



FISH CAKES

(Serves 4 people)

Ingredients:

- 2 medium pieces of any white fish
- 2 medium potatoes
- ½ mug semi-skimmed milk
- 1 large egg (whisked in a bowl)
- 1 mug breadcrumbs (fresh or dried)
- 1 teaspoon parsley
- 1 teaspoon lemon juice
- A little flour for dusting
- 1 tablespoon oil

Method:

1. Wash, peel and chop the potatoes into even-sized chunks
2. Put into a saucepan, cover with water, boil until soft
3. Drain, mash and transfer into a deep bowl
4. Place milk in a medium saucepan, add fish and cook for 5 minutes
5. Drain milk from pot.
6. Flake the cooked fish into the mashed potatoes
7. Add the whisked egg, breadcrumbs, parsley and lemon juice
8. Gently mix everything together using your hands.
9. Shape into 8 cakes, dust with flour, cover and chill in fridge for 30 minutes
10. Heat the oil in large pan and fry cakes over medium heat until
11. Turn to make sure they are golden brown on both sides
12. Stand the cakes on kitchen paper to remove excess fat
13. Serve with salad or vegetables

