Salmon Oat Cakes with Yogurt Dip

Eight salmon oat cakes, two per light meal with carrots and yogurt dip · Active 35 min · Total 1 hr 10 min

Skills: Hydrating rolled oats briefly and baking evenly shaped fish cakes beside a separate vegetable tray

Ingredients

- 1 cup plain old-fashioned rolled oats (80 g)
- 1/3 cup warm water (80 ml)
- Canned salmon, drained and checked (8 oz/230 g usable fish)
- 2 large eggs
- 1/2 small onion, very finely chopped (50 g)
- 1/4 teaspoon fine salt (1.5 g)
- 1/4 teaspoon black pepper (0.5 g), divided
- 1 1/2 tablespoons neutral oil (22 ml), divided: 2 teaspoons/10 ml for cake sheet, remainder for carrots
- 1 1/3 lb carrots (600 g trimmed weight), cut into 1/2-inch/1 cm thick sticks
- 3/4 cup plain yogurt (180 g)
- 1 tablespoon cider vinegar (15 ml)

Set out

Two baking sheets, Mixing bowl and fork, Small dip bowl, Broad turner, Food thermometer

Allergens

fish, egg, milk. Check labels and substitutions.

Make it

1. Heat oven to 425°F/220°C. Mix oats and warm water in the bowl and let stand for 10 minutes. Toss carrot sticks with their share of oil on one sheet, spread in one layer and roast for 25–30 minutes, turning once, until tender.

2. Meanwhile check and measure drained salmon. Add fish, eggs, finely chopped onion, salt and half the pepper to the softened oats. Mix well without crushing every fish flake.

3. Oil the second sheet with the measured 2 teaspoons/10 ml oil. Divide cake mixture into eight equal portions and flatten to about 3 inches/8 cm across and 1/2 inch/1 cm thick. Bake for 18–22 minutes, carefully turning after 12 minutes, until golden and at least 160°F/71°C in the centers. Rotate trays if needed.

4. Mix yogurt, vinegar and remaining pepper in the small bowl and refrigerate until serving. Serve two cakes per person with one-quarter of the carrots and dip.

No potato binder

The oats and eggs hold these cakes. Their visible oat texture distinguishes them from the collection’s mashed-potato salmon patties.

Ingredient labels

Salmon supplies fish, eggs bind cakes and yogurt supplies milk. Oats may have wheat/barley cross-contact; check all actual labels rather than assuming gluten-free status.

A useful detail

The oat soak, carrot roast and cake preparation overlap. Two separate sheets are intentional; a crowded single tray makes the cakes wetter and carrots less evenly cooked.

Keep it well

Refrigerate cooked cakes, carrots and yogurt dip separately within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below. Use cakes and carrots within 3 days and dip within 2 days. Reheat hot components to 165°F/74°C. Freeze promptly cooled cakes for up to 1 month, thaw in the refrigerator; do not freeze the yogurt dip.