



## Food For Thought Recipe and Allergen Card

### Homemade Fish Cakes

### 50 Portions

Ingredient	Hannah Product Code	Quantity
Panga	F010092	1.5KG
Salmon	F004502	1.5KG
eggs	C000350	3
Potato	Almonds	5 KG
Spring Onion	Almonds	200g Diced
Flour	D200225	200g
Milk	Almonds	For Poaching
Olive Oil	D001010	For roasting and glazing
Cheddar Grated	C000042	1KG
Salt		To Taste
Pepper		To Taste

#### RECIPE METHOD – ALLERGENS

1. Cook the potatoes in boiling water until just tender. Drain well and return to the pan on a low heat. Heat for another minute or two to evaporate excess liquid. Mash the potato with a small knob of butter. Allow to cool.
2. Put the fish spring onions and milk in a shallow dish, and slowly poach in the oven till just cooked.
3. Drain the fish and spring onions through a fine sieve. Gently mix through the potatoes, avoiding breaking up the fish too much, along with the sweetcorn, cheddar and a generous grind of black pepper. Form into patties. The cooler the mash potato is when you do this, the easier it will be to form the patties as the mixture will be very soft when warm.
4. Pour the egg on one plate and scatter flour on the other. Dip the patties in egg and then flour and arrange on a sheet of baking paper on a tray. Put the patties in the fridge for at least half an hour to firm up if the patties feel very soft. At this point you can freeze the patties, wrapped individually. Defrost thoroughly before moving onto the next stage.
5. Heat a large frying pan with a generous plug of olive oil. When the oil is hot, carefully lower the fish cakes into the pan. Cook for 5 - 7 minutes or until golden brown underneath and then carefully flip them over. Fry for another 5 - 7 minutes or until golden on the bottom and heated all the way through.

The allergens highlighted in <b>RED</b> are present in this dish
Allergens:
Cereals : <b>Wheat</b> Rye Barley Oats Spelt Kamut
<b>Milk</b>
<b>Eggs</b>
Peanuts
Tree Nuts
Sesame
<b>Fish</b>
Crustaceans
Molluscs
Celery
Mustard
Soya
Lupin
Sulphites
May contain...