

ASIAN FLAVOURED FISH CAKES



For the fish cakes

225g salmon or trout fillet
2 tsp coarse sea salt
3 tblsp finely chopped fresh ginger root- you can use what you buy in a jar
2 tsp salt or to taste
3 tblsp Dijon mustard
3 tblsp fresh coriander finely chopped – you can use what you buy in a jar
2 tblsp finely chopped garlic (about 6 cloves) – you can use what you buy in a jar
2 tblsp fresh ginger juice squeezed from fresh root (chopped and squeezed by hand or pureed)
2 tsp freshly ground five-pepper mixture (black, white, pink & green peppercorns and allspice berries) or black pepper
4 tblsp finely chopped spring onions (about 5) - I minced this in a food processor
3 tblsp finely chopped shallots (about 4) - I minced this in a food processor
100g fresh breadcrumbs - put some fresh bread in a food processor and mince finely
3 tblsp extra virgin olive oil

For the coating

175g dried breadcrumbs
50g flour plus extra
2 eggs beaten
300ml vegetable oil

Method

1. Cook the trout fillet. Leave to cool.
3. When cool mash the fish in a bowl, removing any bones. Add the ginger, shallots, spring onions, salt, pepper, coriander and garlic. Drizzle in the olive oil, add the mustard and the fresh breadcrumbs and mix well.
4. Divide into 6-8 portions and on a floured surface shape into patties. Coat these with flour, egg and breadcrumbs.
5. Use the vegetable oil to fry.