

## Salmon Cakes with Capers



1 HR active, 30 MIN to chill in fridge

4 to 6 Servings

Intermediate

Ingredients

- 1 pound fresh salmon
- $\frac{1}{4}$  cup organic olive oil
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon black pepper, freshly ground

### Veggies to sauté

- 1 cup red onion, small dice – about  $\frac{1}{2}$  onion
- $\frac{3}{4}$  cup celery, small dice – 2 to 3 ribs
- $\frac{1}{2}$  cup red bell pepper, small dice – 1 small or  $\frac{1}{2}$  medium pepper
- $\frac{1}{2}$  cup yellow bell pepper, small dice – 1 small or  $\frac{1}{2}$  medium pepper
  
- $\frac{1}{4}$  cup chopped parsley
- 2 tablespoons capers
- 1 teaspoon Worcestershire sauce

- 1 ½ teaspoons Herbs de Provence
- 3 cups organic panko or for gluten-free: One Degree Sprouted Brown Rice Crisps, crushed up in a food processor – divided – half go in the cakes, half on the outside
- ¼ cup mayonnaise
- 1 tablespoon Dijon mustard
- ¼ teaspoon salt
- ¼ teaspoon black pepper, freshly ground
- 2 eggs

## Instructions

*Preheat the oven to 400°*

### **Bake the salmon**

Place the salmon on an oiled sheet pan, skin side down.

Sprinkle with salt and pepper.

Bake for 8 – 12 minutes, depending on the thickness of the salmon until just done. When it comes out of the oven allow it to cool while you prepare the vegetables.

### **Sauté the vegetables**

While the salmon is baking put a bit of olive oil into a small skillet. Using medium heat sauté the onion for at least 5 minutes, stirring regularly. The onion should become translucent. A sprinkle of salt on the onion will help it to sweat.

Then add the celery and red and yellow peppers.

Cook with a lid on the pan until the vegetables are soft. About 8 – 10 minutes. Stir occasionally.

Allow the veggies to cool.

### **Combine other ingredients**

In a bowl large enough to hold all the ingredients, combine the parsley, capers, Worcestershire sauce, Herbs de Provence, mayonnaise, Dijon, 1/2 teaspoon salt, and 1/4 teaspoon freshly ground black pepper.

### **Put it all together**

The salmon should now be cool enough for you to flake it with a fork. There is gray bit of flesh near the skin which can give the cakes a bitter taste, so scrape it off and discard it before you start to flake the rest.

If your salmon has skin on it make sure not to put the skin in the dish.

Put the flaked salmon into the bowl with the parsley, capers, and other ingredients and stir.

Next add the cooled vegetable mixture, and panko (or ground-up rice crispies), and egg.

Mix well, but don't over mix or it will become too dense. Mix just enough to combine the ingredients.

Shape the cakes and place them on a sheet pan.

Put in the fridge to cool for at least 30 minutes.

## **To Bake the Salmon Cakes**

*Preheat the oven to 350°*

Oil a sheet pan. Place the salmon cakes on the sheet pan, put them into the hot oven, and bake for 10 minutes. Carefully flip the cakes to the other side and bake for another 10 to 12 minutes until the coating has browned a bit.

## **To Pan Fry the Salmon Cakes**

Heat  $\frac{1}{4}$  cup olive oil in a large sauté pan over medium heat. In batches, add the salmon cakes and fry for 4 - 5 minutes on each side, until browned. Drain on a wire rack placed over a cookie sheet.

You can keep them warm in a preheated 250° oven and serve hot.