

SALMON PATTIES

With balsamic-mayo sauce

INGREDIENTS

2-15 oz cans salmon

2 eggs

1 1/2 C. panko

1 TBSP mustard

1 tsp salt

1/2 TBSP pepper

1 tsp garlic powder

1 TBSP Worcestershire

1/2 tsp cayenne pepper

FOR SAUCE

2 TBSP kewpie mayo

1 tsp mustard

1 tsp balsamic vinegar

DIRECTIONS

1. Drain salmon.
2. Mix all ingredients for patties, smashing together with hands if necessary.
3. Cover and set aside for at least 20 minutes.
4. Mix all ingredients for sauce. Cover and refrigerate until time to eat.
5. Heat iron skillet over medium. When warm, add canola oil up to 1/4 inch. Heat until small bubbles form around a wooden spoon handle stuck in the oil.
6. Form patties and fry in the oil until they are nicely browned on both sides. Drain on paper towels.
7. Serve warm with sauce.

NOTES

Use wild-caught salmon. Panko can be subbed for breadcrumbs, leftover rice, leftover oatmeal, or quick oats. Good with goat cheese grits and wilted garden greens.