

Salmon Burgers for One

Recipe by Anita Golton

Of course, you can make salmon burgers for one, or two, or four or more! Just up the ingredients accordingly...

1. Mash and mix in a medium mixing bowl with a fork:

- 1/2 pint canned salmon, about 1 loose cup (I always include all the bones and skin, but give the juice to the dog so the burger mixture isn't too wet)
- 1 egg
- 1-2 stalks celery, finely minced
- 2 Tablespoons finely minced yellow onion
- 2 Tablespoons bread crumbs (or finely ground tortilla chips or crackers)
- 1 Tablespoon light oil, for example: canola or melted coconut oil
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1/8 teaspoon garlic powder
- 1/8 teaspoon dried dillweed or thyme

2. Heat 2 Tablespoons olive oil in a skillet on medium heat. Form the burger mixture into desired burger size, you'll probably get one very large burger or two small-medium ones. I usually make a packed ball with wet hands, place it in the preheated pan, then press with my hand to get a nicely rounded burger. Use a spatula to tuck in any crumbly edges.

Let the burger cook on medium heat until the edges start to look a little dry. Carefully get under the burger with a spatula to loosen it, taking care not to let it fall apart, about 5 minutes depending on your stove and pan. Press the edges back in again if it starts to crumble. Gently flip the burger to the second side, adding a bit more oil if needed for browning and to prevent sticking and pressing the edges in again as necessary. Cook about 5 more minutes then press the back of a spatula down on the burger to see if it's firm enough.

3. Carefully transfer to a plate or burger bun and serve immediately. I always make some easy tartar sauce to accompany salmon burgers. Combine 1/4 cup mayonnaise, 2 Tablespoons pickle relish or finely chopped pickles, 1 teaspoon hot sauce, a dash of mustard, a dash of lemon juice, and salt and pepper to taste.

Enjoy!