



BRISTOL BAY
SOCKEYE SALMON

BLACKENED SALMON CAKES WITH GREENS



SERVINGS: 2
COOK TIME: 55 MINS.

Delightful mini salmon cakes sit atop a bed of greens drizzled with a sweet onion citrus dressing for this light and tasty meal.

Ingredients:

Spice Mix

2 1/4 teaspoons sweet paprika
2 1/4 teaspoons kosher salt
1 1/4 teaspoon onion powder
1 teaspoon garlic powder
1 teaspoon cayenne
3/4 teaspoon white pepper
3/4 teaspoon black pepper
1/2 teaspoon dried thyme
1/2 teaspoon dried oregano

Vidalia Onion Citrus Dressing

1 cup diced Vidalia onion
1/4 cup extra-virgin olive oil
1/4 cup lemon juice
3 tablespoons honey
2 tablespoons Dijon mustard
1/4 teaspoon kosher salt
2 cloves garlic

Cakes

6 ounces skinless sockeye, half finely minced, half coarsely chopped (substitute flaked canned salmon)
1/2 cup diced Vidalia onion or other sweet onion
1/2 cup diced red bell pepper
1/2 cup panko
1/4 cup mayonnaise
1 large egg
1/2 teaspoon Worcestershire sauce
1 1/2 tablespoons spice mix
1 tablespoon butter, for frying
1 tablespoon extra-virgin olive oil, for frying

Salad

Lettuce of choice
Pumpkin seeds
Fresh parsley
Fresh dill

Directions:

- 1** Stir spice mix ingredients together in a bowl. Store in an airtight container.
- 2** Add onion citrus dressing ingredients to an immersion blender or food processor. Puree until smooth. Store in fridge.
- 3** Add salmon cakes ingredients (except the butter and olive oil) to a medium bowl and mix until combined. Use a 1/4 cup dry measuring scoop and portion 7 cakes, lightly pressing together with damp hands. Place on a plate and refrigerate at least 30 minutes to encourage cakes to keep their shape. To prepare for later, continue to refrigerate until 20 minutes before meal, then cook.
- 4** In a cast iron skillet, melt butter and add olive oil. Once pan sizzles, add a few cakes (do not crowd) and cook each side for 5 minutes until golden brown. Repeat on opposite side and continue until all cakes are cooked.
- 5** Toss greens with a drizzle of dressing. Sprinkle with pumpkin seeds, herbs, and add salmon cakes. Serve immediately.

Find more delicious wild sockeye salmon recipes
at www.bristolbaysockeye.org.