



There?s a tale here?. I went to the supermarket for kitchen roll a couple of days ago. I always scout out the various known discount areas and on this occasion the fresh Fish counter paid dividends. Pouting fillets at 73p a pack. I nobbled a couple of packs and trundled home. After a bit of Googling and discovering that they are a member of the Cod family I scuttled back and collected the remaining packs. Some are in the freezer for a rainy day, some went into these rather spectacular (Modest there?!) Fishcakes.

This is probably a recipe for amusement only, I can?t see anybody else being bothered to replicate it. But we thoughts we?d go the whole hog and have Fishcakes, Chips and Mushy Peas. Just like you?d get from a chippy wrapped in newspaper 30+ years ago, but pimped up a bit!

Ingredients:-

Potatoes, peeled, boiled and mashed

Pouting fillets

Milk, to poach the Fish

2 Eggs, beaten

Spring Onions, chopped

Capers

Cuttlefish Paste

Lemon Juice

A couple of Anchovies, mushed

Breadcrumbs, Gluten free Bread wuzzed up for us

Salt & Pepper

Oil to fry

Method:-

- (1) Boil and mash the Potatoes and set aside to cool slightly.
- (2) Poach the Fish in the Milk, remove and allow to cool sufficiently to handle.
- (3) Tease the flakes away from the skin and remove any small bones.
- (4) In a bowl mix all the ingredients excluding the Egg and Breadcrumbs.
- (5) Form the mixture into Fishcakes.
- (6) Press each one into Breadcrumbs so that there are coated on all sides.
- (7) Dunk in the Egg Wash and then repeat the Breadcrumb coating.
- (8) Place in the fridge on kitchen paper for an hour to set slightly.
- (9) Heat Oil in a frying pan and fry on both sides until golden brown.

Pouting is our new friend. However even though I flaked the fish after poaching by hand, some small bones still made it past me. Maybe more to do with the Fishmongers skills than the species of fish?..