

# Salmon Fritters

*Canadian Mennonite Cookbook - 1974  
D. W. Friesen & Sons Ltd.*

## **Servings: 6**

*1 can (15-1/2 ounce)  
salmon, drained and flaked  
1 cup flour  
1 teaspoon baking soda  
1/2 teaspoon salt  
2 eggs, separated, yolks  
slightly beaten  
2/3 cup milk  
1 tablespoon lemon juice*

Sift the flour. Add the baking powder and salt. Sift again.

In a bowl, combine the beaten egg yolks, milk and lemon juice. Pour into the flour mixture. Stir until smooth. Add the flaked salmon. Fold in the stiffly beaten egg whites.

In a skillet with deep fat at 365 to 375 degrees, drop the mixture by spoonfuls. Fry until well browned, 3 to 5 minutes (or saute' in fat in a shallow pan.) Brown on both sides. Drain on absorbent paper.

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Per Serving (excluding unknown items): 134 Calories; 3g Fat (22.3% calories from fat); 8g Protein; 17g Carbohydrate; 1g Dietary Fiber; 82mg Cholesterol; 434mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 1/2 Fat.