

Fish Cakes

Crispy on the outside but soft on the inside, these salmon fish cakes are a real treat. Prepare them ahead of time, keep them in the fridge, then cook them up when you're ready to eat. Serve with a simple green salad.

MAKES 8 FISH CAKES

PREPARATION: 45 MINUTES,

PLUS CHILLING

COOKING: 6-8 MINUTES

600g potatoes, peeled and cut into large chunks

Freshly ground black pepper

450g salmon fillets

milk, to cover fish

1 bay leaf

1 lemon, 1 strip of zest and wedges for garnish

3 tbsp fresh chopped parsley

4 scallions, chopped

200g day-old white bread, crusts removed

4 tbsp all-purpose flour, plus extra for dusting

1 large egg, beaten

2 tbsp olive oil

1 Cook the potatoes in boiling salted water for 20 minutes, or until tender when pierced with a knife. Drain in a colander, then put back into the pan.

2 Meanwhile, place the salmon in a small pan with enough milk to cover. Add the bay leaf and strip of lemon zest, place the pan over medium heat, and let the milk come slowly to the boil. Cook for 1 minute, then cover with a lid and turn off the heat. Set aside to cool. The fish should now be opaque pink.

3 Mash the potatoes with a masher or fork, adding 2 tbsp of the milk in which the fish was poached. Lift the fish out of the milk, remove any skin and bones, and flake into a large bowl.

4 Add the mashed potatoes, parsley, scallions, and plenty of freshly ground pepper. Finely grate over the remaining lemon zest and mix everything together well.

5 Divide the mixture into 8 and shape each one into a $\frac{3}{4}$ in (2cm) thick cake using a little flour to stop it from sticking to your hands. Place on a plate and put them in the fridge to get firm for 30 minutes.

6 Put the bread into a blender or food processor and pulse until it forms crumbs, then tip on to a plate. Put the egg on to another plate and the flour onto another.

7 Coat all of the cakes in the flour, then the egg, and then the crumbs. Keep in the refrigerator until ready to cook.

8 Heat the olive oil in a large frying pan. Add the fish cakes and cook for 3-4 minutes on each side until golden. If you can't fit them all in the pan together, keep the first batch hot in the oven while cooking the rest. Serve with the lemon wedges to squeeze over and a green salad.

Instead of fresh salmon, you can use the same quantity of smoked salmon, or canned salmon or tuna.

