

Salmon Fishcakes

You will need

450g white all-purpose potatoes cut into quarters
450g fresh salmon fillet, boned
500ml full-fat milk, for poaching
Large handful flat leaf parsley, finely chopped
50g plain flour
2 free range eggs, beaten
100g fine fresh breadcrumbs
Oil, for greasing

Good things to add to your fishcakes

1-2 teaspoons pesto or tomato ketchup
Chopped herbs such as fresh basil or coriander
Chopped olives or capers
Different fish- try using smoked salmon, ling, smoked haddock, smoked mackerel or chopped prawns.

1. Put the potatoes into a pan, cover with water and bring up to the boil. Reduce the heat and simmer for about 10 minutes, until tender. Drain in a colander, then return to pan and mash until smooth. Set aside.
2. Put your fish into a shallow saucepan and cover the fish with the milk. You can add a few fresh bay leaves, a couple slices of lemon, a few black pepper corns and a few slices of onion.
3. Put the pan over a medium heat bring up to a gentle simmer, as soon as the liquid bubbles turn the heat down. It is important that you don't overcook the fish. Cooking will take 6-8 minutes. Remove from heat and lift the fish out of the pan and put on a plate to cool.
4. Flake the cooled fish into big pieces using your fingers, removing from skin, check for any bones.
5. Put the mashed potato in a mixing bowl. Add the flaked fish, parsley and season with salt and pepper. Mix everything together well. Check seasoning.
6. Preheat the oven to 200oC/ fan 180oC/ gas 6. Shape the fish cake mix into 8 equal sized pieces/discs. Turn the fish cakes in the flour to coat, then dip into the beaten eggs, then the breadcrumbs.
7. Place the fishcakes on a greased baking sheet and bake for 12-16 minute, turning halfway, until light golden brown.

Serve with homemade tartar sauce or chilli jam, thick slices of wholemeal bread and fresh mixed salad leaves.

To make your tartar sauce

A small amount of chopped herbs, fresh tarragon, chives & flat parsley to mix with 4tbsp of mayonnaise, 3 tbsp natural yogurt, ½ tsp Dijon mustard, 4 cocktail gherkins finely chopped, 1 tbsp chopped capers and a pinch of salt.