

Fishcakes

Serves 1 + leftovers to freeze

For the fishcakes:

1 can/jar Tuna (the better the quality the better the dish here) or 200g or any fish or shellfish

1 spring onion sliced finely

1 egg beaten

1tsp garlic puree or minced garlic

Leftover Mashed Potato, about a handful, or the leftovers of the packet of precooked

Splash of Soy Sauce

Splash of Fish Sauce or Salt

1 tsp of Curry Paste

2-3 Water chestnuts diced

Whatever crunchy veg you like, e.g sweetcorn, chillies, green beans

A little plain flour

For the Chilli Jam:

400g Tin of Tomatoes

½ onion finely diced

200g Sugar

4-5 red chillies deseeded and chopped finely

1 tsp Ginger

1 tsp Garlic

Splash Fish Sauce

Splash Vinegar

The Fishcakes

This is a great way of using a leftover fillet of fish or using up a store cupboard item such as tuna and leftover mashed potato.

Drain and flake the tuna or flake the leftover fish you are using.

In a bowl, put the mashed potato, add in the wet ingredients to the mash, the soy sauce, the fish sauce, the curry paste, and the egg. Mix these really well.

Once all combined, add in the onion, garlic, water chestnuts and the fish, gently mix these into the potato mix. Having incorporated the wet ingredients into the mash, it has softened the mix, so it doesn't break the fish too much and likewise it makes sure a good distribution of the wet ingredients without overworking the dry ingredients. We do not want a smooth or nearly smooth paste. It needs to have texture. If the mash is too wet, add a little flour to thicken it but not too much or you will taste it.

Portion the mix into patties, flatten the mix and shape. You could use a scone cutter or a ring to make a nice circle but the rustic hand shaped way looks good too I think, the size can be of your choosing but I prefer slightly smaller ones, they are easier to cook and when you fry smaller amounts more of the mix comes in contact with the pan giving a good crispy exterior to soft interior ratio.

In a medium hot pan, with some oil, pan fry the cakes until golden brown on either side. Everything in the cakes are cooked so we are just heating it all up and getting some nice colour and crispness on them.

The Chilli Jam:

This is a supremely easy recipe, it may seem like a lot of chillies, but the heat dies down with the long cooking and the sugar balances it, it is not really a hot sauce by the end, its sweeter with a kick.

All you need to do is put everything in a saucepan, bring to the boil, and then let simmer on a gentle heat for 20/30 minutes. I tend to blend the sauce at the end just to have a smooth sauce.

Once cooked, place in sterilised jars, it will keep for two weeks in the fridge, but you will probably have it all eaten by then anyway.

To Plate:

Place down the fried fishcakes and serve with the dipping sauce, serve with salads, chips, savoury rice, or even on their own as a lunch.

What to do with the leftovers:

The fishcakes can be frozen once they are formed, defrost as cook as normal.

You could use the fishcake itself as a patty for a fish burger, a toasted bun, some chilli jam and some crisp salad items would make a delicious meat alternative burger.

The chilli jam is delicious as a condiment for hot and cold meats, cheeses, salads, dipping etc. Use as you would a relish.