



Salmon & 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
¾ pound salmon filet, frozen or fresh, with skin on (or one 14.75-ounce can of wild Alaskan salmon—
traditional style)
¼ teaspoon salt, ¼ teaspoon garlic powder, 1 teaspoon lemon juice and ¼ teaspoon dill for poaching
water, if using fresh or frozen salmon
1/3 cup finely diced onion (about ½ medium onion)
1 tablespoon. each of mustard (preferably Dijon-style) and mayonnaise
1 tablespoon lemon juice (about ½ lemon)
½ teaspoon salt
3-6 tablespoons bread crumbs or cassava flour
(farinha de manjioca)
1 teaspoon turmeric

Curried tartar sauce ingredients:

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



Salmon sweet potato patties with curried tartar sauce

To prepare:

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 tablespoons bread crumbs and mix in. Add more breadcrumbs, 1 tablespoon at a time, until the mixture sticks together so you can form patties. Taste and adjust the seasoning.
6. Form into medium or large sized patties and refrigerate 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.

Additional comments and tips from Chef Laura Pole:

- Leave the skin on the sweet potatoes because there is a lot of nutrition in the skin and some fiber as well. Sweet potatoes are lower on the glycemic index as a source of carbohydrates.
- This salmon (from the can) has skin and bones in it. It has all been cooked, so the bones are very soft. In addition to the protein from the salmon and the good fats, we are getting the minerals from the bones and all the extra goodness from the skin. Once you mash it up, you will not even notice the bones. Canned is far less expensive than fresh or frozen salmon, and you get that extra benefit of the minerals in the bones.
- A couple of tablespoons of lemon juice in the patty mixture helps to build the flavors. Lemon juice is an acid and helps break open the cells of the food, which releases more flavor.
- The bread crumbs add a little bit of power to hold this mixture together. Form the patties and put them on a plate and put them in the refrigerator so they will set up even better.
- These patties could be fried in a little oil or baked. If you do bake them, put them on a baking sheet and then brush or spray a little bit of oil on each side and bake it in the oven at 350° probably for about 20 minutes. Remember everything in here is already cooked, so we are just heating it up.
- These salmon patties also can be frozen. You can freeze them either raw, or I prefer to cook them ahead, freeze them. Then I have something that I take out, thaw, heat and it is ready to eat.



Chef Laura Pole serves salmon sweet potato patties to Dr. Jill Hamilton-Reeves and BCAN Co-Founder Diane Zipursky Quale

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