

Crispy Southern Fried Breakfast Salmon Patties

Start your day with a taste of Southern comfort! These



TIME
2-3 min

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INGREDIENTS

1 (14 3/4 ounce) can salmon
1/4 cup onion, finely chopped
1/4 cup cornmeal
1/4 cup all-purpose flour
1 large egg
3 tablespoons mayonnaise
Salt and black pepper to taste

DIRECTIONS

1. Let's get these delicious : Southern Fried Breakfast Salmon Patties cooking!
2. Prepare : Salmon: Open the can of salmon and drain it thoroughly. You can press it gently in a sieve or use paper towels to remove excess liquid. If desired, pick out any bones or skin, though the small bones in canned salmon are typically soft and edible, adding calcium. Place the drained salmon in a medium-sized mixing bowl and flake it evenly with a fork.
3. Combine : Ingredients: To the flaked salmon, add the 1/4 cup finely chopped onion, 1/4 cup cornmeal, 1/4 cup all-purpose flour, 1 large egg, and 3 tablespoons mayonnaise. Season generously with salt and black pepper to taste. Stir until all ingredients are well blended and the mixture comes together.
4. Shape : Patties: Shape the salmon mixture into patties about the size of an average burger (roughly 3-4 inches in diameter and 1/2 inch thick), or slightly smaller for breakfast sliders. The recipe should yield about 4-6 patties depending on size.
5. Cook : Patties: Pour enough cooking oil (like vegetable or canola oil) into a large skillet to cover the bottom with about 1/4 inch of oil. Place the skillet over medium heat. Once the oil is hot and shimmering (about 2-3 minutes), carefully add the salmon patties to the skillet. Be careful not to overcrowd the pan; cook in batches if necessary.
6. Fry until : Golden: Fry for 3-5 minutes on the first side, or until the patty is golden brown and crispy. Carefully turn the patties over once, and fry for another 3-4 minutes on the second side, until also golden brown and heated through.
7. Drain & : Serve: Remove the cooked salmon patties from the skillet and place them on a plate lined with paper

towels to drain any excess oil. Serve immediately.

SWAPS & NOTES

Canned Salmon: Choose boneless, skinless canned salmon if available for convenience, or be prepared to remove bones and skin.

Pink salmon or red salmon both work well.

Onion: Finely chopped yellow or white onion adds a nice savory bite.

For a milder flavor, you can grate the onion or use green onions.

TIPS FOR SUCCESS

Drain Salmon Well: This is crucial for patties that hold their shape and get crispy.

Excess moisture can make them soggy.

Don't Overcook: Salmon patties cook relatively quickly.

They're done when golden brown and heated through.

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