

# The Ultimate Homemade Salmon Burger

Learn to make the perfect homemade salmon burger with fresh salmon, herbs, and simple ingredients. Healthy, flavorful, and ready in 25 minutes!

15 min

PREP

10 min

COOK

25 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

## Ingredients

- 1 lb salmon
- 1 cup breadcrumb
- 1 egg
- 1 cup red onion
- 2 clove garlic
- 2 tbsp olive oil
- 1 tsp salt
- 1 tsp black pepper

## Instructions

### 1 Prepare the salmon

Remove skin from 1 lb salmon fillet and carefully check for any bones, removing with tweezers if needed. Cut salmon into small 1/4-inch pieces using a sharp knife, keeping pieces uniform for even cooking.

- ### 2
- Mince 2 cloves garlic finely. Finely chop enough red onion to measure 1/4 cup. Chop fresh parsley to measure 2 tablespoons.

### 3 Make the burger mixture

Combine chopped salmon, 1 cup breadcrumbs, 1 beaten egg, 2 tablespoons chopped parsley, 1/4 cup minced red onion, minced garlic, 1 teaspoon lemon zest, 1 teaspoon salt, and 1/2 teaspoon black pepper in a large bowl. Mix gently with your hands until just combined, about 30 seconds - do not overmix or patties will be tough.

- 4 Divide mixture into 4 equal portions. Shape each portion into a patty about 3/4-inch thick, pressing gently to hold together. Make a small indentation in the center of each patty with your thumb to prevent puffing during cooking.
- 5 Place patties on a parchment-lined plate and refrigerate for 15 minutes to firm up and help them hold together during cooking.
- 6 **Cook the burgers**  
Heat 2 tablespoons olive oil in a large skillet over medium heat until oil shimmers but doesn't smoke. Carefully place chilled patties in pan, leaving space between each one.
- 7 Cook patties for 4-5 minutes without moving them, until bottom is golden brown and crispy. Flip carefully with a spatula and cook 3-4 minutes more until second side is golden and center reaches 145°F (63°C) - salmon should flake easily but still be slightly pink in center.
- 8 Remove patties from heat and let rest for 2-3 minutes to allow juices to redistribute. Serve immediately on toasted buns with desired toppings.

## Tips

Chill the formed patties for at least 15-30 minutes before cooking to help them hold together and develop better texture during cooking.

Don't overmix the salmon mixture, as this can create a dense, tough texture. Mix just until ingredients are evenly distributed.

Use fresh salmon fillets or steaks rather than pre-ground salmon for better flavor and texture control. Remove all skin and bones carefully.

If the mixture seems too wet to form patties, gradually add more breadcrumbs. If too dry, add another egg or a tablespoon of mayonnaise.

Cook over medium heat rather than high heat to prevent burning the exterior while leaving the center raw. Salmon cooks quickly.

Don't press down on the patties while cooking, as this squeezes out moisture and can make them dry and tough.

Let cooked burgers rest for 2-3 minutes after cooking to allow juices to redistribute throughout the patty.

For extra flavor, toast your buns lightly before assembling the burgers, and consider brushing them with garlic butter or olive oil.