



Salmon Burgers Sans Gluten & Eggs

INGREDIENTS

Burgers

1 lb Salmon
1 c celery, chopped
1/3 c yellow pepper, small dice
1/3 c orange pepper, small dice
1/4 c red onion, small dice
1/4 c yellow onion, small dice
1/4 c + 2 T scallions, sliced
2 T oil
2 T capers
1 T parsley, chopped
1 t mustard
1/2 t whole grain mustard
1 t salt
1/4 t black pepper
corn meal, potato flour for coating, optional

Relish

2/3 c yogurt
2 T Kosher dill pickles, chopped
1 T parsley, chopped
1 t capers
1.5 T lemon juice
1 T lemon zest
1/3 c sauté mixture
salt to taste

INSTRUCTIONS

1. Cut all the vegetables as directed. In a pan, sauté onions, celery, peppers, 1/4 c scallions in oil, season with salt and pepper. Let them cook slowly over low heat until softened. Then set aside to let cool.
2. Meanwhile, cut the salmon into 3 equal parts. One part cut into 3/4" cubes. One part cut into 1/4" cubes. One part pulse in a mini food processor to create a paste.
3. Chop the parsley. In a mixing bowl, add all three portions of salmon, 1/2 c of the cooled sauté mixture, 2 T scallions, parsley, the mustards, capers. Mix together until well combined, then form patties, and refrigerate for 15 minutes to 1/2 hour.
4. While the patties are chilling, make the relish. Combine all the ingredients together, stirring until well combined. Then refrigerate until ready to serve.
5. Once the patties have chilled, they are ready for frying. You can either fry as is, or dust them with either potato flour* or cornmeal**. Add a bit of oil to a cast iron skillet, and fry on both sides until you see the salmon turn pink, about 2-3 minutes each side.

Serve immediately with slices of tomato, arugula or Boston lettuce. Since there is no bread, go ahead and splurge by serving up fries or a baked potato. You can even use the relish on that, too.

*if using potato flour, fry at a lower temperature as the flour can burn more easily.

** I used polenta/corn grits which is coarser and provides more texture and crunch. You can also use corn meal which has a finer ground.