



## Sweet Potato Salmon Cakes

Let's begin by gathering our ingredients for Sweet Potato Salmon Cakes:

**Ingredients:**

1½ to 2 pounds salmon  
4 large russet potatoes  
3 large sweet potatoes  
½ bulb roasted garlic  
1 beaten egg  
6 tbs chopped fresh tarragon  
Salt and pepper to taste  
Panko  
Coconut oil

Wrap all the potatoes in aluminum foil and bake for about an hour and a half at 350°. You can roast the garlic at the same time using the same method, but take the garlic out of the oven after a half hour. Potatoes are done when soft. Remove and let cool.

Skin salmon. Then poach the salmon in gently boiling salted water for about 8 minutes. Cool completely, remove bones and break into bite sized pieces.

Remove the potatoes from their skins and mash them together. Mash the roasted garlic cloves with a fork before adding them to the mashed potatoes. Add the beaten egg and stir well.

Fold in the tarragon and salmon gently. You don't want to break up the salmon too much as you blend it into the mashed potatoes. Season with salt and pepper.

Form the mashed potato and salmon mixture into balls about the size of a lemon. Roll the balls in panko crumbs and pat them into 1-inch thick cakes and fry in oil over medium low heat until golden brown, flipping once.

Plate to serve. Enjoy!