

## Nancy's Salmon Patties

~Feb. 3, 2004 by Nancy H.~

<b>Salmon Mixture</b>
1 can red or pink salmon $\frac{1}{4}$ cup celery, finely sliced 3 Tbsp. minced fresh parsley 1 $\frac{1}{2}$ Tbsp minced onion 1 cup saltine crumbs
<b>White Sauce</b>
3 Tbsp. butter or margarine 3 Tbsp. flour $\frac{1}{4}$ tsp salt $\frac{1}{4}$ tsp. black pepper 1 cup milk
<b>Batter</b>
1 egg, beaten 3 Tbsp. cold water 1 more cup saltine crumbs  Cooking oil or shortening  2-3 lemons  Parsley for garnish, if desired

Remove bones, skin and liquid from salmon. (Save for the kitties, or discard.) Add celery, parsley and onion.

Prepare white sauce by melting butter in saucepan. Add flour, stirring well. Add milk, stirring well till thickened over low-medium heat. Allow white sauce to cool slightly then add to salmon mixture.

Add 1 cup saltine crumbs to salmon mixture. Chill for at least 1 hr.- (overnight is preferable\*).

Place remaining 1 cup crushed saltine crumbs in a shallow bowl. In another bowl combine and beat 1 egg and 3 Tbsp. cold water. Form salmon mixture into flattened balls, approx. 4" in diameter. Coat well with crushed saltines. Dip in egg and water mixture, then back into crushed saltine, coating well. Heat 1/4" vegetable oil in a large frying pan. Fry salmon patties till golden brown on both sides. Drain well on paper towels and/or brown paper bags. Serve with lemon wedges and sprig of parsley. Recipe may be doubled.

\*(Saucemeister's note: Chilling of the Salmon Mixture is essential for successful preparation of this recipe. Holly and I tried it without adequately chilling the mix, and the patties fell apart before and during frying. Not fun.)