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by Jenny Hill

Fish Cakes

Ingredients

1lb. skinned and filleted Shaari Eshkheli
4.5 fl oz. milk
12 oz. Potatoes
½ tsp finely grated lemon zest
3 tsp. fresh flatleaf parsley
3tsp. snipped chives
2 bay leaves
1 egg, beaten
Multi-purpose flour, for shaping
Breadcrumbs
2 fl oz. vegetable oil
For the Tartare-style sauce
4 oz. mayonnaise
3 tsp. roughly chopped capers (rinsed and drained if salted)
1 tsp. creamed horseradish
1 tsp. Dijon mustard
1 small shallot, very finely chopped
1 tsp. flatleaf parsley, finely chopped

Preparation

- 1 Mix all the tartare sauce ingredients together first and set aside
- 2 Fry the fish and bay leaves and pour over the milk and 150ml/¼ pint water
- 3 Bring to a boil, then simmer for 4mins and over for 10 minutes
- 4 Peel and chop potatoes into even-sized chunks. Add a pinch of salt, boil and simmer for 10 minutes or until tender
- 5 Lift the fish out of the milk with a slotted spoon and allow cooling
- 6 Drain the potatoes. Tip them back into the hot pan on the low heat to dry out for 1 min, mashing them with a fork and stirring so they don't stick
- 7 Beat in 1 rounded tbsp of the tartare sauce, lemon zest, parsley and chives. Season well with salt and pepper
- 8 Season and flake the fish into big chunks into the pan of potatoes. Mix the fish and potatoes
- 9 Beat the egg. Spread the breadcrumbs on a flat plate. Divide the fish cake mixture into four
- 10 On a floured board, carefully shape into four cakes, about 2.5cm thick. Coat each patty in egg, then crumbs
- 11 Chill for 30 minutes (or up to a day ahead)
- 12 Fry the fish cakes over a medium heat for about 5 minutes on each side or until crisp and golden.
- 13 Thanks to Choose Wisely for this recipe

Cooks Note