

## Fish Cakes

*46 small / 24 large portions*

### **Ingredients**

Mixed fish (Salmon, White Fish, Smoked Fish (Haddock/Cod))

2 pints double cream

1 large chopped onion

3 garlic cloves

3oz grated root ginger

2 tbsp red Thai curry paste

1 tin coconut milk

Chopped parsley

Chopped Coriander

White wine

Potato powder

Olive oil



### **Method**

- 1) Put a dash of olive oil in a thick bottomed pan, followed by the onions, garlic, ginger and the red Thai paste. Cook until the onions are clear and soft. Pour in the white wine (enough to cover the onions) and reduce for a few minutes continuously stirring so that the onions don't go brown.
- 2) Place all the fish into the pan of onion mixture, pour the cream over the fish (enough to cover the fish, plus a little more).
- 3) Bring to the boil, and then simmer until the fish has cooked.
- 4) Add the coconut milk, parsley and coriander. Start to sprinkle in the potato powder until the mix starts to thicken (do not beat as the fish will break up), keep adding the potato powder a little bit at a time until the mixture becomes firm but not dry.
- 5) Let the mix cool (so that you can handle with ease), roll into a fishcake shape.
- 6) Roll the fishcake in flour, egg wash and breadcrumbs.
- 7) Either deep fry the fishcake until golden brown or shallow fry one side at a time. Place in a hot oven for 5 minutes until the fishcake is hot throughout, or you can put it in the microwave for 30 seconds (careful not to overcook).

The fishcakes can also be frozen. If freezing put them in the freezer before the fishcakes have been bread crumbed. Alternatively the fishcakes will remain fresh in the fridge for up to 3 days.

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