

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	
Salt		1 tsp			<p>1. Combine salt, pepper, thyme, celery powder, paprika, dried mustard, and allspice. Mix well and then add dried breadcrumbs. Mix again and set aside for step 6.</p> <p>2. Drain and flake salmon until very fine.</p> <p><i>Thoroughly rinse fresh produce in cool, potable running water before cutting.</i></p> <p>3. Mix celery, onion, and lemon juice with salmon. Reserve for step 6.</p> <p>4. In a bowl, beat eggs with a wire whip until foamy.</p> <p>5. Fold salad dressing (or mayonnaise) into eggs.</p> <p>6. Combine salmon and egg mixtures. Add dried breadcrumb mixture. Mix until thoroughly blended. Cover and refrigerate 20 minutes.</p> <p>7. Using a No. 16 scoop (¼ cup), portion fish mixture and shape into cakes. Place on a well-oiled baking sheet.</p> <p><i>Thoroughly wash, rinse, and sanitize surfaces and equipment immediately after handling potentially hazardous foods, and before proceeding to the next recipe step.</i></p> <p>8. Spray tops of cakes lightly with spray cooking oil</p> <p>9. Bake until golden brown: Conventional oven: 375° F for about 18 minutes Convection oven: 350° F for 12 minutes</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 165° F for 15 seconds.</i></p> <p><i>Continued</i></p>
Ground black or white pepper		1 tsp			
Thyme, dried		2 tsp			
Celery powder, dried		1 ½ tsp			
Paprika		2 tsp			
Dry mustard		1 tsp			
Allspice		1/2 tsp			
WGR dry breadcrumbs	12 oz	2 1/4 cup			
Canned salmon, packed, drained	60 oz	6 cans (14.75 oz each)			
*Celery, fresh, minced	4 oz	1 cups			
*Onions, raw, chopped OR Dehydrated onions	6 oz	1 cup OR 1/3 cup			
Lemon juice		1/3 cup			
Pasteurized fresh eggs, large		12 large			
Reduced calorie salad dressing OR Low-fat mayonnaise		2 cups OR 2 cups			

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					Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F.
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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-oz cakes the recipe will yield. For example, this recipe for 50 servings will produce 37.5 large (2-oz) cakes.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings
Mature onions	7 oz	14 oz
Celery	5 oz	10 oz

Nutrients per serving of 1.5 oz meat size cake

Calories	102	Saturated Fat	0.75 g	Iron	0.70 mg
Protein	10.64 g	Cholesterol	73.00 g	Calcium	39.66 mg
Carbohydrate	5.54 g	Vitamin A	26.87 RAE mcg	Sodium	310.78 mg
Total Fat	4.20 g	Vitamin C	0.98 mg	Dietary Fiber	1.04 (2016 = 0.19 g)