

Homemade Fish Cakes

Ingredients:

475g of fresh fish of your choice – whatever is on offer – or for a quick option, use a large tin of red salmon or tuna
400g potatoes
3tbs chopped tarragon
Zest of 2 limes
1tbs plain flour
1 free range egg lightly beaten
125g white breadcrumbs
4tbs sunflower oil
Sea salt and freshly grated black pepper

Method:

1. If using fresh fish, place into a large saute pan and cover with milk
2. Bring to the boil and simmer over a moderate heat, cover and continue to simmer for 5 minutes or until just cooked.
3. Drain the fish and when cool enough begin to flake, making sure all the bones are removed.
4. If using tinned fish, place in bowl and mix well.
5. In the meantime, peel the potatoes and boil in simmering boiling salted water until cooked.
6. Mash the potatoes finely and then combine with the fish until well blended.
7. Add the zest of lime and the tarragon, and season with salt and pepper.
8. Shape the fish and potato mixture into round balls and then flatten into fish cake shape.
9. Lightly beat the egg, dust the fishcakes with sifted flour, dip each one into the egg and then finally into the breadcrumbs, covering completely.
10. Place onto a large plate and allow to rest in the fridge covered with cling film for 1 hour.
11. Heat the oil in a large heavy based fry pan and fry the fish cakes over a medium heat for 5 minutes per side until golden brown.
12. Serve with a frisse salad and a small dish of tartare sauce.