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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