



# Albacore Tuna Cakes



Image by Erica Gamboa

Delicious Albacore tuna cakes, fried golden brown and crispy on the outside and soft and flaky on the inside. Filled with cajun spices, herbs, and aromatics for that traditional taste, this is a budget-friendly twist on a classic crab cake that is served with a creamy and zesty homemade tartar sauce.

**BY ERICA GAMBOA**

**Servings:** 9 large tuna cakes | **Difficulty:** Easy

**PREP TIME:** 20 minutes + **CHILL TIME:** 20 minutes + **COOK TIME:** 20 minutes

**TOTAL TIME:** 60 minutes

**Kitchen tools you will need:**

- 1 large frying pan
- 1 medium saute pan
- 1 baking sheet, lined with parchment paper
- 1 wooden spatula or fish turner (metal spatula)

- 1 garlic press
- 1 large mixing bowl
- 1 small mixing bowl
- 1 pair of food handling gloves

## Ingredients

### For the Tuna Cakes:

- 3 (12 oz.) cans of Albacore tuna in water, drained and broken up into flakes
- 1/4 cup celery, finely diced
- 1/4 cup bell peppers, finely diced, any color
- 1 medium shallot, peeled and finely minced
- 2 garlic cloves, peeled and finely minced
- 2 tsp. garlic powder
- 2 tsp. old bay seasoning
- 2 tsp. dried tarragon (optional)
- 1 tsp. ground cayenne pepper
- 2 tsp. salt, divided
- 2 tsp. pepper, divided
- 3 eggs
- 2 tsp. dijon mustard
- 2 tsp. Worcestershire sauce
- 1/4 cup plain bread crumbs
- 2 tbsp. fresh parsley, roughly chopped
- 1 tbsp. fresh lemon juice

\*You will need: 1/3 cup olive oil for frying

### For the Tartar Sauce:

- 1 cup mayonnaise
- 2 garlic cloves, pressed through a garlic press or very finely minced
- 1 baby kosher pickle, finely diced

- 1 tbsp–2 sprigs fresh dill, fronds only, finely chopped
- 2 tsp capers, finely minced, plus 2 tsp of the juice.
- 1 lemon, zested and juiced
- 2 tsp Worcestershire sauce
- 1/2 tsp pepper

\*1/2 tsp salt is optional; taste for seasoning and add if needed. Capers and pickles are salty, so be mindful to taste before adding.

## Directions

### Making the sauce:

- 1 Add all the ingredients (except salt) to a mixing bowl and whisk until well combined.
- 2 Taste for seasoning, and add salt if needed.
- 3 Refrigerate immediately until ready to serve.

### Tips for making the sauce

This sauce only gets better and better with time. Make the sauce first and refrigerate it while you make the tuna cakes. Letting the sauce chill for a few hours, if possible, makes a delicious and deep-flavored sauce.

### Making the tuna cakes:

- 1 In a medium sauté pan, on medium heat, add a little olive oil and preheat.
- 2 Add the celery, shallots, garlic, and bell peppers to the pan and sauté for a few minutes until the veggies become slightly translucent and fragrant. Season with 1 tsp each of salt and pepper. Remove from heat and set aside to cool.
- 3 In a large mixing bowl, take the drained tuna and break up any large pieces with a fork or hands. The tuna should be flaky and broken apart.
- 4 Add seasonings, garlic powder, old bay seasoning, dried tarragon, cayenne, and the remaining tsp of salt and pepper, and mix until well combined.
- 5 Add, cooled veggies, eggs, Dijon mustard, Worcestershire sauce, lemon juice, parsley, and bread crumbs and mix well until everything is thoroughly combined.
- 6 Using gloves, take a heaping spoon full of mixture and form the tuna filling into a ball. Be gentle, and do not overwork the ball. Gently form the tuna into a cake shape and set aside on the parchment-lined baking sheet to rest. Repeat these steps until all of the tuna cakes are formed.
- 7 Once they are all formed, place the baking sheet in the refrigerator or freezer to chill for 20 minutes. This will help the tuna cakes set up and be easier to handle when frying.
- 8 Add olive oil to a large frying pan and preheat on medium-high heat.
- 9 Once the oil is heated, place three tuna cakes in the frying pan and brown on each side for about 3 to 4 minutes, until golden brown and crispy on both sides. Pan fry in batches of three at a time to not overcrowd the pan and so that they can be easier to flip over.
- 10 Placed tuna cakes on a paper towel-lined baking sheet to drain when finished.

11 Serve on a bed of arugula salad or rice with a side of tarter sauce for dipping, and enjoy.

### Tips & Substitutions:

If canned tuna is not an ingredient you are used to, these cakes can be made using salmon as well. These are delicious using left-over salmon. Simply flake the salmon, breaking up any larger pieces, and follow the same instructions. It is a wonderful way to repurpose your leftover fish into a totally unique and different meal!

My husband has also suggested these tuna cakes be used in a sandwich or burger. He thought they would make a fantastic burger! Another great idea for repurposing any leftovers and really making your dollar stretch!

### Nutrition

<b>Nutrition Facts</b>	
Servings: 9	
Amount per serving	
<b>Calories</b>	<b>460</b>
% Daily Value*	
<b>Total Fat</b> 23.7g	<b>30%</b>
Saturated Fat 3.2g	<b>16%</b>
<b>Cholesterol</b> 173mg	<b>58%</b>
<b>Sodium</b> 17995mg	<b>782%</b>
<b>Total Carbohydrate</b> 6.2g	<b>2%</b>
Dietary Fiber 0.8g	<b>3%</b>
Total Sugars 1.4g	
<b>Protein</b> 55.9g	
Vitamin D 6mcg	29%
Calcium 34mg	3%
Iron 1mg	6%
Potassium 127mg	3%

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