

Salmon Patties

Serves: 6

Ingredients

1 large sweet potato (about 10-ounces), cooked and mashed

$\frac{2}{3}$ (two-thirds) cup almond meal

$\frac{1}{3}$ Cup packed finely chopped parsley

2 Tablespoons finely chopped onion

1 Tablespoon fresh squeezed lemon juice

$\frac{1}{2}$ to 1 Tablespoon hot sauce

$\frac{1}{2}$ Tablespoon kosher salt

1 teaspoon cumin

1 $\frac{1}{4}$ teaspoon paprika (see NOTES)

$\frac{1}{2}$ teaspoons freshly ground black pepper

2 large eggs

2 14.75-ounce cans Wild Alaskan Pink Salmon (See NOTES about bones and skin)

2 Tablespoons organic coconut oil or ghee for cooking (divided)



Instructions

Wash sweet potato and use a fork to poke several fork-holes in it. Wrap in a paper towel, place on a microwave safe plate and microwave until soft. My microwave has a “potato” setting. I think it’s about 8 to 9 minutes long but check every couple minutes so you don’t overcook it. If you prefer not to use the microwave, you can cook the potato in advance when the oven is on and keep it in the fridge (mashed and ready) for a couple of days.

Let cool for a few minutes, remove potato flesh from skin and mash with a fork until the lumps are mostly gone. Toss into a large mixing bowl.

Add almond meal, chopped parsley, onion, lemon juice, hot sauce, salt, cumin, paprika, black pepper and eggs (Be sure not to put eggs directly on hot potato flesh or they can begin to cook!). Stir until well combined. Line a baking sheet or large plate (that will fit in your fridge) with parchment paper.

Use a $\frac{1}{3}$ measuring cup, scoop out evenly sized salmon cakes (flatten bottoms) until you have 12 patties.

Chill in the refrigerator for at least 30 minutes or all day (this is also the point you would freeze any that are not going to be cooked in the next 12 to 24 hours).

Heat a large frying pan (big enough to hold six patties) over medium high heat. Once hot, add 1 tablespoon coconut oil or Ghee per six patties. Let fat completely melt and get very hot. Slowly add patties and cook for 4 minutes.

Gently flip and cook for an additional 4 minutes on the other side. Serve hot and Enjoy!