

SERVES

6-8

Salmon, Chilli and Lime Fish Cakes

The fish cakes are oven baked with no additional butter other than a generous greasing of the oven tray. They freeze well before cooking and can be eaten for breakfast, lunch or supper! You can fry the fish cakes in a little oil and butter if preferred.

500g (1 lb 2 oz)
potatoes, Desirée
or King Edwards,
peeled weight
salt and freshly ground
black pepper
500g (1 lb 2 oz) fresh
skinless salmon fillets
a knob of butter
2 tablespoons full-fat
mayonnaise
2 tablespoons chopped
fresh coriander
finely grated zest and
juice of ½ a large lime
1 red chilli, deseeded
and finely diced
75g (3 oz) panko
breadcrumbs

1 Cut the potatoes into even sizes and boil in salted water on the Boiling Plate for 5 minutes. Drain, cover and transfer to the Simmering Oven until tender, about 40 minutes. Drain any excess water created, and mash with the buttery juices from the fish when it is cooked.

2 Season the fish with salt and pepper. Cut the fillets in half if they are large. Wrap the fish in a foil parcel with a good 30g (1¼ oz) butter. Bake on the grid shelf on the floor of the Roasting Oven for 10–12 minutes or until the fish is opaque and flakes in the centre when tested with a fork.

3 Flake the fish into a bowl with the mashed potatoes, discarding any bones. Add the rest of the ingredients, apart from the breadcrumbs. Taste and season well with salt and pepper. Allow the mixture to cool, then put into the fridge until firm enough to shape.

4 Divide the mixture into twelve even-sized fish cakes and roll in breadcrumbs. Cover and chill if time allows.

5 Preheat a baking sheet covered with a piece of baking parchment on the floor of the Roasting Oven. Generously butter the hot paper using kitchen paper. Bake the fish cakes in the Roasting Oven for 4 minutes, turn over and bake for a further 4 minutes until golden brown and piping hot. (If you don't preheat the baking sheet the fish cakes are apt to spread.) Alternatively, fry on the Boiling Plate in some butter.

PREPARE AHEAD

Prepare the fish cakes up to 2 days ahead to the end of step 4. They also freeze well for up to 2 months.

CONVENTIONAL OVEN

Bake the parcel of fish in an oven preheated to 200°C/Fan 180°C/Gas 6 for 12–15 minutes until the fish is opaque and flakes easily. Make and shape the fish cakes as above. Preheat a heavy baking sheet in the oven. Lightly grease with butter and put the fish cakes in a single layer, brush with melted butter, then cook at 220°C/Fan 200°C/Gas 7 for 20 minutes until crisp, golden and hot through.

VARIATIONS

Using the ingredients below, follow the recipe opposite.

SALMON AND FRESH HERB FISH CAKES

550g (1¼ lb) potatoes, Desirée or King Edwards, peeled weight
salt and freshly ground black pepper
450g (1 lb) fresh skinless salmon fillets
about 50g (2 oz) butter
2 good tablespoons light mayonnaise
3 heaped tablespoons chopped fresh parsley
1 heaped tablespoon chopped fresh dill
2 drops Tabasco sauce
75g (3 oz) panko breadcrumbs

SMOKED HADDOCK NEW YORK FISH CAKES

500g (1 lb 2 oz) potatoes, Desirée or King Edwards, peeled weight
salt and freshly ground black pepper
500g (1 lb 2 oz) undyed smoked haddock fillet
2 tablespoons full-fat mayonnaise
100g (4 oz) small gherkins, finely chopped
1 tablespoon capers, chopped
1 teaspoon Dijon mustard
2 tablespoons chopped fresh parsley
75g (3 oz) panko breadcrumbs