

Idiot's Kitchen Recipe – Salmon Patties (with Creamed Peas)

Recipe from www.idiotskitchen.com



Ingredients:

For the Salmon Patties:

2 (6 ounce) Packets of Boneless, Skinless Salmon
½ cup onion, finely chopped
½ cup celery, finely chopped
½ cup red bell pepper, finely chopped
1 Egg
1 Tablespoon Whole Grain Dijon Mustard
1 teaspoon Hot Sauce (such as Frank's or Texas Pete)
½ cup Mayonnaise
1 cup Plain Bread Crumbs
Salt & Pepper
2 Tablespoons Butter
2-3 Tablespoons Olive Oil

For the Creamed Peas:

2 Tablespoons Butter
2 Tablespoons Flour
1 cup Milk
1 cup Frozen Peas
Salt & Pepper

In a large pan or skillet, melt 1 Tablespoon of the butter and 1 Tablespoon of the Olive oil over medium high heat until foamy. Add the finely chopped onion, celery, and red bell pepper and cook for 5 minutes until tender but not browned. Set aside off the heat to cool.

In a large bowl, combine 2 (6 ounce) packages of salmon with 1 egg, 1 Tablespoon Whole Grain Dijon Mustard and 1 teaspoon of hot sauce. Salt and Pepper to taste – about ½ teaspoon each. Stir to combine the egg then add ½ cup mayonnaise, the cooked veggies, and 1 cup bread crumbs. Stir gently to combine all of the ingredients. Form into 6 patties and refrigerate for 20 minutes to help the patties hold their shape.

If you're making the creamed peas, make the sauce while the salmon patties chill. Melt 2 Tablespoons butter in a medium sauce pan. Stir in 2 Tablespoons flour to make a roux. Cook for 1 minute over medium heat so that all of the flour is absorbed into the butter. Stir in 1 cup of milk and whisk to remove any lumps. Cook for a few minutes over medium heat to thicken. The sauce should simmer but not boil. Add 1 cup of frozen peas. Hold the sauce on very low heat while you cook the salmon patties. The sauce will continue to thicken so you might need to add just a splash more milk before serving to get the right saucy consistency.

To cook the salmon patties, melt the remaining 1 Tablespoon butter with 1-2 Tablespoons Olive Oil over medium high heat in a large (preferably non-stick) skillet. Add the patties and cook for about 4-5 minutes per side until golden brown and heated through. Top with the peas.

Other alternatives for serving – serve 2 salmon patties over a tossed green salad; serve as a burger on a bun topped with arugula and some spicy mayo. Makes 6 patties but the recipe can easily be doubled to serve more.