

FRIED SALMON PATTIES Makes 4 servings

Hands-on time: 30 minutes Total time: 8 hours

- 1 ½ pounds canned boneless, skinless wild sockeye salmon packed in water, drained and broken up into small chunks
- ¼ cup Paleo Mayonnaise
- 2 scallions , thinly sliced
- 2 large eggs , lightly beaten
- 2 tablespoons chopped fresh Italian parsley
- ¼medium yellow onion , minced
- ¼ cup coconut flour , divided
- 1 teaspoon paprika
- ½ teaspoon dried dill
- ½ teaspoon kosher salt
- ¼ teaspoon dried mustard
- ¼ teaspoon garlic powder
- ¼ teaspoon freshly ground black pepper
- 2 tablespoons ghee or fat of choice
- 2 lemons , cut into wedges
- ¼ cup Louisiana Rémoulade (optional)

In a large bowl, mix together the salmon, mayonnaise, scallions, eggs, parsley, onion, 1 tablespoon of the coconut flour, the paprika, dill, salt, dried mustard, garlic powder, and pepper.

Divide the salmon mixture into 8 equal portions, and use your hands to form each into a patty roughly 3 inches in diameter and ¾ inches in height. Place the cakes on a parchment-lined plate. Cover and chill in the fridge for at least 30 minutes to firm up the cakes.

When you're ready to cook, spread the remaining coconut flour in a shallow dish, and lightly coat the cakes, shaking off any excess. Heat the oil over medium heat in a large cast-iron skillet. Once it's shimmering, fry the cakes in the ghee for 2 minutes or until golden brown. Transfer to a wire rack to drain off any excess oil.

Serve with lemon wedges

Not a salmon lover? Substitute tuna or lump crab meat instead!

Nom nom paleo: food for humans cookbook