

Fish Cakes

Ingredients

350g potatoes
200g fish fillet or tinned fish
25g butter
1 egg
Small bunch parsley
200g stale breadcrumbs
4tbsp oil

You will also need:
Dish to take it home

Equipment

Large saucepan
Plate x 2
Sharp knife
Colander
Mixing bowl
Potato masher
Grater
Frying pan

Method

1. Peel potatoes and cut into small, even sized pieces. Place in a large pan and simmer for 20 minutes until potatoes are soft. Put fish onto plate, remove any bones and chop fish

2. Wash parsley, remove stalks and chop leaves finely. When potatoes are soft drain in colander put in mixing bowl. Mash with masher until smooth. Add butter, salt, pepper, fish and parsley.

3. Mix all ingredients together. Put potato mixture onto floured surface and form sausage shape. Cut sausage shape into 8 even sized pieces. Crack the egg onto a plate and beat with fork.

4. Put breadcrumbs onto a piece of greaseproof paper, dip each fishcake into egg mixture and then onto breadcrumbs. Coat both sides evenly.

5. Grease a baking tray and bake in oven 200/Gas 6 for 15-20 minutes until golden brown.