

Salmon Cakes

Culinary Medicine, Nutrition Services

Yields: 6 cakes

Equipment: cutting board, knife, large bowl, can opener, plate, pan, spatula

Ingredients

1 small onion, finely diced
1 clove garlic, minced
1 medium carrot, diced
1 stalk celery
1 (16 ounce) can salmon
2 ea eggs
1 cup bread crumbs
1 tablespoon mustard
Juice and zest of 1/2 lemon

Instructions

1. Sauté onions, garlic, carrots and celery until soft.
2. Take mixture and place in large bowl. Add canned salmon and mix well.
3. Add eggs, bread crumbs lemon juice/zest and mustard.
4. Patty them up, place on a plate and chill in the refrigerator for 30 minutes.
5. Heat cast iron pan with 1 tablespoon of oil over medium heat.
6. Place patties in the pan and brown on each side for 1 minute.



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Why We Like This Recipe

It's simple, from-the-can ingredients that create a fancy, delicious and cost-effective way to incorporate fish into your cooking repertoire. Also, highly modifiable.

Chef's Notes:

- Bones in canned salmon are **completely safe to eat!** During the seafood canning process, the fish is cooked at high temperatures, a procedure that softens the bones significantly. This process makes them much different from the bones you might encounter in fresh fish, which can be hazardous and pose a choking risk.

Nutrition Notes:

- Salmon bones are packed with calcium, which is essential for maintaining strong bones and teeth.
- They also contain high levels of omega-3 fatty acids, which have been linked to numerous health benefits, including reducing inflammation, improving heart health, and supporting brain function.
- In addition to these nutrients, salmon bones also provide a good amount of protein and minerals like phosphorus and magnesium.



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