

## Chef Carolyn's Corner - Salmon Croquettes

Written by Carolyn Shelton  
Thursday, 08 September 2011 00:00

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Chef Carolyn's Corner

### Salmon Croquettes

#### Carolyn's "Zydeco Salmon Croquettes

(From the French Croquer "to crunch")

In the American South and especially Louisiana Salmon was a Friday dish prepared religiously by Catholics since we could not eat meat on Friday. Another big reason, it was Cheap!!!! You could usually find it on the menu in lots of restaurants in Houston and the Groovy Grill comes to mind...

Deep fried, pan fried or baked, this comfort food is still popular today. Updated of course with seasoning and red bell peppers. This recipe is a basic version prepared by late mother Angelina. Serve with a nice green salad, grits, and a nice homemade RoMoulade "Talk about Good."

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Saturday, September 10, 10:00 am - 3:00 pm

Club 4212  
4212 Alameda Road  
Houston, Texas

Chef Carolyn

Salmon Croquettes/serves 6

### Ingredients

1 red bell pepper

1 cup chopped green onions

1 cup of Miracle Whip

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2 teaspoons Zatarain's/ or Slap you Mama Creole seasoning

Dash Cayennne

Little parsley (optional)

8 eggs

4 cans Pink Salmon

3 cups bread crumbs

Vegetable oil

Quick squeeze lemon (optional)



### Directions

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Combine the red bell pepper. green onions. parsley, Miracle Whip, Creole Seasoning and Salt pepper in a bowl.

Add eggs stir and blend.....

Add the salmon and bread crumbs and blend.

Roll the mixture into 12 equal-sized balls..dip each into the remaining 2 cups bread crumbs and flatten into patties.

Place oil in saute pan over medium heat and saute for 2 minutes on each side until golden brown.

Tip...you can use Old Bay Seasoning in this recipe.

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