

Ken's Salmon Cakes



Salmon's rich, moist meatiness makes it ideal for forming into cakes. Grated zucchini does double duty, bulking up the pan-fried patties and joining crisp fennel in a sprightly slaw.

INGREDIENTS:

- 3 tbsps. Mayonnaise *** 2 tps. fresh lemon juice, divided
- 3 tbsps. chopped chives *** 1 tsp. grainy mustard
- 1/8 tsp. black pepper
- 1/4 lb. skinless salmon fillet, chopped
- 4 Ritz or saltine crackers, coarsely crushed
- 1 medium zucchini, coarsely grated (1 1/2 cups), divided
- 1/2 small fennel bulb, trimmed and thinly sliced
- 1 tbsps. olive oil

PREPARATION:

- 1.) Whisk together mayonnaise, 1 teaspoon lemon juice, chives, mustard, black pepper, and 1/4 teaspoon each of salt and pepper in a medium bowl.
- 2.) Stir together salmon, crackers, 3/4 cup zucchini, and half of mayonnaise mixture in another bowl.
- 3.) Add fennel and remaining 3/4 cup zucchini and 1 teaspoon lemon juice to mayonnaise mixture in medium bowl and toss to combine slaw.
- 4.) Form salmon mixture into 2 (3-inch) patties. Heat oil in a small nonstick skillet over medium heat until hot, then cook salmon cakes, carefully turning once, until golden and salmon is just cooked through, about 6 minutes total. Serve with slaw.

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Ken's Crab Asparagus Risotto



Risotto is a warm and creamy Italian dish made with a high-starch, short-grain rice, like Arborio. Research shows many recipes on-line that are almost the same. Maybe this is my adaptation of one of them. No matter what, the resulting dish is great!

INGREDIENTS:

- 2 tbsp. - Olive Oil {} 1 medium - Orange Pepper (diced, about 1 cup)
- 1/2 cup - Onion or Shallot (chopped)
- 2 cups - Arborio Rice (uncooked)
(Arborio rice is an Italian medium-grain rice.)
- 1/2 cup - Dry White Wine {} 6 cups - Chicken Broth (heated)
- 1/2 lb. - Asparagus (trimmed, cut into 1-inch pieces)
- 1/2 lb. - Refrigerated Pasteurized Crabmeat (about 1 1/2 cups)
- 1/4 cup - Grated Parmesan Cheese

DIRECTIONS:

- 1.) Heat the oil in a 4-qt. saucepan over medium heat.
- 2.) Add the pepper and onion and cook for 3 min. Or until the vegetables are tender. Add the rice and cook and stir for 2 min. or until the rice is opaque.
- 3.) Add the wine and cook and stir until it's absorbed. Stir 2 cups of the hot broth into the rice mixture. Cook and stir until the broth is absorbed, maintaining the rice at a gentle simmer.
- 4.) Continue cooking and adding broth, 1/2 cup at a time, stirring until it's absorbed after each addition before adding more. Add the Asparagus and Crabmeat with the last broth addition.
- 5.) Stir the Cheese into the risotto. Remove the pan from the heat. Cover and let it stand for 5 min. Serve the risotto with additional Cheese. Serves 8. Recipe# sea 07 Page 7

Ken's Garlic Shrimp Pasta



Ken's version of Campbell's Kitchen recipe. What is not to like about Garlic, Shrimp, and Pasta, ingredients in many of my recipes. Naturally when I ran across this recipe, I had to try it. My version has minor tweaks, but they enhance the Campbell's Kitchen great flavor.

INGREDIENTS:

- 2 tbsps. - Cornstarch
- 1 3/4 cups - Chicken Stock (low-fat, low-sodium)
- 3 cloves - Garlic (minced)
- 3 tbsps. - Fresh parsley (chopped)
- 3 tbsps. - Lemon Juice
- 1/8 tsp. - Cilantro (crushed)
- 1 lb. - Fresh Medium Shrimp (shelled and deveined)
- 4 cups Thin Spaghetti, cooked without Salt

DIRECTIONS:

- 1.) Cook and stir until the mixture boils and thickens.
- 2.) Add the Shrimp to the saucepan. Cook for 5 minutes or until the Shrimp is cooked through. Toss the Shrimp Mixture with the Spaghetti.

Mom's Salmon Loaf



Photo from "Taste of Home"
Mom's original not available

The origin is a mystery. Even if you are not a fish lover, you can enjoy this recipe. This recipe for Salmon Loaf is an easy and delicious way to enjoy some Salmon without the difficult task of preparing a whole Salmon.

INGREDIENTS:

- 2 cups - Canned Salmon
(depending on brand you use, if it has soft bones, remove them for a better dish)
- 1 cup - Onion (diced)
- 1/2 cup - Breadcrumbs (Italian is a good choice)
- 4 tbsps. - Butter
- 1 cup - Warm Milk (to moisten Bread Crumbs)
- 2 eggs - Large, slightly beaten
- 1 tbsp. - Fresh Parsley (chopped)
- 1/2 tsp. - Salt
- 1/8 tsp. - Pepper

DIRECTIONS:

- 1.) In a large bowl, combine Salmon, Onion, Breadcrumbs, and Butter. Stir in Egg, Parsley, Salt, and Pepper.
- 2.) Transfer to a greased 8 x4-in. loaf pan. Place in a larger baking pan, add 1 in. of hot water to larger pan. Bake at 375° until a knife inserted in the center comes out clean, 45-60 minutes. Let stand for 10 minutes before slicing.