

## **Recipes for National Marine Week demonstration with WWF SASSI**

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### **Smoked angelfish fishcakes with poached eggs and homemade tartare sauce**

A flexible, simple and quick dish for all the family. These delicious fish cakes can be jazzed up for a special starter/brunch or simply served with chips and vegetables/salad for a family dinner. Also works well with fresh hake or angelfish – poach the fish and flake it to replace the smoked fish used here. Kids may prefer fresh, poached fish rather than the stronger flavoured, smoked angelfish. However, smoked fish is a great ingredient to keep in the fridge on standby.

Serves 4

#### *Ingredients*

Fish: 300g smoked, 450g if fresh (poach in 300ml half milk, half water)

Potatoes: 500g/350g if using milder, fresh fish.

Zest of 1 lemon

1 tbsp chopped parsley

80g breadcrumbs

3-4 tbsp oil

1 large, free range egg

A little flour

Salt and pepper

4 tbsp mayonnaise

2 tsp capers –roughly chopped

1 tsp lemon and olive paste or squeeze of lemon juice

#### *Method*

Roughly shred the fish. Boil the potatoes until soft, drain and mash (add a little butter/milk if you like a softer texture). Mix parsley, lemon zest, salt and pepper through mash. Roughly mix fish in to the seasoned mash. Form into fishcakes, about 2.5cm thick using floured hands. Dip fishcakes into beaten egg and then coat in breadcrumbs. Fry in medium hot oil for 5 minutes on each side. To make the tartare-style sauce, simply mix the capers and lemon and olive paste or lemon juice in to the mayonnaise – season to taste. Top each fishcake with a softly poached egg and the homemade tartare-style sauce.