

Lemon Salmon Cakes

Recipe Component: Meat/Meat Alternate

Recipe Category: main dish

Recipe #D-10 modified

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Fresh celery, minced	4 oz	1 cups			<p>1. Drain and flake salmon until very fine.</p> <p>2. Mix celery and onion with salmon. Reserve for step 6.</p> <p>3. In a bowl, beat eggs with a wire whip until foamy.</p> <p>4. Fold salad dressing or mayonnaise into eggs.</p> <p>5. Combine salmon and egg mixtures. Add dried bread crumbs. Mix until thoroughly blended. Cover and refrigerate 20 minutes.</p> <p>6. Using a No. 16 scoop (¼ cup), portion fish mixture and shape into cakes.</p> <p>7. Place on a well-oiled baking sheet. Spray tops of cakes lightly with spray cooking oil</p> <p>7. Bake until golden brown: Conventional oven: 375° F for about 18 minutes Convection oven: 350° F for 12 minutes</p> <p>8. CCP: Heat to 165° F or higher.</p> <p>8. CCP: Hold for hot service at 135° F or warmer.</p>
*Fresh onions, chopped OR Dehydrated onions	6 oz	1 cup OR 1/3			
Vegetable oil		1/4 cup			
Salt		1 tsp			
Ground black or white pepper		1 tsp			
Dried thyme		1 Tbsp			
Dried celery powder		1 Tbsp			
Paprika		2 tsp			
Dry mustard		1 tsp			
Allspice		1/2 tsp			
Lemon juice		1/3 cup			
Canned salmon, packed, drained	60 oz	6 cans (14.75 oz each)			
Pasteurized whole eggs, fresh large eggs		12 each			
Low-fat mayonnaise		2 cup			
WGR dry bread crumbs	12 oz	2 1/4 cup			

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Notes:

14 ¾ oz can = 10.0 oz drained, unheated salmon with bones and skin

Nutrient Information calculated using Food Processor.

Nutrition Fact: Salmon is a rich source of omega-3 oil.



Serving: 1 cake provides the equivalent of 1½ oz of cooked lean meat and the equivalent of ½ slice bread.

1-2 years: ⅔ cake

3-5 years: 1 cake

6-18 years: 1 ⅓ cake or one larger cake. Divide serving number by 1.33 to calculate number of 2-ozcakes the recipe will yield. For example, this recipe for 50 servings will produce 37.5 large (2-oz) cakes.

Nutrients Per Serving (One 1.5 oz meat size cake)

Calories	106.75	Saturated Fat	0.79 g	Iron	0.76 mg
Protein	10.65 g	Cholesterol	73.00 g	Calcium	41.22 mg
Carbohydrate	5.59 g	Vitamin A	26.93 RAE mcg	Sodium	310.92 mg
Total Fat	4.77 g	Vitamin C	0.99 mg	Dietary Fiber	1.08