

- Prep Time: 15 minutes
- Cook Time: 10 to 12 minutes
- Total Time: 25 to 27 minutes
- Servings: 4 (makes 8 patties)
- Skill Level: Easy
- Cooking Intensity: Low to Medium Heat

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# Ingredients

## Main Patty Base

- Flaked Salmon: 2 cans (14.75 oz total / approx. 400g) pink or red salmon, drained well (or 1.5 cups cooked fresh salmon)
- Breadcrumbs: ½ cup panko or fine dry breadcrumbs (use almond flour for keto/low-carb)
- Egg: 1 large egg, beaten
- Mayonnaise: 2 tablespoons
- Dijon Mustard: 1 tablespoon
- Lemon Juice: 1 tablespoon fresh lemon juice

## Aromatics & Seasonings

- Yellow Onion: ⅓ cup finely minced
- Celery: ⅓ cup finely minced
- Fresh Parsley: 2 tablespoons finely chopped

- Garlic Powder: ½ teaspoon
- Old Bay Seasoning: ½ teaspoon (optional, for classic coastal flavor)
- Salt: ½ teaspoon (adjust to taste depending on canned salmon saltiness)
- Black Pepper: ¼ teaspoon freshly cracked

## Cooking Oil

- Avocado Oil or Olive Oil: 2 to 3 tablespoons (for pan-frying)

## Step-by-Step Cooking Instructions

<Sequence>

<Step title="Prep the Salmon Base" subtitle="Prep Time: 5 mins  
| Intensity: Low">

Open and thoroughly drain the canned salmon. Place the salmon in a large mixing bowl. Using a fork, flake the salmon into small, even pieces. If using bone-in salmon, remove any large skin or bones according to your preference (small bones are soft and edible).

</Step>

<Step title="Combine Aromatics & Binder" subtitle="Prep Time: 5

mins | Intensity: Low">

Add the minced yellow onion, minced celery, chopped fresh parsley, breadcrumbs, beaten egg, mayonnaise, Dijon mustard, lemon juice, garlic powder, Old Bay seasoning, salt, and black pepper to the bowl with the flaked salmon.

</Step>

<Step title="Fold and Form Patties" subtitle="Prep Time: 5 mins | Intensity: Low">

Gently fold all ingredients together using a flexible spatula or fork until evenly incorporated. Divide the mixture into 8 equal portions. Firmly shape each portion into a patty about  $\frac{1}{2}$ -inch thick. Placing them on a parchment-lined plate and chilling for 10–15 minutes helps them bind even better before cooking.

</Step>

<Step title="Cook to Golden Perfection" subtitle="Cook Time: 10–12 mins | Intensity: Medium Heat">

Heat 2 to 3 tablespoons of avocado or olive oil in a large skillet over **Medium Heat** (approx. 350°F / 175°C). Once the oil shimmers, lay the patties in a single layer without overcrowding. Fry for **4 to 5 minutes** per side until a deep golden-brown crust forms.

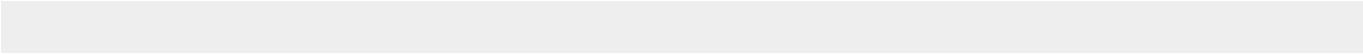
</Step>

<Step title="Drain and Serve" subtitle="Rest Time: 2 mins | Intensity: Low">

Transfer the cooked patties to a paper-towel-lined plate to drain excess oil for 2 minutes. Serve immediately while hot and crispy with fresh lemon wedges or homemade tartar sauce.

</Step>

</Sequence>



## **Alternate Cooking Methods**

### **Air Fryer Method**

1. Preheat your air fryer to 380°F (193°C).
2. Lightly spray the air fryer basket with oil spray.
3. Place the patties in a single layer (cook in batches if necessary).
4. Cook for 10 to 12 minutes, gently flipping halfway through, until crispy and golden.

### **Oven Baked Method**

1. Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Arrange patties on the sheet and lightly brush or spray the tops with olive oil.
3. Bake for 15 to 18 minutes, flipping once at the 10-minute mark, until heated through and lightly browned.

# Chef’s Tips for Success

- **Finely Mince Aromatics:** Mincing the onions and celery very finely ensures the patties hold together without breaking apart during flipping.
- **Binding Texture:** If the mixture feels too wet to hold shape, add 1 to 2 tablespoons of extra breadcrumbs. If it feels dry, mix in an extra teaspoon of mayonnaise or lemon juice.
- **Avoid Over-Flipping:** Let the patties sear undisturbed for a full 4 to 5 minutes on the first side so a crisp, stable crust can build before flipping.

# Nutritional Breakdown

*Values are calculated per serving (2 patties / ¼ of total batch).*

| Nutrient            | Amount Per Serving |
|---------------------|--------------------|
| Calories            | 310 kcal           |
| Total Fat           | 18 g               |
| — Saturated Fat     | 3.5 g              |
| — Trans Fat         | 0 g                |
| Cholesterol         | 110 mg             |
| Sodium              | 580 mg             |
| Total Carbohydrates | 9 g                |
| — Dietary Fiber     | 1 g                |
| — Total Sugars      | 1.5 g              |
| Protein             | 28 g               |
| Vitamin D           | 15 mcg (75% DV)    |
| Calcium             | 180 mg (14% DV)    |

| Nutrient  | Amount Per Serving |
|-----------|--------------------|
| Iron      | 1.8 mg (10% DV)    |
| Potassium | 420 mg (9% DV)     |