

## Blackened Pan Fried Alaska Salmon Cakes with Greens



**Preparation Time:** 0 minutes

**Cook Time:** 40 minutes

**Servings:** 2

### **Ingredients:**

*Cakes: (makes 7, 1/4 cup scoop patties)*

1, 6 oz can Alaska salmon (boneless, skinless), drained

1/2 cup diced Vidalia onion or other sweet onion

1/2 cup diced red bell pepper

1/2 cup Japanese breadcrumbs

1/4 cup mayonnaise

1 large egg

1/2 teaspoon Worcestershire sauce

1 1/2 Tablespoons spice mix \* see below

1 Tablespoon butter

1 Tablespoon extra virgin olive oil

### *Spice Mix*

3/4 Tablespoon sweet paprika

2 1/4 teaspoons kosher salt

1 1/4 teaspoon onion powder

1 teaspoon garlic powder

1 teaspoon cayenne

3/4 teaspoon white pepper

3/4 teaspoon black pepper

1/2 tsp dried thyme

1/2 teaspoon dried oregano

### *Vidalia Onion Citrus Dressing*

1 cup diced Vidalia onion

1/4 cup extra virgin olive oil

1/4 cup lemon juice

3 Tablespoons wildflower or clover honey

2 Tablespoons Dijon mustard

1/4 teaspoon kosher salt

2 cloves fresh garlic

### *Salad*

Lettuce of choice

pumpkin seeds

Fresh parsley

Fresh dill

### **Description:**

*To make spice blend:* stir ingredients together in a bowl. Store in an airtight container.

*To make dressing:* Add ingredients to an immersion blender or food processor. Puree until smooth. Store in fridge.

*To make salmon cakes:* Add ingredients to a medium bowl and mix until combined. Use a 1/4 cup dry measuring scoop and portion 7 cakes, lightly pressing together with damp hands. Place on a plate and refrigerate at least 30 minutes to encourage cakes will keep their shape. To prepare for later, continue to refrigerate until 20 minutes before meal, then cook.

In a cast iron skillet, melt butter and add olive oil. Once pan sizzles, add a few cakes (do not crowd) and cook each side for 5 minutes until golden brown. Repeat on opposite side and continue until all cakes are cooked.

*To compile:* Toss greens with a drizzle of dressing. Sprinkle with pumpkin seeds, herbs, and add salmon cakes. Serve immediately.

Recipe courtesy of Carlene Thomas of [OhCarlene](#).