

Sustainable Albacore Tuna Cakes

Albacore tuna is the only tuna species that is white-fleshed. This is a versatile recipe that works for tuna burgers at lunch or a tuna cake entrée at dinner. The ingredients can be varied to adjust flavors and complement any type of cuisine. This recipe makes 8-10 tuna burgers/cakes, and serves 4 to 10 people depending on what side dishes you serve it with.

1 ½ pounds raw albacore tuna steaks or fillets (caught by troll or pole-and-line)
1 lemon, juiced
2 tbsp mayonnaise
2 eggs
4 green onions, chopped (green and white parts)
2 tbsp chopped fresh parsley or cilantro
2/3 cup dried bread crumbs (unseasoned)
1 tbsp kosher salt
Optional: 2 tbsp sweet relish, 1 tbsp Dijon mustard, ½ tsp Old Bay
Vegetable oil

Combine lemon juice, mayonnaise, eggs, onions, herbs, bread crumbs, and salt until its consistency is a thick batter. (If mixture is too thin, add bread crumbs. If it is too thick, add water.) Finely chop the tuna with a knife and fold into the batter with your hands. Form tuna mixture into burgers/cakes. Heat a large nonstick skillet over medium heat. Add just enough vegetable oil to barely coat the bottom of the skillet. Cook tuna burgers/cakes for 4 minutes on one side and 2-3 minutes on the other, just until they are lightly browned on each side.

Serve on toasted hamburger buns with lettuce, tomato, and mayonnaise, or on a bed of rice and beans with your favorite hot sauce.

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