WASTE LESS, TASTE MORE 012

Give Extra Salmon a Golden Finish



TONIGHT'S FILLET CAN BECOME TOMORROW'S SALMON CAKES.

If you cook more salmon than your dinner guests eat, turn the extra into salmon cakes. A crisp surface, a fresh sauce, and a small salad give the fish a different presentation.

1 Flake the cooked salmon

Remove any skin and check carefully for bones. Keep some texture rather than mashing the fish into a paste.

Why: Distinct flakes give the finished cakes a more appealing texture.

2 Build a mixture that holds together

Follow a salmon cake recipe, adding ingredients such as breadcrumbs, egg, mustard, lemon zest, and herbs. Shape cakes of similar thickness.

Why: A balanced mixture holds its shape while allowing the salmon to remain the main ingredient.

3 Cook and plate with contrast

Cook the cakes until golden and heated through to 165°F. Serve with lemon yogurt or a mustard sauce and lightly dressed greens.

Why: Crisp, creamy, and fresh elements give the meal its own character.

KITCHEN NOTES

Account for the original seasoning

Taste the cooked salmon before deciding how much additional salt, spice, or citrus the mixture needs.

Test one first

Cook a small cake before shaping the whole batch. Adjust the binding if it falls apart.

Make lunch feel considered

Place two cakes slightly overlapping, with the sauce beside them and the salad gathered neatly.

THE PLATING MINDSET

A new shape and texture can give extra fish a meal of its own.

Reheating: USDA FSIS (linked in PDF)