

# SALMON CAKES

YIELDS 4 SERVINGS

| PREP 45 MINS

| COOK 45 MINS, COMBINED



## INGREDIENTS

- 1 lb fresh salmon
- 6 T butter, divided
- 3/4 c Westcave Blanc Du Franc, divided
- 4 T minced garlic, divided
- 2 T olive oil
- 3/4 c diced red onion
- 1 1/2 c diced celery
- 3/4 c diced red bell pepper
- 1/2 c diced yellow bell pepper
- 1/4 c chopped fresh parsley
- 2 T capers
- 1 t hot sauce
- 1 T Worcestershire sauce
- 1 T Old Bay crab boil
- 2 t Creole Seasoning
- 3/4 c bread crumbs
- 1/2 c mayonnaise
- 2 t Dijon mustard
- 1 egg, lightly beaten
- 1/2 t salt
- 1/2 t black pepper

## DIRECTIONS

1. Preheat oven to 350°F. Line a sheet pan with parchment paper or a silicon baking mat. Place the salmon, skin side down, on the pan.
2. Melt 4 tablespoons of butter. Add 1/2 cup of wine and 2 tablespoons of garlic. Stir. Pour the sauce over the salmon. Then season the salmon with salt and pepper. Bake for 15 – 20 minutes, until just cooked. Remove from the oven and cool.
3. While the salmon cooks, heat the remaining butter and oil in a skillet. Add onions, celery, peppers, and capers. Lightly sweat the mixture for about 8 minutes. Remove from heat and add the remaining wine. Cool.
4. In a bowl, stir together the following ingredients: parsley, hot sauce, Worcestershire sauce, crab boil, creole seasoning, salt, and pepper into the vegetable mixture.
5. Flake the salmon in a large bowl. Add mayonnaise, mustard, egg, and remaining wine. Add the vegetable mixture and mix well. Cover and chill for 30 minutes.
6. Make 8 equal balls and shape into cakes. Heat the remaining butter and olive oil in a large skillet over medium heat. Fry four cakes at a time, 3-4 minutes on each side. Drain on paper towels. Keep warm in a low oven. Serve hot.

### NOTES:

1. You can use canned salmon; however, from personal experience, the flavor is not as rich, the texture is mushy, and you will waste a lot of time picking out bones.
2. There are a LOT of vegetables in the recipe. Believe me, use them all! I used about half the first time I made the cakes, and they weren't as flavorful.
3. Also, don't overcook the vegetables, as they add a nice, crunchy texture to the cakes.
4. The recipe takes a long time to prep. To save time, I bake the salmon a day or two in advance when I already have the oven on. Refrigerate the salmon in a sealed container. This helps the flavors meld, AND you don't have to wait the 30 minutes for the salmon mixture to chill.
5. If you do let the salmon mixture chill, it's the right amount of time to enjoy a glass of Blanc Du Franc!
6. I often serve salmon with fresh mango salsa (don't forget to add a splash of Blanc to the salsa!). The spicy sweetness of the condiment pairs well with the salmon and the Blanc Du Franc.
7. For this dinner, I made a bed of couscous. I added a couple of tablespoons of orange juice to the water while flaking it. Then, I stirred in some of the salsa. Yummy! You may want to heat the couscous up a little before serving it with the salmon cakes.

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