

Chef John39s Salmon Loaf

Jacob · 29/09/2024



Prep Time

5 mins

Difficult

Medium

Servings

1 hr 10 mins

Description

Canned salmon is a great inexpensive source of proteins and omegas and you may have stocked up on a few cans but not known what to do with them This tasty shelterinplace salmon loaf is so good for you While salmon right out of the can may not be the most appealing thing to look at this salmon loaf is so delicious that we can surely forgive some of its visual shortcomings Remember looks are less important than personality and taste and this easy salmon loaf is proof of that Serve with your favorite tartar sauce cocktail sauce or hot white cream sauce

Ingredients

- - ¼ cup salted butter - ? cup diced onion - 2 (7 ounce) cans red salmon
- drained - ½ cup finely crushed saltine cracker crumbs - ½ teaspoon kosher salt
- or to taste - ? teaspoon cayenne pepper - ¼ teaspoon Worcestershire sauce - 2 teaspoons rice vinegar - 3 large eggs

Instructions

1. Preheat the oven to 325 degrees F (165 degrees C). Generously butter a loaf pan. Melt butter over medium heat in a saute pan until bubbling. Toss in onion
2. give the pan a quick shake
3. and stir with a wooden spoon; cook for 1 minute. Turn off the heat and allow to cool. Place salmon in a large mixing bowl and mash with a fork. Add cracker crumbs
4. salt
5. cayenne pepper
6. Worcestershire sauce
7. rice vinegar
8. butter
9. and onions; mix and mash with a spatula or spoon until smooth. Separate eggs
10. adding whites to a clean glass
11. metal
12. or ceramic bowl and adding yolks to salmon mixture. Mix egg yolks and salmon until well combined. Whisk whites to medium stiff peaks. Gently fold into salmon mixture in 2 additions. Transfer salmon mixture into the prepared loaf pan. Smooth the top with a spatula to even it out and shake and tap the pan to remove any air bubbles. Bake in the center of the preheated oven until a toothpick comes out clean
13. about 45 minutes. Let rest for 5 minutes
14. then carefully turn loaf out onto a cutting board. Slice and serve. Chef's Notes Salmon will come with skin
15. bones
16. and vertebrae. You can pick those out but they are the most nutritious parts and they're just about as soft as the meat. Once mixed in
17. you won't even notice them.If you don't have saltine crackers you can use bread crumbs
18. and you use lemon juice instead of rice vinegar.You can add 3 whole eggs to the salmon mixture instead of separating them
19. but whisking the whites and adding them separately really lightens the texture.This makes 4 small portions or 2 large portions. If you want a taller loaf
20. use a smaller loaf pan or double the recipe.