

SALMON LOAF

Equipment:

Measuring Spoons

Measuring Cup

Microwave safe 8" square dish with cover.

Waxed Paper

Ingredients:

1lb canned salmon 440 g

2 beaten eggs 2

3 cups fresh bread crumbs 750 ml

1/2 cup sour cream or yogurt 125 ml

1/2 cup celery, diced 125 ml

1 onion, chopped 1

2 tbsp celery leaves, chopped 30 ml

1 tbsp lemon juice 15 ml

1 tsp curry powder 5ml

Procedure:

1. Mash salmon and combine thoroughly with remaining ingredients.
2. In an 8" (20 cm) square dish, shape mixture into a loaf.
3. Cover.
4. Cook at **P4** 18 – 20 minutes.

Let stand, covered, 5 minutes before serving. – Internal temperature should