

# Salmon Croquettes

## INGREDIENTS

1 can salmon	Dash of pepper
1 egg	Vegetable oil
½ cup flour	Salt to taste (1/8- 1/4 teaspoon)

## DIRECTIONS

1. Add the flour to a small bowl, add salt and pepper and mix these dry ingredients together.
2. Open and empty the can of salmon into a strainer and rinse the salmon under cold, running water. Use a large spoon to squeeze the water away for the salmon until the meat in the strainer looks dry.
3. Transfer the salmon to a second bowl and add the egg. Thoroughly mix the salmon and the egg.
4. Begin heating ½ inches of oil in a skillet.
5. Roll the salmon-egg mixture into small balls and roll each ball in the flour mixture until all sides are coated with flour.
6. When the oil is hot, drop the salmon balls into the oil. Cook on all sides until they are a golden brown.
7. Place the cooked salmon balls on a paper towel when removed from the skillet.
8. Serve hot and enjoy!