Canned Salmon Potato Patties

Eight salmon potato patties, two per meal with the full slaw · Active 40 min · Total 1 hr 30 min

Skills: Drying mashed potato and turning delicate fish patties after their crust sets

Ingredients

- 1 1/4 lb potatoes (550 g peeled weight), cut into 1-inch/2.5 cm chunks
- Water to cover potatoes in the saucepan
- Canned salmon, drained and checked (8 oz/230 g usable fish)
- 1 large egg
- 1/4 teaspoon fine salt (1.5 g)
- 1/4 teaspoon black pepper (0.5 g)
- 3 tablespoons all-purpose flour (25 g), for dusting
- 2 tablespoons neutral oil (30 ml), divided for two batches
- 3 cups finely shredded cabbage (200 g)
- 1/2 cup plain yogurt (120 g)
- 1 tablespoon cider vinegar (15 ml)

Set out

Saucepan and strainer, Potato masher, Mixing bowls and plate, Large nonstick skillet and broad turner, Low oven and heatproof plate for holding first batch, Food thermometer

Allergens

fish, egg, wheat, milk. Check labels and substitutions.

Make it

1. Cover potatoes with water, bring to a boil and simmer for 12–15 minutes until tender. Drain well, return to the warm dry pan off heat for 3 minutes, then mash without milk. Spread in the bowl and cool for 10 minutes until warm rather than steaming.

2. Check and measure the drained salmon as described. Fold into potato with egg, salt and pepper. Refrigerate for 15 minutes. Meanwhile mix cabbage, yogurt and vinegar in a separate bowl and refrigerate the slaw.

3. Heat holding oven to 200°F/95°C. Divide patty mixture into eight equal portions and shape about 3 inches/8 cm wide and 3/4 inch/2 cm thick. Dust both surfaces lightly with the measured flour.

4. Heat half the oil in the skillet over medium heat. Fry four patties for 4–5 minutes per side, until browned and the center reaches at least 160°F/71°C. Transfer to the heatproof plate in the oven. Repeat with remaining oil and patties, lowering heat if browning before centers cook.

5. Serve two patties per person with one-quarter of the cabbage slaw.

Net and drained weights differ

Buy enough canned salmon to provide 230 g usable drained fish after checking. Do not add its packing liquid to the patty mixture.

Ingredient labels

Salmon supplies fish, egg binds the patties, flour supplies wheat and yogurt supplies milk. Read actual canned-fish and yogurt labels.

A useful detail

The 90-minute total includes potato cooling, a short refrigerator rest and two frying batches. Keep the slaw cold while working with the raw-egg patty mixture.

Keep it well

Keep raw patty mixture refrigerated and cook it the same day. Refrigerate cooked patties and slaw separately within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below. Use patties within 3 days and slaw within 2 days; reheat patties to 165°F/74°C. Freeze promptly cooled cooked patties for up to 1 month, but not the yogurt slaw.