

Posted on 29 April 2014

by Liz Robb

Cod and Prawn Fishcakes with Tartare Sauce



Ingredients

400g peeled potatoes
Butter
300g cod fillets
150 ml of milk
Large bunch of spring onions
100g cooked and peeled prawns
Plain flour
1 large egg
2 thick slices of day old bread
Sunflower oil
Salt and freshly ground black pepper
Tartare sauce ingredients:
4-5 heaped tablespoons of mayonnaise
Capers
Gherkins
Fresh parsley
Fresh chives
1 lemon
To serve:
1 lemon
Watercress or crisp green salad

Preparation

1. 1. First make the tartare sauce. Chop finely the capers and gherkins
2. I used a tablespoon of capers and 3-4 medium sized gherkins, adjust the amounts to your own taste. Wash and chop the herbs, enough for 2- 3 heaped teaspoons each of chives and parsley. Place the mayonnaise in a bowl and mix in the capers and gherkins, then add the herbs. Stir in 1-2 tablespoons of lemon juice, just a little at a time until you think the balance is right. Place the sauce in the fridge to chill.
3. 2. Chop the potatoes into even sized chunks and place in cold salted water. Bring to the boil and cook for 15-20 minutes, until tender. Drain and steam dry in the pan covered with a clean tea towel for a few minutes
4. you don't want sloppy mashed potato for this dish. Mash them with just a little butter until smooth and fluffy but still quite dry.
5. 3. Meanwhile, make sure the cod fillets are skinless and free from bones. Heat the milk gently in a pan and simmer the fish in it for about 4 minutes, then turn off the heat and leave to stand to finish cooking for a further 10 minutes. When the fish is cooked, lift it out with a slotted spoon and break it gently into big flakes, putting it into a bowl but reserving the milk in the pan. Peel and chop the spring onions and put them in the milk

to warm.

6 4. In a large bowl, mix together the potato and cod. Drain and add the spring onion to the mixture. Chop and stir in the prawns, then a tablespoon of the tartare sauce to bind the mixture. Add a tablespoon of plain flour and mix in. Season to taste and, with lightly floured hands, form the mixture into 8 fishcakes of even shape and size.

7 5. Sieve some plain flour into a shallow dish. Beat an egg in another shallow bowl. Break the bread into pieces, whizz into fine breadcrumbs in a food processor and place into a third shallow bowl. Very carefully dust each fishcake with flour, dip into the beaten egg and place in the breadcrumbs, lifting up some of them to cover the top of the fishcake too. To avoid breaking the fishcakes, use a palette knife or fish slice to help you transfer them from bowl to bowl.

8 6. Heat the oil in a non-stick frying pan, hot enough to crisp but not too hot to burn the fishcakes. Fry each one for 4-5 minutes on each side, turning them carefully, until the outside is crisp and golden and the inside is cooked through.

9 Serve with lemon wedges, a little bowl of the chilled tartare sauce and a fresh green salad or some peppery watercress.

10 For a delicious starter to a meal, simply adjust the size of the fishcakes. For canapés, make tiny ones and serve with a small blob of tartare sauce on top of each one.

Cooks Note

Fishcakes, at the most basic level, are just a mixture of fish and potato bound together, a combination that works really well. Originally they were made just to use up left overs, but are really versatile; they can be used as a simple family meal with a crunchy green salad, or potato wedges and ketchup for children, or refined to make tiny tasty canapés or starters, including many different types of fish and served with a whole range of dips and sauces.

Whatever the fish used, I think that these savoury patties are so much more delicious than the shop bought varieties, with their soft, creamy texture and crispy outsides, and they are not at all difficult to make. It is also a good way of tempting children who are not too keen on whole pieces of fish to eat this nutritious food.
This recipe, using a combination of cod and prawns, produces a fairly mild and creamy fish flavour, complemented by the tang of the tartare sauce; if you want something with a stron