

Simple and Tasty Salmon Cakes Recipe--Take 2!



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In this video, Betty demonstrates how to make very basic (but super tasty) salmon cakes. This is a very easy recipe, inexpensive, quick, and healthy! You can't beat that!!!

Ingredients:

15.75 oz. can pink salmon (drained)
2 eggs, well beaten
2 tablespoons dried chopped onion
1/3 inner packet of saltine crackers, finely crushed
olive oil for sauteing

Beat the 2 eggs well. Add the drained salmon, 2 tablespoons dried chopped onion and the 1/3 inner packet of finely crushed saltine crackers. (You can crush the crackers by placing them in a zip-lock plastic bag, closing it, and going over the bag with a rolling pin, until all crackers are well crushed.) Stir these ingredients together until they are completely mixed. Put about 1 tablespoon of olive or other cooking oil into a skillet on the stove. Bring it to medium heat, and start adding the salmon cakes. You may drop them by spoonfuls, and flatten them out (quickest), or use your hands to form them into circular patties. Keep the heat at a level where the patties are frying well. Turn the patties as they become golden on the bottom side. It will only take about 5 minutes (or less) per side. Transfer the cooked salmon cakes to a tray with paper toweling to absorb any extra oil. Then, place the salmon cakes on a serving dish. Serve while hot! This is one of those recipes you've just got to have in your collection!