



Salmon Burgers

My salmon cake appetizer, as a burger sized patty

In Cookbook 2 I tweaked Ina Garten's famous crab cake appetizer, to use salmon instead of crab (and make it much healthier). After making them and realizing they were amazing, I thought making a larger patty might make an amazing salmon burger. Booooooy was I right, these are fantastic. Of all of the burgers that I've put into this book, these Salmon burgers are the one recipe I've remade for my wife and I, more than any other in this book. Second would be the Kafta burgers.

Servings Info.:

Yields: 4 sandwiches
 Servings: 4
 Serving Size: 1 sandwich



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*- last checked 03/23/24 -
 Listed Points DO NOT INCLUDE BREAD! Use
 whatever brand rolls you want, then add my points.*

Ingredients:

- 1 pound fresh or previously frozen salmon, no skin... because that'd be gross. Oh... AND DON'T USE CANNED SALMON! We aren't savages!! (see notes)
- 3 Tbsp finely diced red bell pepper
- 3 Tbsp finely diced yellow bell pepper
- 3 Tbsp finely diced red onion
- 3 Tbsp finely diced celery
- 2 Tbsp chopped flat leaf parsley
- 1/2 tsp salt
- 1/8 tsp black pepper
- 1/2 tsp old bay seasoning
- 1 large egg
- 1/4 cup fat free Greek yogurt
- 1 tsp worcestershire sauce
- 1 Tbsp dijon mustard
- dash of hot sauce, optional
- 1/2 cup of low carb bread crumbs (recipe on pg. 38). You'll need to use 2 slices of keto bread to get 1/2 cup of crumbs

Tartar Sauce: (make ahead of time)

- 1 batch of my tartar sauce, recipe on pg. 20

Additional Ingredients:

- Lettuce
- Tomato slices
- Thin Sliced red onion

Directions:



- 1 (A) Heat a pan over medium heat, till water sizzles on it. Spray with cooking spray, then add the red and yellow bell peppers, red onion, celery and flat leaf parsley. Cook till just softened, season with salt, pepper and old bay. Set aside, allowing to cool to room temperature. (B) Dice all of your salmon into small bite sized chunks (or pulse it in a food processor). You don't want perfectly uniform diced salmon, you want small pieces of varying sizes. (C) Place the cooled vegetables, chopped salmon, egg, yogurt, worcestershire, hot sauce and dijon mustard into a large mixing bowl. Mix until combined. (D) Add the bread crumbs into the bowl and mix until well combined. Cover the bowl with plastic wrap and allow to rest in the fridge for 30 minutes, to give all of the ingredients time to bind together.



- 2 Preheat oven to 400 degrees. After the salmon has set for 30 minutes in the fridge, **(A)** divide the mix into 4 parts. **(B)** Form into 4 patties and set on a parchment paper lined baking pan. **(C)** Spray with cooking spray, then bake for 16 minutes at 400 degrees. Remove from oven, flip the patties, **(D)** spray with cooking spray, then bake for another 8-10 minutes, or until juice comes out clear when you pierce the center with a knife. Remove from oven, let cool for 5 minutes.
- 3 To assemble the burgers, toast the buns and then **(A)** place a dollop of tartar sauce onto both the top and bottom buns. **(B)** Place some lettuce on the bottom bun, followed by a slice of tomato, then thin sliced red onion. **(C)** Place one of the salmon patties (they are big... enjoy) on top of the red onion and then finish with a squeeze by capping it with the top bun. You can have up to 1/4 cup of my tartar sauce for 1 point, so if you'd like to add some more directly on to the salmon patty... go for it. **(D)** Enjoy.

NOTES & SUGGESTIONS:

- **SALMON:** For the love of God... do not use drained, canned salmon for these salmon cakes. Years ago, in Connect, someone told me they tried these and they were terrible. Turns out, they opened a can of salmon drained it (LIKE CANNED TUNA FISH!) and used that to make these burgers. That is NOT my recipe... that would be more like [@chiafullo's](#).
- **GLUTEN:** If you want to make these salmon patties, but are worried about the gluten in the keto bread... make the crumbs with any gluten free bread you want, or even use gluten free premade bread crumbs. Adjust the points as needed.
- **DAIRY ALLERGY:** If you're allergic to dairy, you can make this recipe by substituting the yogurt for tofu in both the tartar sauce and the patties. Blend tofu with some water, a little at a time, until it takes on a texture similar to yogurt. The taste won't be as awesome, but it'll still work. Add a little more lemon juice to help.
- **HUGE SALMON CAKES:** I've gotta mention it. I make this recipe A LOT. However, I don't usually make the full burger, I constantly make these patties, on their own, for my wife and I. These make gargantuan sized salmon cakes. If you would like to make them into appetizer sized portions (for entertaining) check out the recipe page from Cookbook 2, which you can view on my website, at no charge.

