

Fin-tastic Curry Cakes *(Makes about 30)*

250g. fresh salmon-skinned pin boned and diced
 250g. natural smoked haddock-skinned, pin boned and diced
 100g. fresh cod-skinned pin boned and diced
 2k. Maris piper potatoes-cooked and mashed
 1 x tablespoon mild curry powder
 1 x lime (zest&juice)
 1 x onion – finely diced
 2 x sticks fresh celery –washed and diced finely
 2 x medium carrots – peeled and diced finely
 1 x bunch fresh dill – chopped
 1 x bunch fresh chives – chopped finely
 1 x bunch fresh flat leaf parsley – chopped
 200g. fresh breadcrumbs (ideally brown)
 Whole meal flour – to coat
 Rock salt & crushed black pepper
 Olive oil – to shallow fry

Minted mushy peas if liked

200g. baby peas
 100g. unsalted butter
 Tablespoon fresh mint
 Tablespoon mint sauce

To decorate

Lime wedges
 1 x bunch rocket leaves
 Splash of olive oil
 Raw beetroot julienne
 Rock salt & crushed black pepper

Method

Poach the diced fish in either fish stock or a little salted water leaving slightly undercooked (as the fish will continue to cook when removed from the liquid). Once just cooked strain the fish from the water and allow to cool completely. Boil the potatoes until they are really well cooked and strain. Once well strained add back to the dry pan and continue to cook to allow any further moisture to come out of the potatoes. Now bash the spuds and if necessary pass through a potato ricer. The potatoes will need no butter or milk.

Sauté the diced onions, celery and carrots in a splash of olive oil until they have softened a little then add the curry powder , lime juice & lime zest and cook out for a further minute or so then allow to cool.

Now add the cooled vegetables to the cooled smooth mash potato add the chopped herbs and mix well together.

Finally, gently mix the fish into the potato and vegetable mixture and season as necessary with salt and pepper, roll into balls and shape into little fish cakes.

Dust the cakes with flour, and then dip into the eggs and finely into the whole meal breadcrumbs.

Fry in a little olive oil and finish in a hot oven for 3 minutes or so.

The peas are simply boiled in salted water, strained and blended with the fresh mint, mint sauce and butter. Extra seasoning can be added.

Nb. All types of fish work well with fishcakes including prawns, lobster and crab! Chillies can be added and the cakes also benefit from fresh tomato salsa or avocado guacamole.