

Double Haddock & Herb Fish Cakes

Ingredients

- 450g (1 lb) Potatoes, Peeled
- Salt & Freshly Ground Black Pepper
- 225g Un-dyed Smoked Haddock Fillet
- 225g Fresh Haddock Fillet
- A Good 25g Butter
- 3 Heaped Tbsp Chopped Fresh Parsley
- 1 Heaped Tbsp Chopped Fresh Dill
- 2 Good Tbsp Mayonnaise
- A Few Drops Of Tabasco Sauce To Taste
- Fresh White Breadcrumbs



Double Haddock & Herb Fish Cakes

Ingredients

Lighter Herb Sauce

- 4 Tbsp Chopped Fresh Parsley
- 2 Tbsp Chopped Fresh Dill
- 4 Tbsp Low Fat Crème Fraîche
- 4 Tbsp Low Fat Mayonnaise
- 4 Spring Onions, Finely Sliced
- 1 Tbsp Capers, Drained & Chopped
- Juice Of 1/2 Lemon
- Salt & Freshly Ground Black Pepper
- A Little Caster Sugar



Double Haddock & Herb Fish Cakes



Method

- Preheat the oven to 200°C/Fan 180°C/Gas 6.
- Cut the potatoes into even-sized pieces and cook in boiling salted water until tender. Drain.
- Season the fish with salt and pepper and cut the fillets in half if large. Wrap the fish in a foil parcel with the butter. Bake in the preheated oven for 12-15 minutes until the fish is opaque and flakes easily.
- Mash the potato with the buttery juices from the cooked fish. Skin the fish, discarding any bones, and flake into a bowl with the mashed potato. Add the herbs, mayonnaise and Tabasco and season well with salt and pepper.
- Divide into 12 even-sized round fish cakes. Roll the fish cakes in the breadcrumbs. Cover and chill if time allows.
- For the sauce, mix all of the ingredients together. Season, adding a dash of sugar.
- Preheat a large baking sheet in the oven with the temperature increased to 220°C/Fan 200°C/Gas 7. Lightly grease a baking sheet with butter and arrange the fish cakes on it in a single layer. Brush with melted butter and bake for 20-25 minutes until crisp, golden and hot through.
- Serve with the herb sauce and lemon or lime wedges.