



Potato-and-Wild-Salmon Cakes with Ginger and Scallions

 Dairy Free

READY IN



75 min.

SERVINGS



40

CALORIES



171 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 40 servings dill sauce for serving
- ☐ 0.5 cup bread crumbs plain dry
- ☐ 3 large eggs lightly beaten
- ☐ 2 tablespoons ginger fresh minced
- ☐ 3 garlic cloves minced
- ☐ 40 servings pepper freshly ground
- ☐ 0.5 medium onion red finely chopped

- ☐ 2 pounds red-skinned potatoes scrubbed
- ☐ 1 pound salmon fillet wild skinless
- ☐ 1 bunch scallions coarsely chopped (6 scallions)
- ☐ 40 servings sea salt
- ☐ 1 tablespoon sesame oil toasted
- ☐ 40 servings unrefined sunflower oil for greasing and frying
- ☐ 1 tablespoon tamari sauce

Equipment

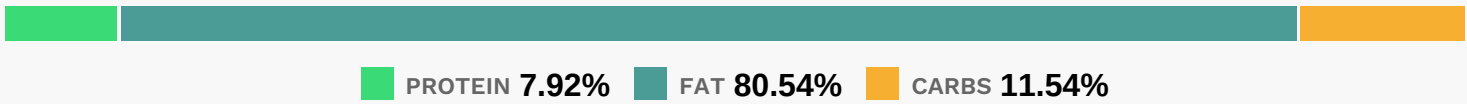
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat the oven to 35
- ☐ In a large saucepan, cover the potatoes with water.
- ☐ Add a large pinch of sea salt and bring to a boil. Simmer over moderately high heat until the potatoes are tender, about 20 minutes.
- ☐ Drain and let cool slightly, then peel.
- ☐ Transfer the potatoes to a large bowl and mash.
- ☐ Meanwhile, put the salmon on a lightly oiled rimmed baking sheet and season with salt and pepper.
- ☐ Bake for about 15 minutes, until the salmon is medium-rare inside.
- ☐ Gently flake the salmon and add it to the potatoes along with the scallions, eggs, garlic, ginger, onion, tamari and sesame oil.
- ☐ Mix well, then fold in the bread crumbs. Season with salt. Form the potato mixture into fourteen 1/2-cup patties.

- ☐
- In a large nonstick skillet, heat 1/4 inch of safflower or sunflower oil until shimmering. Working in batches, fry the potato cakes over moderately high heat until browned and crisp, about 2 minutes per side.
- ☐
- Transfer to a large baking sheet. Repeat with the remaining potato cakes, adding more oil and adjusting the heat as necessary.
- ☐
- Bake the salmon cakes for about 15 minutes, until heated through.
- ☐
- Serve with the Dill Sauce.

Nutrition Facts



Properties

Glycemic Index:4.15, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:5.0108695885409%

Flavonoids

Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 171.45kcal (8.57%), Fat: 15.54g (23.91%), Saturated Fat: 1.69g (10.54%), Carbohydrates: 5.01g (1.67%), Net Carbohydrates: 4.48g (1.63%), Sugar: 0.48g (0.53%), Cholesterol: 20.19mg (6.73%), Sodium: 243.52mg (10.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.44g (6.88%), Vitamin E: 5.8mg (38.7%), Selenium: 5.8µg (8.28%), Vitamin B6: 0.15mg (7.3%), Vitamin B12: 0.4µg (6.65%), Vitamin B3: 1.27mg (6.37%), Potassium: 175.66mg (5.02%), Phosphorus: 48.06mg (4.81%), Vitamin B2: 0.08mg (4.42%), Vitamin B1: 0.06mg (4.03%), Manganese: 0.07mg (3.57%), Copper: 0.07mg (3.48%), Vitamin B5: 0.32mg (3.25%), Vitamin K: 2.98µg (2.84%), Vitamin C: 2.34mg (2.83%), Folate: 11.06µg (2.77%), Magnesium: 10.18mg (2.55%), Iron: 0.43mg (2.41%), Fiber: 0.53g (2.11%), Zinc: 0.23mg (1.52%), Calcium: 10.27mg (1.03%)