



MALETINE

Smoked Trout fishcakes

servings 4

total time 45 min

600g of mashed potato (no butter or milk added)

200g smoked trout

a bunch of parsley roughly chopped

a bunch of spring onions finely chopped

some lemon zest (1 lemon)

salt and pepper

1 egg for the mixture

1 egg for the coating process beaten in a shallow bowl

1 packet of breadcrumbs, 'panko'

flavor with horseradish or tarragon

Cut and peel the potatoes and boil in salted water.

As the potatoes boil, line the baking tray with aluminum foil or baking paper. Brush with oil.

Beat the one egg in a shallow bowl. Cover a plate with a thick layer of breadcrumbs.

Cook the potatoes until they are nice and soft and "mash-able". Drain them and mash/crush with a fork. They do not need to be a perfect puree- a little potato texture is nice here. Don't

be tempted to blend or blitz or else you will end up with potato glue - handy for wallpapering but not what we want here. The potato mash should cool down quickly - I speed things up by running cold water over them as I drain them in a colander. The mix should be cool when you add the fish.

Flake the fish, keeping an eye out for bones. Do this with your fingers because then you are more likely to feel any errant bones. Mix in the parsley, lemon zest, salt, pepper and one egg.

Scoop into little patties and mold with your hands.

With a fork and spoon dip into the beaten egg mixture and drop carefully onto the breadcrumbs. Roll around (the fishcakes not you) until coated and place on the baking tray.

Bake for 30 mins at 180°C. You may need to turn them over once to achieve an even golden color on both sides.