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# Baked Fishy Stars

## Ingredients

500g potatoes
A knob of butter
500g cod fillets
400ml semi-skimmed milk
1 small onion
2 bay leaves
A few black peppercorns
A handful of fresh parsley
Salt and freshly ground black pepper
2 thick slices of day old bread
2 large eggs
Plain flour
A little oil
*You also need a star shaped cutter

## Preparation

1. Peel the potatoes and chop into fairly small pieces. Cook in boiling water for 10-15 minutes, until just tender. Drain and leave to steam for a few minutes, then return to the pan and mash with a large knob of butter. Leave to cool.
2. Remove any remaining skin and bones from the cod. Place the fish in a wide bottomed saucepan and pour in just enough milk to cover the fish
3. I needed about 400ml. Chop the onion and add to the pan, together with 2 bay leaves and a few black peppercorns. Bring the milk to a simmer then cook for about 5 minutes, or until the fish is tender and flakes apart easily
4. this will depend on the thickness of the cod. Leave to cool for a few minutes then drain, reserving the cooking liquid just in case you need it. Discard the bay leaves and peppercorns and gently pull the fish into large flakes.
5. Finely chop the parsley and add it to the mashed potato in a large bowl, then season well with salt and black pepper. Beat one of the eggs, stir it in well and then carefully fold in the fish, trying not to break it up too much. Place in the fridge to chill for 15-20 minutes. [If the mixture is much too stiff you can add a little of the fish cooking liquid, but beware of making it too soft!]
6. Preheat the oven to 200 degrees or 180 degrees fan oven.
7. Break the bread into pieces and grind into fine breadcrumbs, then tip onto a large plate. [I used wholemeal bread, but white is fine too.] Sieve a few tablespoons of plain flour onto another plate and season with salt and pepper. Beat the remaining egg in a shallow bowl.
8. Take a handful of fishcake mixture in floured hands and form into a fairly thick flat cake, then cut out a star shape with a cutter
9. you could use your hands to form it if you don't have one. Coat the star in the flour on both sides, dip it into the egg and then place in the breadcrumbs, sprinkling them on the top too. Place the fishcake on a plate and repeat until all the mixture has been used.
10. Lightly oil a baking tray and place to heat in the oven for a minute or two. Place the fishcakes on the tray, spray with a little more oil and bake for about 20 minutes.

## Cooks Note

These fresh and tasty fishy stars are a fun way for your little ones to eat healthy fish, and need only a few simple ingredients.
I used cod in my fishcakes, but you can, of course, vary the fish you choose, maybe using

smoked haddock for a stronger flavour. You could use dill, tarragon or chives instead of parsley if you prefer, maybe add a little finely grated lemon zest, or add some finely chopped chilli if you like a little bit of heat!
Children might like their fishy stars served with baked beans or peas and a few potato wedges, but they also taste good with a green salad or fresh watercress and a spoonful of tartare sauce.
Makes about 10 fishcakes.