

Salmon Croquettes

Ingredients

- 8 oz. fresh salmon
- Parsley
- Cilantro
- Dill
- 2 Tb. mayonnaise
- 1 tsp. Dijon mustard
- 1 egg
- Bread crumbs (enough to hold together)
- Additional bread crumbs
- 1 tsp. Dijon mustard
- 1 tsp. white vinegar
- Dash cayenne pepper
- 1/4 tsp. salt
- 1/2 cup olive oil

Directions

1. Poach 8 oz. fresh salmon for 5 minutes. Remove skin and chill. (Can substitute 1 can, drained.)
2. Flake salmon. Add parsley, cilantro, dill, 2 Tb. mayonnaise, 1 tsp. Dijon mustard, 1 egg, and enough bread crumbs to hold together.
3. Shape into patties. (Small patties for appetizers; large patties for dinner)
4. Roll in additional bread crumbs. (Can freeze patties at this point.)
5. Fry in small amount of oil. Serve with sauce. (Can keep warm for 1/2-hour in 150° oven.)
6. Sauce (Combine ingredients and whisk. Serve in separate dish.)