

British Fish Cakes (not Thai ...)



This recipe is from Matthew Evans' new book *The Gourmet Farmer goes fishing – the fish to eat and how to cook it*. He writes with keen fishermen and chefs Nick Haddow and Ross O'Meara and, by and large, you can go fishing anywhere in Australia in salt water or fresh, take your catch home and look up a recipe for that fish, crustacean or mussel and cook up a nice but unpretentious meal.

Ingredients: (fish cakes for four)

- 400 g fish fillets - I used flathead tail fillets
- 400 ml milk
- 1 bay leaf
- 400 g potatoes, such as king edward, peeled and chopped
- 1 egg, beaten
- 4 spring onions, sliced
- 1 tablespoon chopped dill
- 1 tablespoon chopped flat leaf parsley
- 100 g breadcrumbs
- Vegetable oil for frying
- Lemon wedges to serve

Method

Place the fish in a large saucepan of milk and add the bay leaf and season with salt and ground pepper. Bring the milk to a simmer but don't boil it. After ten minutes check whether the fish will flake easily. If it does, take out the fish and remove any bones or skin and allow it to cool.

Boil the chopped potatoes until a tooth pick will go into the potatoes easily then mash them, adding a little of the milk left in the saucepan. Don't add too much as you don't want a wet consistency but rather something to form into a firm patty (think mixing mortar to lay bricks ...). Add the fish which you have flaked into 1 cm chunks, egg, spring onions, dill and parsley and mix it all by folding together. Adjust the flavour with pepper or some chilli powder or chilli flakes then fashion into patties 5 or 6 cm in diameter. Too large and they will not cook evenly. Roll the fish patties in bread crumbs then put the uncooked fish cakes into the fridge for at least an hour for the flavour to develop.

Heat the vegetable oil in a frying pan and cook the fish cakes for about five minutes on each side or until the bread crumbs turn brown. Don't overcrowd the pan or it will cool down and the fishcakes will be soggy and oily. Keep the pan hot and cook in batches if necessary.

Serve with salad or chips or Clyde River oysters and ENJOY !!!