

Fish Cake

Ingredients

4 Portions

200g Fish (1 x Tin of Tuna)
2 Spring Onions, finely chopped
50ml Milk
225g Potatoes, peeled, large ones cut in half
40g Sweetcorn, fresh, tinned or defrosted from frozen
Handful of grated Cheddar Cheese
1 large Egg, beaten
Flour, for dusting
Pinch of Salt and Pepper, for seasoning

Method

1. Preheat oven to 180° C, 355° F, Gas mark 4. Cook the potatoes in boiling water until soft. Drain well and return to the pan on a low heat. Heat for another minute or two to evaporate excess liquid. Mash the potato. Allow to cool and put in a fridge or freezer to cool while you are making the fish mixture. This will make the patties easier to mould
2. If you are using flaked white fish mix it together with 50ml of milk and the spring onions and cook in the microwave for 1-2 minutes or on the hob until white through
3. Drain the fish and spring onions through a fine sieve. Gently mix through the potatoes, avoiding breaking up the fish too much, along with the Sweetcorn, cheddar and a generous grind of black pepper
4. (This is the fun bit!) Split into 6 - 8 cakes and roll in between your hands to make ball shapes (this will be the shape of your fish cake). The cooler the mash potato is when you do this; the easier it will be to form the patties as the mixture will be very soft when warm
4. Pour the egg on one plate and scatter flour on the other. Dip the cakes in the egg and then the flour and arrange on a greased baking tray. If there's time, put in fridge or freezer to harden slightly
5. Arrange the fish cakes on the tray so they are not touching. Bake for 10-15 minutes or until golden brown. Take them out of the oven and turn over. Bake for a further 10 minutes.