



RECIPES

Salmon Cakes

Cook and flake 1 lb. Fresh salmon. Place flaked salmon in mixing bowl and add;

- ½ cup whole wheat bread crumbs
- ¾ cup Daisy sour cream
- 1 duck egg
- 1 tsp. Lemon juice
- 1-2 tablespoon prepared mustard
- ½ tsp. Real Salt
- ½ tsp. Dried dill or 1 tsp. Fresh dill
- ½ tsp. Dried basil or marjoram
- ¼ tsp. Garlic powder
- Dash cayenne pepper

Mix ingredients well and form into 3 to 4 inch diameter patties and pan fry over medium heat in skillet coated with Safflower oil 5-6 minutes per side until golden brown.