

Jean's Fish Recipe: Salmon Burgers

Adapted from The Gourmet Cookbook

This is supposed to serve 4, but it is so delicious that you might want to make extra. Forming the fish mixture into patties is a little fiddly, but have faith! It will hold together when cooked. (If the raw mixture won't hold its shape at all, refrigerate and try again!!)

1 lb skinned salmon, cut into ¼ inch dice
3 cups chopped fresh spinach
3 scallions, minced
1 tablespoon minced fresh dill
2 teaspoons Worcestershire sauce
¼ teaspoon salt
¼ teaspoon pepper
1 large egg white
1 tablespoon olive oil

Mix salmon, spinach, scallions, dill, Worcestershire sauce, salt, and pepper in a large bowl. Beat egg white separately in small bowl til frothy. Stir egg into salmon mixture. Form into four ½ inch thick patties. Cover with saran and put in fridge til ready to cook.

Heat oil in 12 inch skillet over moderate heat until hot. Add patties and cook, carefully turning once, until brown and cooked through, about 7 minutes total. Serve with Greek yogurt sauce. No bun needed!

Note: For an Asian variation, replace the dill with 1 tablespoon minced fresh ginger and mix 1 tablespoon soy sauce with the egg white.