

Fishcakes

Ingredients

- 1 large potato
- 1 medium fillet of skinless, boneless fish
- 250ml of milk
- Parsley & Dill to taste (if you choose)
- 1 egg
- Flour for dusting
- 2 slices of bread & 1 teaspoon of Turmeric
- Salt & Pepper to season (if you choose)
- Vegetable oil

Equipment

- Chopping board
- Sharp knife & vegetable peeler
- 2 saucepans (1 medium, 1 small)
- Colander
- Slotted spoon
- Table fork
- Measuring spoons
- Large mixing bowl and potato masher
- Wok or frying pan & fishslice
- Food Processor
- 3 dinner plates

Method

- Peel and cut the potato into chunks then place in a pan of water, bring to the boil and cook for 12-15 minutes until tender then drain and leave to steam-dry
- Meanwhile, season the fish fillet and poach it in milk until just cooked then remove it using a slotted spoon and break into large flakes and leave to cool
- Mash together the potato and the parsley & dill
- Lightly mix in the fish, taking care not to break it up too much
- Shape into 2 fishcakes
- Prepare some breadcrumbs using the food processor, adding 1 teaspoon of turmeric for colour
- Put some flour on a plate
- Using the table fork whisk the egg on a plate
- Put the breadcrumbs on a plate
- Coat each fishcakes with flour, then egg, then breadcrumbs
- Heat 2 tablespoons of vegetable oil in the wok (or frying pan) and fry the fishcakes over a medium-low heat for 3-4 minutes on each side until deep a golden brown colour and heated through

Note

Before cooking you should always:

- Tie back long hair
- Put on an apron
- Wash your hands
- Hve all your ingredients to hand
- Get out ALL the equipment you'll require

