

SO MUCH TO SEA...

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Thai fish cakes

Recipe by James Martin

Makes 8-10 fish cakes

Ingredients:

300g firm white fish (cod or haddock is perfect)
1 tablespoon red Thai curry paste
1 egg
2 tablepoons nam pla (Thai fish sauce)
1 tablespoon caster sugar
2 tablespoons cornflour

3 kaffir like leaves (finely chopped)
1 tablespoon coriander (finely chopped)
30g cooked peas
30g sweetcorn
vegetable oil for frying
salt and fresh ground pepper

Method:

Whizz the fish, Thai paste and egg in a food processor until well blended.

Place the mix in a bowl and add all other ingredients except the oil and season with salt and freshly ground black pepper.

Using your hands mould the mix into fish cakes approx 6cm in diameter and 2cm thick.

Cook in a frying pan for approx 5-6 minutes turning occasionally.

Drain on kitchen roll and serve with a sweet Thai chilli sauce (readily available in local shops and supermarkets).

When it comes to Seafood, choose the best, choose Shetland.

Thanks very much to the cooks and chefs who have contributed to this project.

Seafood Shetland
Scottish Salmon Producers' Organisation Shetland
Shetland Fish Producers' Organisation
Shetland Shellfish Management Organisation
Shetland Aquaculture Trust