



THE J.M. SMUCKER Co

Salmon Loaf with Dill Sauce

Prep Time Cook Time Serves Difficulty

25 mins 50 mins 5 N/A

Ingredients

- **Salmon Loaf:**

- 2 - 7 1/2 oz (213 g) cans salmon, not drained
- 1 1/4 cups (300 mL) crushed cracker crumbs
- 1/4 cup (50 mL) **Carnation®** Regular, 2% or Fat Free Evaporated Milk

Evaporated Milk

- 2 eggs
- 1/3 cup (75 mL) chopped celery or chopped sweet pickle
- 2 tbsp (30 mL) lemon juice
- 1/2 tsp (2 mL) salt
- 1/4 tsp (1 mL) pepper
- **Dill Sauce:**
- 2 tbsp (30 mL) butter
- 1 1/2 tbsp (22 mL) **Robin Hood®** All Purpose Flour
- 1 1/4 cups (300 mL) **Carnation®** Regular, 2% or Fat Free Evaporated Milk
- 1 tsp (5 mL) grainy or Dijon mustard
- 1/2 tsp (2 mL) salt
- 1/4 tsp (1 mL) pepper
- 3 tbsp (45 mL) chopped fresh dill

Directions

Step 1:

In a large bowl, mash salmon and break up bones. Add cracker crumbs, evaporated milk, eggs, celery, lemon juice, salt and pepper. Mix thoroughly. Spoon mixture into a parchment-lined 8-inch by 4-inch (1.5 L) loaf pan.

Step 2:

Bake in a preheated 350°F (180°C) oven for 35 to 40 minutes, until centre is firm. Cool slightly.

Step 3:

Ten minutes before loaf finishes cooking, prepare sauce. Melt butter in a saucepan over medium heat. Add flour and cook, stirring for 2 minutes. Whisk in evaporated milk, cooking and stirring until mixture boils and thickens. Remove from heat. Stir in mustard, salt, pepper and dill. Keep warm until serving time. Thin with a small amount of water if necessary.

Step 4:

To serve, unmould loaf onto a serving dish. Slice and serve with sauce.

Make Ahead - salmon loaf can be served cold with a warm sauce. Serve with mashed potatoes and a green vegetable.

Substitute one can of flaked tuna for one can of salmon for a salmon-tuna loaf

Images

