



Fishcakes



makes 4



75 minutes

INGREDIENTS

300g floury potatoes, peeled and cut into

large chunks

50g frozen peas

1 unwaxed lemon, zest only (optional)

2 spring onions, finely sliced

1 tbsp mayonnaise

1 x 213g tins salmon, tuna or sardines

25g plain flour, plus extra for dusting

1 medium size egg

50g dried breadcrumbs

3 tbsp vegetable, sunflower oil

1 knob of unsalted butter, for frying

EQUIPMENT

- Mixing bowl
- Sharp knife
- 3 small plates
- Colander
- Small saucepan
- Lined baking tray
- Potato masher
- Vegetable peeler

TIMEPLAN

Time	Activity	Health and safety points	Food quality points
1	Peel and slice the potatoes. Preheat oven to 180°C . Bring a large saucepan of water to the boil, place in the potatoes and boil for 15-20 minutes, or until soft. When they're ready, add in the peas, wait for 30 seconds, and then drain really well with a colander.	Be very careful when using the hob and oven.	
2	Once cool, tip into a mixing bowl and mash really well, until there are no lumps left. Add the lemon zest, spring onions, mayonnaise, season with salt and pepper and mix thoroughly. Add the tinned fish and use a fork to fold through the potato mixture: you should still have some larger chunks.	Open the tin of fish very carefully with a tin opener. Make sure the mixture is cool before mashing.	Make sure there are no lumps left in the mashed potato and peas.
3	Add the tinned fish and use a fork to fold through the potato mixture: you should still have some larger chunks.		



**CHEL TENHAM
BOURN SIDE
SCHOOL**

Food Preparation and Nutrition





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4	Flour your hands and shape the mixture into 4 patty-shaped fishcakes, no thicker than 2-2.5cm.	Wash your hands with warm soapy water.	Make sure each patty is the same size so they cook evenly. Weigh with scales.
5	Spread the flour on a plate or tray and season with salt and pepper. Beat the egg with a fork on another plate or shallow bowl, and tip the breadcrumbs onto a third plate. Lightly coat each fishcake in flour, then shake off any excess flour and coat in the egg. Finally, cover in breadcrumbs. Place the fishcakes on a lined baking tray and chill for at least 20 minutes before cooking, or leave in the fridge.	Wash hands after handling raw egg.	Make sure the fishcakes are evenly coated.
6	To cook, place the fishcakes on a lined baking tray. Drizzle with a small amount of oil and place in the oven for 15-20 minutes. Serve with lemon wedges and salad or seasonal vegetables.	Set a timer for the oven. Use oven gloves when taking food in and out of the oven.	Fishcakes should be golden brown and crispy on the outside.



Food Science: **Dextrinisation**

The browning that occurs when foods containing starch are cooked or exposed to an alkali, acid or enzyme.



Skills:

Knife skills bridge and claw – weigh and measure, slice, dice, crush, peel, boiling, mashing, baking, enrobing (breadcrumbs)

