



KITCHEN TOOLS

- Bowl
- Cooktop or hot plate
- Pan
- Spatula
- Or oven and sheet pan

YOU WILL NEED

- 15 ounce Canned Salmon
- ½ Cup Flour
- ¼ Cup Cornmeal
- 1 Egg
- ¼ Cup Mayonnaise
- ¼ Teaspoon Salt
- ¼ Teaspoon Pepper
- Cooking Oil

OPTIONAL

- Red Bell Pepper
- Green Onions
- Worcestershire Sauce

SUBSTITUTIONS

Bread Crumbs for Cornmeal

THE ICEBOX QUEEN

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SALMON CAKES ¹

feeds four – 20 minutes

Drain canned salmon. Combine in bowl - salmon, flour, cornmeal, beaten egg, mayonnaise, salt, pepper, and optional ½ cup diced red bell pepper, 2 diced green onions, and 1 teaspoon Worcestershire sauce and mix well. Form 6 to 8 patties.

Skillet Method - heat 1 tablespoon cooking oil in pan, and cook patties over medium high heat 2 to 3 minutes on each side.

Oven Method - place patties on greased pan, bake in oven 10 minutes at 375 degrees.

¹ Cooking video is a at CaldwellFoodPantry.com