Tinned Salmon and Potato Cakes

6 small cakes · Active 20 min · Total 1 hr 10 min

Skills: Intermediate

Ingredients

- 14 oz floury potatoes, peeled and cut into 1-inch pieces (400 g)
- 1 can pink salmon, 7.5 oz (213 g), drained
- 2 scallions, finely sliced
- 1 tablespoon chopped dill (4 g)
- 1 teaspoon Dijon mustard (5 g)
- 1/4 teaspoon fine salt
- 1/4 teaspoon black pepper
- 2 tablespoons all-purpose flour (16 g), for dusting
- 2 tablespoons neutral oil (30 ml)
- 1 lemon, cut into wedges

Set out

Saucepan, Potato masher, Large nonstick skillet, Broad spatula

Allergens

Fish, Wheat, Mustard. Check labels and substitutions.

Make it

1. Cover potatoes with cold water. Bring to a boil, then simmer for 12–15 minutes until tender. Drain, return to the warm pan for 1 minute, then mash without liquid. Cool for 10 minutes.

2. Flake salmon, removing unwanted skin or bones. Fold into potato with scallions, dill, mustard, salt and pepper.

3. Shape into 6 cakes about 3/4 inch (2 cm) thick. Dust lightly with flour and chill for 15 minutes.

4. Heat oil over medium heat. Fry cakes for 4–5 minutes per side until golden and hot throughout, turning once carefully. Serve with lemon wedges.

An easy portion to split

Three cakes make a meal for one. Pack lemon separately so its juice does not soak into the crust before the break.

Timing

Includes 10 minutes for the potato to cool and 15 minutes to chill the shaped cakes.

A useful detail

If your salmon tin is larger, measure about 6 oz (170 g) drained fish rather than increasing it without adjusting the potato.

Keep it well

Refrigerate within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 2 days. Reheat to 165°F/74°C. Freeze cooled cakes separated with baking paper for up to 1 month. Carry chilled in an insulated bag with two cold sources.