

Old Fashioned Salmon Patties

We all know how important fish is for the health! I know I'm presenting a fried recipe, but still, it's good! This is my old fashioned salmon patties recipe, they're superbe!

You'll Need:

1 (6 oz) drained can of skinless and boneless pink salmon.
2 tbsps of diced onion.
A good pinch of salt and pepper.
1 large egg.
1 tbsp of buttermilk.
2 tbsps of cornmeal.
4 tbsps of all purpose flour.
Vegetable oil for frying.

How to:

Mix together the salmon, onion, salt and pepper in a bowl and mix in the egg, buttermilk, cornmeal and flour until well combined.

In a medium iron skillet, heat $\frac{1}{4}$ of vegetable oil over medium high heat and drop spoonfuls of the salmon mixture and flatten out just a tad.

Fry for about a minute per side until golden brown and place on a paper sack or paper towel to drain.

Bonne Appétit!

Simple, easy and yummy! You won't believe how good this salmon tastes. I serve it with a nice cold vegetable salad and some rice. Give it a shot, you won't regret it.