



## Vintage Salmon Loaf with Homemade Shrimp Sauce

Source: From Scratch Sensations – A Recipe from Bianca's Early Kitchen Journals

Prep Time: 20 minutes | Cook Time: 1 hour | Yield: Serves 6–8

### Recipe Description

Looking for a delicious and affordable way to elevate that can of salmon sitting in your pantry? This classic 1970s-style salmon loaf recipe is light in texture, rich in flavor, and features a velvety homemade cream of shrimp sauce. Perfect for a retro dinner party or cozy weeknight meal, it's adaptable for gluten-free or Keto diets too.

### Ingredients: *Salmon Loaf*

- 2 (14oz) cans salmon
- 1/4 cup yellow onion, finely minced
- 1/2 cup red & yellow (Capsicum) peppers, finely chopped
- 1/2 cup parsley, finely chopped
- 1/4 cup lemon juice
- 1 tsp Kosher salt
- 1 tsp black pepper
- 1/2 tsp fresh tarragon, chopped
- 1 tsp dried thyme
- 2 cups coarse cracker crumbs
- Milk
- 4 eggs, beaten
- 1/2 cup butter, melted
- 1 Tbsp butter
- Olive oil
- 1 can cream of shrimp soup or homemade shrimp sauce (see below)

### Ingredients: *Shrimp Sauce (optional)*

- 2 pounds uncooked medium shrimp, peeled, deveined, and halved
- 1/2 cup butter
- 1 spring onion, diced
- 1/4 teaspoon garlic powder
- 1/4 cup all-purpose flour
- 2 cups whipping cream
- 4 cups chicken broth
- 1/2 tsp cayenne pepper
- 1 1/2 tsp Kosher salt
- 1/2 tsp white pepper
- 2 Tbsp parsley, cilantro or chives, chopped



Inveniam viam aut faciam.

Retro Recipes Revived © — Life in Bianca's Kitchen



## Directions

1. Dice the onion and peppers. Sauté on medium-low with olive oil and 2 Tbsp of butter until softened, 3–5 minutes. Set aside.
2. Drain the salmon, reserving the liquid, and add to a large mixing bowl. Flake with a fork.
3. Add onion, peppers, parsley, lemon juice, salt, pepper, tarragon, thyme, and cracker crumbs. Mix lightly.
4. Add enough milk to the reserved salmon liquid to make 1 cup; stir in the liquid, beaten eggs, and melted butter.
5. Transfer the mixture into an 8×8 glass baking dish and bake at 350°F for 1 hour or until the loaf is set in the center.
6. Homemade Shrimp Sauce
7. Sauté spring onion in butter until fragrant. Add garlic powder and cook 1 minute.
8. Whisk in flour to make a roux. Gradually add cream and broth, stirring until thickened.
9. Add shrimp, cayenne, salt, and white pepper. Simmer until shrimp is fully cooked.
10. Stir in herbs. Serve warm over sliced salmon loaf.

## Notes

- Soda crackers add a great coarse texture, but Townhouse or Ritz can be used for a more buttery taste.
- For Keto or gluten-free diets, substitute GF crackers.
- The homemade shrimp sauce elevates this dish, but canned cream of shrimp is an option for busy nights.



Inveniam viam aut faciam.

Retro Recipes Revived © — Life in Bianca's Kitchen