

LIFE'S KITCHEN

A LOVE OF FOOD &
A SENSE OF OCCASION

RECIPE OF THE MONTH - JULY 2018

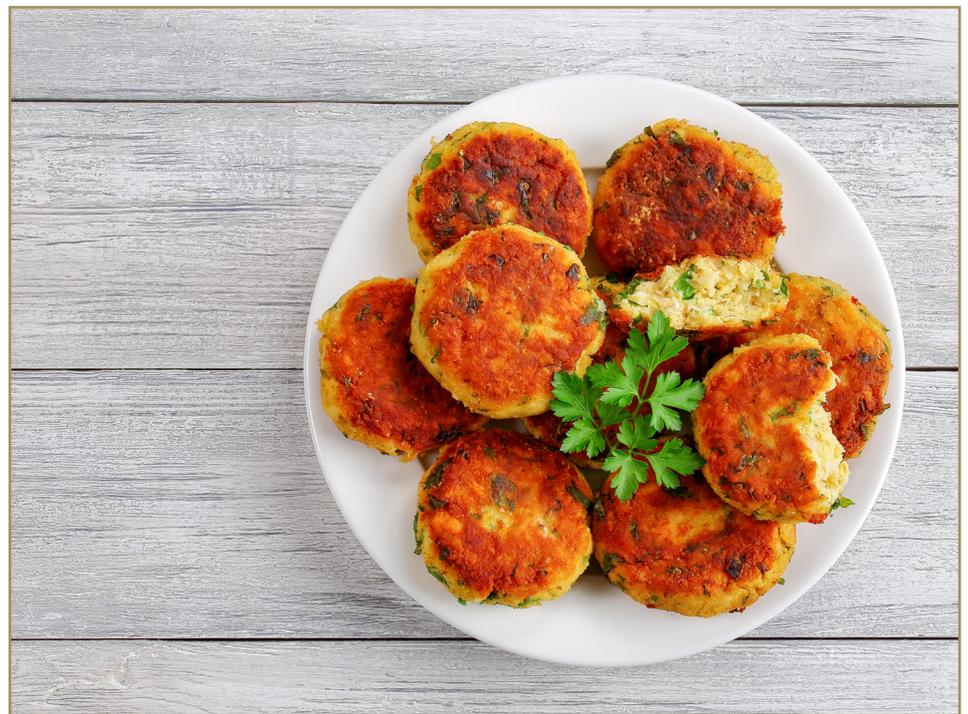
CRISPY COD, CRAB AND CHILLI CAKES WITH LIME CRÈME FRAICHE

Serves 4

Work great as a starter (only serve one per portion) or a light lunch

INGREDIENTS

100g stale wholemeal bread
300g cooked Cod Fillet
200g fresh white Crab meat
300g cooked potatoes, (mashed without milk and butter)
Small bunch Coriander (chopped)
1 x Lemon (Juice & zest)
1 x Red Chilli (chopped)
2 eggs, beaten
100g Plain Flour
3-4 tbsp vegetable oil or olive oil
Freshly ground salt and black pepper
Crème Fraiche
1 x Lime (Juice & Zest)
Mixed Salad Leaves



METHOD

Preheat the oven to 160°C. Cut the bread into small squares and place on a baking tray. Put in the oven for 15 minutes until dried out. Tip into a food processor and whiz to make bread crumbs.

Bring a pot of water to the boil with the lemon juice and some seasoning, Reduce to simmering, and then Poach the Salmon for 12 minutes until cooked.

Roughly mix the Cod and Crab with the potato, so it still has coarse textured flakes and is not a homogenous purée. Mix in the coriander, Chilli, Lemon juice and zest, season with salt and freshly ground black pepper.

Shape the mixture into eight even flat cakes, about 2cm thick. Place them on a large plate and cover with cling film. Leave in the fridge for an hour or two to firm up, or longer if convenient.

Tip the beaten eggs onto a large flat plate, and spread the dried breadcrumbs on another, and flour onto another, Dip the fishcakes first into the flour, turning to coat both sides, then into the egg mix coating all of the cake, then finally in the breadcrumbs making sure the sides are well crumbed too. Place the coated cakes on a large plate.

Heat a shallow film of oil in a large frying pan over medium heat. Add the

fishcakes, in batches if necessary, and fry for 4 minutes or so on each side until golden brown. Drain on paper towel.

To serve:

Serve with a dollop of the lime Crème Fraiche and mixed salad leaves. Enjoy!