



ALICE LIVEING'S SALMON & EGG FISH CAKES

Fresh, succulent salmon and our divinely rich Burford Browns are delicately encased in a crisp coating in these easy-to-make fish cakes. The deliciously tender filling lends itself perfectly to a side of al dente greens and a zesty yoghurt dip. Spice up the recipe and opt for sea trout and sweet potato for a fabulous fish Friday supper.

Prep time 30 minutes | Cook time 10-15 minutes | Serves 4

650g Maris Piper potatoes, peeled and cut into chunks

Olive oil

200g salmon or sea trout fillet, skin on

2 lemons

½ teaspoon smoked paprika

Sea salt and freshly ground black pepper

120g frozen peas

2 Large Clarence Court Burford Brown eggs, hard boiled and peeled

Small bunch of mixed herbs (like flat leaf parsley, chives, dill, basil), finely chopped

3 Large Clarence Court Burford Brown eggs, beaten

3 tablespoons plain flour

150g dry breadcrumbs

2 tablespoons mixed seeds

200g Greek yoghurt

Pre-heat the oven to 200c/ 400f/ gas mark 7.

Boil the potatoes in a large pan for around 12 minutes or until soft. Drain in a colander and allow to steam dry. Mash well and place to one side.

Meanwhile heat 1 tablespoon of olive oil in a medium frying pan and pan fry the fish for 3 minutes on each side or until just cooked through. Once cooked place the fish on a plate, peel off and discard the skin and flake the fish into big chunks and add to the potato bowl. Grate over the zest of 1 lemon, smoked paprika and season with salt and lots of black pepper.

Boil a kettle and place the peas in a sieve, place the sieve over the sink and pour the boiling water over the peas. Place the peas in a small bowl and mash with a fork. Add the peas to the potato and salmon. Chop the hard-boiled eggs and add to the mix along with half of the chopped herbs and crack in one of the whole eggs. Gently mix everything together and place the bowl in the fridge whilst you prepare the coating.



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Beat the remaining 3 eggs and place in a shallow bowl. Place the flour on a plate and season well. Place the breadcrumbs and seeds on another plate and mix together. Line a baking tray with greaseproof paper. Divide the mixture into 8 equal sized patties. One at a time coat each patty in flour, dip in egg and roll in breadcrumbs. Place patty on to the lined tray and allow to chill for 20 minutes or so.

When ready to cook, please a large frying pan on a medium heat. Add 2 tablespoons of olive oil and some of the fishcakes, cooking on each side for 4 minutes (cooking in batches works better). Transfer to the baking tray and place in the oven for 10-15 minutes.

Mix the yoghurt with zest and juice of half a lemon, the remaining chopped herbs and season with pepper.

Divide the fishcakes between plates, serve with green beans and yoghurt dip on the side.



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