

## HOMEMADE FISHCAKES



MINUTES TO PREPARE  
30



MINUTES TO COOK  
30



SERVES  
4

### INGREDIENTS

For the fishcakes:

**200g Coley or Pollock, Cod or Salmon**

**200g Smoked Haddock**

**400g potatoes**, peeled and cut into chunks for mashing

**1 large knob butter**

**200g Chard or Spinach**, washed and thinly sliced

**1 spring onion**, washed, tailed and thinly sliced

**1 celery stalk**, washed, tailed and cut into a small dice

**Small bunch of chives**, finely sliced

**200g gluten-free oats**

**Large handful of mixed nuts**

**Small handful of pumpkin seeds**

**Sprinkle of sumac**

**Salt and pepper**

**2 eggs**, whisked with a fork

**150g buckwheat flour** for dusting

**2 tablespoon rapeseed oil** for frying

For the caper sauce:

**1 tablespoon mayonnaise**

(I use light as I love mayonnaise!)

**2 tablespoon Greek yoghurt**

**1 small clove of garlic**

**Juice of 1 lemon**

**1 small handful capers**, rinsed and finely chopped

**Small handful basil leaves**

**Salt and pepper**

### LET'S GET COOKING

- 1 Preheat the oven to 180/350/gas 4 and line a large baking tray with non-stick paper.
- 2 Put the peeled potatoes in a pan of water and bring to the boil and cook until soft enough to mash. Usually around 20 minutes but it will depend on what type of potato variety you are using. While the potatoes are cooking, place the sliced chard, diced celery and sliced spring onions in a sieve and put it on top of the saucepan to steam the vegetables. Cover with a lid and steam for 5 minutes. You might have to turn the potato water down while you are doing this so that it doesn't boil over. After 5 minutes, remove the vegetable and 'refresh' under cold running water until cool to touch. This keeps the vegetables bright green and fresh, otherwise they can go a duller colour whilst cooling.
- 3 When the potatoes are soft enough to mash, drain them, add the butter and season well with salt and pepper. Mash and leave to cool.
- 4 Meanwhile, make the crust. In a food processor, blitz together the oats, nuts and seeds until they form a fine flour. Add the sumac and some salt and pepper. Lay out 3 bowls on your kitchen work surface. In the first one, put the buckwheat. In the second one mix the egg. In the third one put the oat flour mix.
- 5 When the potatoes are cool, chop the fish into 2cm chunks and add to the mashed potato. Then add the green vegetables and chopped chives. Mix into patties and place them one by one into the flour, then the egg and finally dust with the oat crust. Heat the oil in a frying pan until hot but not burning and fry the patties on both sides until golden. I usually start a bit of a production line going – making patties and frying them off, but you can also flour them all at once and fry them all off together – whatever works best for you. Place the golden patties on the baking tray and cook in the oven for 20 minutes.
- 6 While they are cooking, make the sauce. Put all the ingredients together in a bowl and mix. Taste and adjust the lemon or seasoning to your liking. Serve with something light and green i.e. a mixed leaf salad.