

# Salmon Croquette Recipe

## Recipe Ingredients:

- 1 can (15-1/2 ounce) pink or red salmon
- 1 medium onion, finely chopped
- 2 large eggs, beaten
- 1 cup buttermilk cornmeal
- Seasoning salt, Accent Seasoning and freshly ground pepper to taste
- 3 cups of Canola oil

## Cookware and Utensils:

- medium skillet
- measuring cup
- medium mixing bowl

## Recipe Instructions:

1. As always, the key to great cooking is to be prepared and to use quality ingredients.
2. Drain juice from salmon. Pour salmon into a medium bowl and using a fork break salmon apart into small pieces. Remove any fish bones in the salmon
3. Add onions, beaten eggs, cornmeal, salt and pepper to taste, mix thoroughly. Shape the mixture evenly into four cakes or patties.
4. Heat the oil over medium heat in a medium skillet. Brown salmon croquette patties on both sides, 3-5 minutes on each side. Serve your salmon croquettes hot.

# Smothered Potatoes Recipe

## Equipment

- Large bowl
- Cast iron skillet (or other large skillet) with lid
- Silicone spatula

## Ingredients

- 3-5 medium yellow potatoes medium sliced
- 1 medium onion thinly sliced
- salt to taste
- pepper to taste
- 3 tablespoons butter

## Cream Style Corn

### Ingredients

2 Cans of cream style corn  
1 stick of margarine  
 $\frac{3}{4}$  cups of sugar

## Cookware & utensils

1 medium pot  
1 large spoon  
1 measuring cup

## Recipe Instructions

Combine all ingredients in medium pot, cook on low heat. Cook for 20 mins,