

FISH CAKES

Gluten Free Dairy Free Low Chemical
Makes 10-12 large patties

Ingredients:

3 large white potatoes
500g fresh ling fish (or other white fish)
½ cup chopped fresh parsley
2 shallots
3 eggs
½ cup plain gluten free flour
3 cups of gluten free bread crumbs or rice crumbs
Salt to taste
Rice bran oil to shallow fry



Method:

Preheat the oven to 180°C

- Cut the ling into 3cm squares and place on a sheet of baking paper on an oven tray. Bake for 20 minutes in the oven and remove and allow the fish to cool slightly
- Peel the potatoes and cut into chunks and steam or boil until soft.
 - (steaming will preserve more nutrients. Large chunks of potato will preserve more nutrients. If you are short on time, cut the potato into smaller pieces to cook faster)
- While both these are cooking prepare the other ingredients
- Chop the parsley and the shallot up finely
- Reserve one egg for the potato and fish mixture
- Break the other 2 into a shallow bowl and beat to combine
- Place the flour and breadcrumbs into separate shallow bowls
- Place the cooked ling on a plate and with a fork gently separate or flake the fish apart
- Place the cooked potato into a large bowl and mash. Cool for 5 minutes
- Take the reserved egg and beat it in a cup to combine. Add this to the potato and mash together
- Add the flaked ling, shallot, parsley and salt to taste
- Form the mixture into 10-12 patties
- Coat each patty in flour, then egg and finally the breadcrumbs
- Heat the oil in a large frying pan over a medium heat and cook the patties in batches for roughly 2 minutes each side or until golden brown
- Take from the pan and place on a plate with paper towel to drain the oil.

Serve immediately with salad or vegetables, or use in wraps and sandwiches or as snacks between meals