

INDIAN SPICED SALMON CAKES WITH MANGO CHUTNEY, CILANTRO MINT CHUTNEY, AND YOGURT

Yield: 24 1 ½ Ounce Cakes

Ingredients	Amounts
<i>Indian Spiced Salmon Cakes</i>	
Canola oil	1 Tbsp.
Black mustard seeds	½ tsp.
Curry leaves, stemmed, chopped	1 tsp.
Cumin seeds	½ tsp.
Onion, minced	1 cup
Garlic, minced	1 Tbsp.
Ginger, minced	1 Tbsp.
Jalapeño, finely chopped	1 ea. or as desired
Salmon fillet, boneless, chopped	2 lb.
Lemon zest	½ tsp.
Mayonnaise	¼ cup
Cilantro, chopped	2 Tbsp.
Mint, chopped	1 Tbsp.
Salt	as needed
Ground black pepper	as needed
Breadcrumbs, whole wheat, divided	2 ¼ cup
Cilantro Mint Chutney (recipe follows)	as needed
Mango Chutney (recipe follows)	as needed
Yogurt	as needed
Micro cilantro	as needed

Method

1. *For the Salmon Cakes:* Heat a sauté pan over low, add the oil and mustard, curry leaves and cumin seeds. Cook over low heat until the spices start to sizzle and pop. Add the onions and let cook until translucent and slightly browned. Add the garlic, ginger, and jalapenos. Cook until aromatic. Season with salt and pepper. Remove from heat and let cool.
2. In a food processor, pulse the chopped salmon about 10 times, or until minced. Scrape the mixture into a bowl.
3. Mix the mayonnaise with the spice mixture, lemon zest, 2 tablespoons of the cilantro, 1 tablespoon of the mint, 1 teaspoon of salt and ½ teaspoon of pepper. Add the mixture to the salmon along with ¼ cup of the breadcrumbs. Fold the salmon mixture together with a rubber spatula. Pat the mixture into 1 ½ oz. cakes. Place on a sheet pan covered in breadcrumbs, and coat them with breadcrumbs. Cover with plastic wrap and refrigerate for 30 minutes.
4. Heat 2 tablespoons of the oil in a nonstick pan until shimmering. Add the salmon cakes and cook over moderately high heat, turning once, until well browned, and cooked in the center, about 5 minutes.

5. Serve the salmon cakes with Cilantro Mint Chutney, Mango Chutney and yogurt. Garnish with micro cilantro.

Note: If curry leaves are not available, substitute a combination of lime zest and minced basil leaves. 1 lime zest for 8 curry leaves. Use 50% basil leaves. Or omit the curry leaves from the recipe.

MANGO CHUTNEY

Yield: 2 cups

Ingredients	Amounts
Canola oil	1 Tbsp.
Ginger, minced	1 Tbsp.
Garlic, minced	1 tsp.
Serrano chile, minced	1 ea. or as needed
Nigella seeds	1 tsp.
Coriander, ground	1 tsp.
Turmeric	¼ tsp.
Cloves, ground	¼ tsp.
Cardamom, ground	¼ tsp.
Cinnamon, ground	¼ tsp.
Salt	¼ tsp.
Mango, diced	6 cups
Sugar	2 cups
White vinegar	1 cup

Method

1. Heat the oil in a sauce pot. Add the ginger, garlic and chile. Saute for 1 minute add the spices and sauté for 1 minute longer.
2. Add the mango, sugar and vinegar. Bring to a simmer and cook until reduced and has a jam like consistency. Adjust seasoning as needed. Let cool.

Note: If nigella seeds are not available, substitute 50% of the amount of celery seeds or omit.

CILANTRO MINT CHUTNEY

Yield: 1 cup

Ingredients	Amounts
Cilantro, firmly packed	1 ½ cups
Mint leaves, firmly packed	½ cup
Green onions, chopped	4 ea.
Jalapeno or serrano chiles, chopped	2-3 ea.
Gingerroot, peeled, roughly chopped	1 Tbsp.
Lemon	2 Tbsp.
Sugar	as needed
Salt	as needed

Method

1. Place the cilantro, mint, green onions, chiles, ginger, lemon juice, sugar, and salt in a blender with ¼ cup/60 milliliters of water and purée (it doesn't purée smoothly – you'll have to stop and scrape down the sides and bottom of the blender jar often) until completely smooth.
2. Transfer to an airtight container and refrigerate for up to 3 days. Makes 1½ cups.