



Fish Cakes.

Makes 4



Equipment:

- Large container
- Chopping board
- Sharp knife
- Potato masher
- Mixing bowl
- Fork
- Fish slice
- Frying pan

Ingredients:

- 450g potatoes
- 450g fish (Tuna / Salmon / Mackerel)
- 2 tbsp chopped herbs (Parsley / Tarragon)
- Zest of 1 lemon
- 1 tbsp flour
- 1 egg -beaten
- 115g breadcrumbs
- salt & pepper

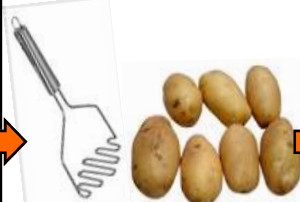
Optional extras:

- 1 chili (remember the smaller the chili the hotter it will be!)
- 2 Spring Onions finely sliced
- 1 tbsp yoghurt



1. In a saucepan boil 300 ml (1/2 pint) water. Add the potatoes.

Boil for 15 mins, then drain in a colander



2. In the saucepan mash the potatoes.

TOP TIP: For more texture don't mash out all the lumps.

3. In the mixing bowl add the fish and gently break up into flakes with a fork.

Add lemon zest, herbs and optional extras. Use a wooden spoon to ensure everything is well mixed.

4. Use a metal spoon and gently fold in the mashed potatoes.

TOP TIP: Take care with the mixture -it's delicate! The metal spoon has a fine edge so it will glide through the mixture (rather than the blunt edge of a wooden spoon.



5. Season the sauce with only a pinch of salt and a pinch of pepper.

6. Evenly shape the mixture into 4 fish cakes.

THEN:

Dust in flour

Dip into the beaten egg

Coat in breadcrumbs



7. Oil a griddle or frying pan and place on over a medium heat. Place 2 fish cakes in the frying pan.

TOP TIP: If the oil smokes -it's TOO hot!

8. Fry for about 8-10 minutes. Use a fish slice to turn once, until golden brown.

TOP TIP: Don't "play" with them too much as they will fall apart :-)