

Salmon and Sweet Potato Patties with Curried Tartar Sauce

Servings: 6 large or 8 medium patties

Ingredients:

1 cup diced sweet potato, skin on (about 1 medium sweet potato), ¼-inch diced
¼ pound salmon filet, frozen or fresh, with skin on (or one 14.75-ounce can of Wild Alaskan Salmon—Traditional Style)
¼ tsp. salt, ¼ tsp. garlic powder, 1 tsp. lemon juice and ¼ tsp. dill for poaching water, If using fresh or frozen salmon
1/3 cup finely diced onion (about ½ medium onion)
1 Tbsp. each of Mustard (preferably Dijon-style) and mayonnaise
1 Tbsp. lemon juice (about ½ lemon)
½ tps. salt
3-6 Tbsp. Bread crumbs or Cassava Flour (Farinha de manjioca)
1 tsp. Turmeric

Curried Tartar Sauce Ingredients:

½ cup. Mayonnaise
1 tsp. mustard
½ tsp. Madras curry powder (less if it is very spicy)
1 Tbsp. finely diced apple (skin on)
Salt and lemon juice to taste

Procedure:

1. Preheat oven to 350 ° F.
2. Place cubed sweet potatoes in small saucepan and cover with water. Add a pinch of salt. Bring to a boil, then reduce to a simmer and cover. Simmer until just tender, about 5-10 minutes, and drain.
3. If using canned salmon, pour into a strainer and allow to drain.
4. If using fresh or frozen salmon, put ½ cup water and poaching spices and lemon juice into a medium skillet with a lid. Heat water until gently bubbling. Place salmon, skin side up, into the simmering water. Cover and poach until it is cooked to medium doneness (can be flaked with a fork). Remove from heat, and allow to cool.
5. Put salmon, sweet potato, onions, mustard, mayonnaise, salt, turmeric and lemon juice into a bowl. If you are using canned salmon, you may notice little round white bones. Leave these in and smash them. These bones will add minerals to the patties. Smash and then mix all the ingredients until well blended. Add 3 Tbsp bread crumbs and mix in. Add more breadcrumbs, 1 Tbsp. at a time, until the mixture sticks together so you can form patties. Taste and adjust seasoning.
6. Form into medium or large sized patties and allow patties to sit in fridge for about 30 minutes.
7. Place patties on a baking sheet and spray or brush oil on both sides of patties. Put in oven and bake for 10 minutes, then flip them over and bake 10 more minutes.¹
8. While patties are cooking, mix the tartar sauce ingredients together. Allow to sit for 10 minutes then taste and adjust seasonings. Should taste sweet and tart.
9. Serve hot patties immediately with a dollop of tartar sauce for each patty.

Copyright 2017, Laura Pole. All rights reserved.

¹ These patties can be pan-fried in oil, if you prefer.