

WEST COAST SALMON CAKES

*Makes about 20

- 2 cups Corn, fresh or frozen
- 1 cup Wild Rice, cooked
- 1 cup Wild Salmon (smoked or grilled), crumbled
- 1 bunch Green Onions, minced
- 3-4 Tbsp. Cilantro, minced
- 2 Free-range Eggs
- 1-2 tsp. Chipotle Pepper Puree
- 1 cup Full-fat Yogurt (*Jerseyland or Saugeen)
- 2 Tbsp. Cold-pressed Olive Oil
- ½ cup Wholegrain Sourdough Breadcrumbs or Spelt Flour
- 1 tsp. Unrefined Sea Salt (Le Paludier brand or Celtic)
- ¼ tsp. Freshly Ground Black Pepper
- *Organic Butter or virgin coconut oil for cooking the cakes

If using fresh corn, blanch in salted boiling water until tender. If using frozen corn thaw for a few minutes first.

Combine corn, wild rice, salmon, green onions & cilantro in a bowl, toss together.

In a separate bowl lightly beat the eggs and then whisk in the chipotle puree, yogurt & olive oil. Then stir in the breadcrumbs or flour, unrefined sea salt & fresh black pepper.

Combine the corn mixture with the wet batter mixture and mix well.

Heat butter in a skillet over medium heat. Take a heaping tablespoon of batter, form a ball and drop on to skillet. Form into round cakes 3” in diameter. Cook until golden on one side, then flip and cook on the other side. Repeat with remaining cakes and keep hot on a platter in the oven until ready to serve.

These cakes are best served with grilled summer veggies or baked yams, a fresh green salad and roasted red pepper salsa!

Copyright Judy Chambers RNCP CPT, 2007
www.dynamicbynature.com

Dynamic by Nature
Judy Chambers RNCP CPT
www.dynamicbynature.com
604.250.9999

