

Fish Cakes

Prep: 30mins

Cook: 30mins

Serves: 4

Ingredients:

- 450g cod or haddock fillet (skinned)
- 2 bay leaves
- 150ml milk
- 350g Maris Piper potatoes
- ½ tsp finely grated lemon zest
- 1 tbsp flatleaf parsley, chopped
- 1 tbsp snipped chives
- 1 egg, beaten
- flour, for shaping
- Tartare sauce
- 85g fresh white breadcrumbs, preferably a day or two old
- 3-4 tbsp vegetable or sunflower oil, for shallow frying
- Lemon wedges to serve

Fish Cakes

Method:

1. Lay 450g skinned Icelandic cod or haddock fillet and 2 bay leaves in a frying pan. Pour over 150ml milk and 150ml water.
2. Cover, bring to a boil, then lower the heat and simmer for 4 mins. Take off the heat and let stand, covered, for 10 mins to gently finish cooking the fish.
3. Meanwhile, peel and chop 350g Maris Piper potatoes into even-sized chunks. Put them in a saucepan and just cover with boiling water. Add a pinch of salt, bring back to the boil and simmer for 10 mins or until tender, but not broken up.
4. Lift the fish out of the milk with a slotted spoon and put on a plate to cool. Drain the potatoes in a colander and leave for a min or two.
5. Tip the potatoes back into the hot pan on the lowest heat you can and let them dry out for 1 min, mashing them with a fork and stirring so they don't stick. You should have a light, dry fluffy mash.
6. Take off the heat and beat in 1 rounded tbsp of the tartare sauce, then ½ tsp lemon zest, 1 tbsp chopped flatleaf parsley and 1 tbsp snipped chives.
7. Season well with salt and pepper. The potato should have a good flavour, so taste and adjust to suit.
8. Drain off liquid from the fish, then flake it into big chunks into the pan of potatoes.
9. Using your hands, gently lift the fish and potatoes together so they just mix. You'll only need a couple of turns, or the fish will break up too much. Put to one side and cool.
10. Prepare 3 bowls 1 containing the beaten egg, 1 containing the flour and one containing the breadcrumbs. Divide the fish cake mixture into four.
11. On a floured board, and with floured hands, carefully shape into four cakes, about 2.5cm thick. One by one, coat each cake flour, then the egg, and then the breadcrumbs.
12. Transfer to a plate, cover and chill for 30 mins (or up to a day ahead).
13. Heat 3-4 tbsp vegetable or sunflower oil in a large frying pan. To test when ready, drop a piece of the dry breadcrumbs in - if it sizzles and quickly turns golden brown, it is ready to use.
14. Fry the fish cakes over a medium heat for about 5 mins on each side or until crisp and golden. Serve with the rest of the sauce (squeeze in a little lemon to taste), and lemon wedges for squeezing over.