



Posted on 17 September 2012
by ewfood

Fish Cakes

Ingredients

6oz. flaked steamed fish
2 potatoes, cooked and mashed
Juice of ½ a lemon
1 tsp. mixed herbs, or herbs of your choice
1 whole egg
1 egg beaten
Salt and pepper to taste
0.75oz. breadcrumbs
4fl oz. oil for frying

Preparation Time

10

min

Cooking Time

20

min

Preparation

- 1 Mix together the fish, potato, lemon juice, herbs, 1 egg and seasoning. Incorporate all the ingredients well and shape into small round cakes
- 2 Heat the oil in a pan
- 3 Dip each cake into the egg and then the breadcrumbs
- 4 Fry until golden
- 5 Drain on kitchen towel and serve

Cooks Note

Preparation time: 10 minutes; Cooking time: 20 minutes
