

Fish Cakes: Gut / Fillet Fish



Ingredients:

360g Potatoes

200g Fish of your Choice: Whole Fish or a Fillet

25g Butter

4 - 6 Slices of Bread

1 or 2 Eggs

Small Bunch of Parsley or Dried Parsley: School will Provide Dried

Salt and Pepper to Season: School will Provide

Flour: School will Provide

You will need a container to take your fish cakes home in.

Method: Lesson 1

1. Weigh and measure out all ingredients accurately.
2. Half fill two saucepans (one large and one small) with warm water, place on the back of the hob and bring to the boil.
3. Peel the potatoes and cut into even sized pieces. Place the potato pieces in a small bowl.
4. Bring the large saucepan to the front of the hob and carefully transfer the potatoes into the saucepan of boiling water, place back on the heat at the back of the hob and simmer for approximately 20 minutes until the potatoes are soft.
5. If you have a whole fish, you will need to gut and fillet the fish. You can either remove the skin with a knife or poach it. Remember to use a blue chopping board when preparing the fish. If you want to poach the fish, bring the small saucepan of boiling water to the front of the hob; place your fillet of fish into the water. Place the saucepan back on the heat at the back of the hob, turn the heat down until the water is simmering and poach for 4 minutes. Remove the fish from the saucepan using a slotted spoon and flake into pieces.
6. To prepare the breadcrumbs, place the slices of bread in a food processor and blitz until you have even sized breadcrumbs. Place these in a bag / container ready to use in the next lesson.
7. If using fresh parsley, wash under cold water, remove stalks and chop leaves finely using a sharp knife on a chopping board.
8. When the potatoes are soft, drain in the colander over the sink.
9. Put potatoes back into the saucepan, place on a pan stand and mash with a masher until soft.
10. Add butter, salt, pepper, fish and parsley and mix with a white plastic spoon.



Method: Lesson 2

1. Scatter the breadcrumbs onto a white plastic tray.
2. Onto another piece of greaseproof paper, sprinkle some flour.
3. Put potato mixture onto the floured piece of greaseproof paper and use your hands to form the mixture into 4 to 6 even sized balls. You may have to put some flour on your hands to stop it sticking.
4. Shape each ball into an even round fishcake shape. You could use a pastry cutter to help you ensure consistency (quality control).
5. Crack the egg(s) onto a plate and beat with a fork.
6. Dip each fishcake into the flour and then into the egg mixture. You can use a pastry brush to ensure each side is covered in egg.
7. Then carefully use a fish slice to lift the fishcake from the plate and place it into the breadcrumbs, coat both sides evenly.
8. When you get home the fishcakes can then be fried or oven baked. If oven baked, put the fishcakes onto a greased baking tray and bake in the oven for 15 to 20 minutes at 200°C or Gas Mark 6. If fried, heat the oil in a frying pan and cook fishcakes on both sides for approximately 2 minutes per side until golden brown. Ensure the fishcakes are piping hot and have a core temperature of at least 75°C before eating.

