



BITE by BITE

Conquering My Culinary
Bucket List One Dish at a Time

By Emily Banks Wooten

"A recipe has no soul. You as the cook must bring soul to the recipe."

- THOMAS KELLER

Here's another quick, easy weeknight meal

"Real cooking is more about following your heart than following recipes."

- UNKNOWN



It's been years, literally, since I've made salmon cakes, but when I recently ran across a recipe called "Baked Garlicky Salmon Cakes," I knew I wanted to try it. They're different from ones I've previously made because they're baked instead of pan fried, making them a little bit healthier. In

keeping with trying new things, I also made a balsamic glaze, or reduction, for a side dish called "Asparagus with Balsamic & Parmesan." Both dishes came together quickly, making this a nice weeknight meal. I completed the meal with a store-bought, bagged Caesar salad. I'd never made a balsamic glaze before but there was nothing to it and it added so much flavor. You basically take a cup of balsamic vinegar and about a half tablespoon of honey and bring it to a low boil, then reduce the heat and let it simmer, stirring occasionally, until it is reduced by half and can lightly coat the back of a spoon. It thickens even more as it cools. ■

Baked Garlicky Salmon Cakes

From eatingwell.com

- 3 (5-ounce) cans unsalted boneless, skinless pink salmon, drained
- 1 large scallion, thinly sliced
- 1 tablespoon chopped fresh flat-leaf parsley
- 1½ teaspoons grated garlic
- ½ teaspoon garlic powder
- ½ teaspoon paprika
- ¼ cup plain dry whole-wheat breadcrumbs
- ¼ cup mayonnaise
- 1 large egg, lightly beaten
- 1 teaspoon lemon juice
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 1 tablespoon extra-virgin olive oil, divided

• Preheat the oven to 400 degrees. Lightly coat a large rimmed baking sheet with cooking spray.

• Stir salmon, scallion, parsley, garlic, garlic powder and paprika together in a large bowl until evenly combined. Add breadcrumbs, mayonnaise, egg, lemon juice, salt and pepper; stir, breaking up the salmon, until well combined, about 30 seconds.

• Scoop the mixture into 4 portions (about ½ cup each) on the prepared baking sheet. With clean hands, shape each portion into a 3½-inch-wide patty. Lightly brush the top of each patty with ½ teaspoon oil.

• Bake, carefully flipping and coating the opposite side with the remaining 1 teaspoon oil halfway through baking, until firm and golden, about 20 minutes. Serve warm with desired toppings, like tartar sauce, mayonnaise, leafy greens or a sandwich bun, if desired.

"The only real stumbling block is fear of failure. In cooking, you've got to have a what-the-hell attitude."

- JULIA CHILD

Asparagus with Balsamic & Parmesan

From eatingwell.com

- 1 pound fresh asparagus (medium thickness), trimmed
- ¼ cup water, plus more as needed
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- ½ cup shaved Parmigiano-Reggiano cheese
- 1 tablespoon balsamic glaze

• Heat a large skillet over medium-high heat; add asparagus and water. Quickly cover the pan; let steam until the asparagus is easily pierced with a knife, 3 to 5 minutes, adding more water as needed to keep the pan from drying out.

• Uncover and remove from heat. Sprinkle with salt and pepper; toss to coat. Transfer the asparagus to a platter; sprinkle with cheese. Drizzle with balsamic glaze.

