

Salmon Cakes (with Bacon)

Author: Melissa d'Arabian, Food Network, 8/09



2 pieces thick-sliced bacon, chopped, cooked until crispy
1/4 cup onion, chopped
1 whole egg
1/2 cup mayonnaise
2 teaspoons Dijon mustard
1/2 teaspoon sugar
1/2 teaspoon lemon zest (I used lime zest)
14 ounces canned salmon, drained, crumbled (check for large bones)
1 small potato, baked, peeled, fluffed with a fork

CRUMB CRUST:

1/4 cup panko, or bread crumbs
2 tablespoons Parmesan cheese, grated (or more)
1/4 teaspoon freshly ground black pepper
1/4 cup vegetable oil, for frying the patties (up to 1/2 cup)

Serving Ideas: Serve with a yogurt and cucumber mixture, if available.

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

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Per Serving (excluding unknown items): 447 Calories; 35g Fat (68.6% calories from fat); 26g Protein; 10g Carbohydrate; 1g Dietary Fiber; 125mg Cholesterol; 915mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 0 Vegetable; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates.

**Carolyn T's
Main Cookbook**

Servings: 4

Notes: It's the BACON that makes this dish, so don't eliminate it. The potato helps to bind the cakes together, but they're very fragile as you mix and mold them. They're still very fragile until after you've turned them over to brown the 2nd side.

Description: From Melissa d'Arabian, Food Network, 8/09

1. Heat 1 tablespoon of the reserved bacon fat in a small saute pan over low heat. Add the onions and cook until translucent. Cool the onions for a bit.
2. Mix the crumbled cooked bacon, onion, egg, mayonnaise, mustard, sugar, and lemon zest in a bowl. Add the salmon and potato, mixing gently after each addition. Form the mixture into 12 small patties.
3. In a shallow dish, combine the bread crumbs, Parmesan, and pepper, to taste. Coat the patties in the bread crumb topping. Heat 1/4 cup of the oil in a large saute pan over medium heat, and cook the salmon cakes in batches until golden, about 3 to 4 minutes per side. Add more oil, as necessary. Arrange on a serving platter and serve.