

SMOKED HADDOCK FISH CAKES

Golden and crisp with tender flakes of delicately smoked haddock inside, these fishcakes are a comforting classic that never fails to please

Serves 4

Ingredients

350g [Smoked Haddock Fillet](#)

3 Medium Potatoes – peeled quartered & boiled
until tender

1 medium Onion

3 Spring Onions

2 tbsp Fresh Parsley- chopped

1 Egg – lightly beaten

2 tbsp flour

[Rapeseed Oil](#) – for frying

For the poaching liquid:

500ml Milk

2 sprigs of Parsley including stalks

2 Bay leaves

[Twist of Mixed Peppercorns](#)

[A pinch of Welsh Sea Salt](#)



Place the onions in a little rapeseed oil in a heavy bottom pan and gently fry until slightly coloured. Add the smoked haddock with the poaching liquid ingredients. Bring to the simmer for 4 minutes until just flaking.

Take the haddock from the pan, set aside and allow to cool enough to flake the flesh from the skin.

Remove and discard the bay leaf and parsley sprig from the poaching liquid.

Roughly mash the potatoes, place in a bowl the egg, smoked haddock flakes, spring onion and chopped parsley. Gently mix with your hands avoiding breaking the haddock flakes too much.



Divide the mixture into 4, gently roll into balls and then flatten into patties using floured hands and a floured board.

Blitz the reserved poaching liquid with a stick blender and warm in a pan. Meanwhile heat some rapeseed oil in a frying pan and fry the fishcakes for about 4 minutes on each side until crisp and golden on the flat sides and piping hot within.

To serve spoon some of the frothy poaching liquid into a bowl and top with a fishcake. Garnish with a drizzle of olive oil and a twist of black pepper. Serve with seasonal vegetables.

Enjoy!