to $\frac{1}{3}$ " thick and look roughly like a Hamburger Patty. Allow salmon to cook half way through, allowing that side to crisp.

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Use egg turner to flip on other side. You may need use a fork to help turn as Salmon cakes are easy to break apart. And, if they do, its no big deal, they don't have to be perfect. Cook this side as you did other side, until very crisp and crunchy on the outside. Repeat steps until all salmon cooked.

Serve with Tartar sauce, and with slaw if desired, or fries. Or put on two pieces of bread with mayonnaise, and eat as a sandwich.

Note: *Salmon is usually is packed with the Backbone (which is cartilage) in, you can leave it in, it's entirely edible (we do). Or if the idea of eating fish bones turns you off, remove the bone before starting to mash up salmon.(Use a fork to break a part to locate the bone.)*

One can of salmon makes about 8 - 12 cakes. Number depends size of the balls of salmon mixture dropped in frying pan, the smaller the more cakes you fry. They will be smaller.

If the egg and flour were not added the salmon would not stay together you'd be making something looking like sausage broken up to make sausage gravy, or hamburger broken up to make home made chili.