

THAI-STYLE FISH CAKES

SERVES 8 **PREPARATION TIME** 15 minutes plus 30 minutes chilling
VITA-MIX TIME 1 minute 20 seconds **COOKING TIME** 16 or 20 minutes

8 slices of stale bread,
crusts removed

2 red peppers,
quartered and
deseeded

600g/1lb 5oz skinless
salmon fillet, cut into
chunks

juice of 1 lime

zest of 2 limes

1 handful coriander
leaves

3 tbsp olive oil

salt and freshly ground
black pepper

1 To make the fish cakes, put 4 slices of the bread in the Vita-Mix machine and secure the 2-part lid. Select VARIABLE speed 2, turn the machine on and run for 15 seconds or until it has formed breadcrumbs, using the tamper to push it into the blades. Transfer to a bowl, repeat with the remaining bread and set aside.

2 Put the red peppers in the Vita-Mix machine and secure the 2-part lid. Select VARIABLE speed 2 and pulse on and off a few times until finely chopped. Use the tamper to push the peppers into the blades if necessary. Add the salmon, lime zest and juice, coriander, and season with salt and pepper. Continue to pulse on and off a few times until the mixture forms a coarse paste. Do not over-process.

3 Transfer to a bowl and mix in about half of the breadcrumbs to form a stiff mixture. Put the remaining breadcrumbs on a plate. Wash the Vita-Mix machine.

4 Shape the fish mixture into 16 balls of equal size and flatten them to form fishcakes. Coat in the breadcrumbs, transfer to a clean plate, cover with cling film and chill for 30 minutes.

5 Heat the olive oil in a large frying pan over a medium-high heat, then add half of the fish cakes and fry for 3-4 minutes on each side until crisp and golden. Transfer to a plate and keep warm while you cook the remaining cakes. Alternatively, preheat the oven to 200°C/400°F/Gas 6 and bake the fish cakes for 20 minutes until golden brown and cooked through, turning half way through cooking. Serve warm with some dipping sauce.



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