

Fish Cakes

Ingredients

fish cakes
2 salmon fillets
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3 cloves garlic
1 onion
1/2 bunch parsley
1/2 bunch cilantro
1tsp smoked paprika
1 tsp mustard
1 large starchy potato (russet)
1 egg
1/4 - 1/2 cup all purpose flour
1/2 cup - 1cup breadcrumbs (depending on how crispy you like your cakes)

Method

1. Defrost salmon fillets
 2. Bring a medium pot of water to boil
 3. Peel and roughly chop one large potato (~1 inch cubes)
 4. Place potato in boiling water for 10 mins
 5. While potatoes are boiling, finely chop onions, cilantro, parsley, garlic (or use food processor)
 6. Next, take a colander and drizzle some olive oil inside, place the defrosted fish in the colander. Cover and steam the fish for 7-10 mins over top of the boiling potatoes
 7. At 7 minutes check your fish to see if it 'flakes' when you cut it, if it does not flake, continue to steam for 2 more minutes
 8. If the fish does flake apart at 7 minutes, remove fish and set aside
 9. Strain the potatoes
 10. Mash the potatoes (let cool)
 11. Flake the fish into small pieces (let cool)
 12. Combine fish, potato, herbs onion, flour, spices in one bowl
 13. Shape into patties, (Optional: refrigerate for 30 mins - this will help with binding the fish cakes, but not necessary if you're cooking in a rush)
- (*note, next few steps happen quickly, so have a sous chef around to help!)
14. Crack and mix the egg in a small bowl, pour your breadcrumbs into another shallow bowl
 15. Take a non-stick frying pan on a medium heat and add a little oil
 16. Take one fish cake and dip into the egg, then into the breadcrumbs (on both sides), then place on heated pan, cooked for 2-3 minutes on each side (or until golden - dark brown)
 17. Enjoy with a side of mayonnaise, or greek yogurt mixed with lemon juice and zest!

Utensils :

Measuring cups and spoons
1 medium pot and colander
Potato masher or large fork
1 big bowl
2 small bowls
Chopping board
Knife

Potato peeler
Spatula
Frying pan