

Lightly spiced fish cakes



Serves: 6

Preparation time: 45 minutes, plus refrigeration time

Cooking time: approximately 25 minutes

- 600g hake or white fish
- 1 lemon, sliced
- 6 peppercorns
- 300g smoked snoek or other smoked fish
- 125ml cooked diced potato
- 1 medium-sized onion, very finely chopped
- 125ml grated peeled carrots
- 15ml freshly grated ginger
- 300ml dried breadcrumbs
- 50ml chopped fresh coriander (optional)
- 15ml curry powder
- 125ml mayonnaise
- 1 large egg, lightly beaten
- 15ml Dijon or mild mustard
- 15ml sunflower oil
- 15ml butter

1 Place the hake into a saucepan and cover with water. Add the lemon slices and peppercorns and bring to the boil. Reduce heat and simmer for about 5 minutes until fish is cooked through and easily flakes apart. Remove the fish with a

slotted spoon and set aside to cool.

2 Remove the skin and bones from the smoked fish and flake the fish. Add the potatoes, onion, carrots, ginger, a quarter of the breadcrumbs and the coriander, if using. Flake the cooked hake and add to the mixture.

3 In a separate bowl, mix the curry powder, mayonnaise, egg and the mustard together. Stir gently into the fish mixture. Divide mixture into 10 to 12 patties.

4 Spread the remaining breadcrumbs onto a flat plate and press the patties into the crumbs. Refrigerate for at least an hour.

5 Heat half the butter and half the oil over a medium heat. Once the pan is hot, add half of the fish cakes and fry for 3 to 4 minutes on each side until golden. Remove from the pan and drain on paper towels. Then fry the rest of the patties in the remaining oil and butter. Serve the fish cakes hot or cold with lemon wedges, a carrot and watercress salad and fresh rolls.