

PARSNIP AND SMOKED FISH CAKES

500 grams smoked fish
300 grams parsnips
300 grams potatoes
2 tablespoons butter
1 tablespoon horseradish sauce
2 teaspoons finely grated ginger
2 spring onions, finely sliced
sea salt and pepper

To coat:

½ cup flour
2 eggs, beaten
½ - 1 cup breadcrumbs
4 tablespoons sesame seeds
coconut oil



Horseradish Cream:

3 tablespoons horseradish sauce
150 ml crème fraiche
zest of 1 lemon

Preheat oven to 180 degrees.

Remove the skin and bones and flake the fish into a large bowl and set aside.

Peel the parsnips and potatoes and cut into chunks. Cook in boiling salted water for about 15 minutes or until tender. Drain well, then add butter, fish horseradish sauce, ginger and spring onions. Season with salt and pepper.

Mix well until evenly combined then divide the mixture into equal portions (about 100 grams each). Roll each portion into a ball, then flatten.

To coat:

Prepare three plates, one with flour, one with eggs and one with the breadcrumbs and sesame seeds combined. Dip the cakes in the flour, then the eggs, then the crumb and seed mixture.

To cook:

Heat oil then fry the cakes for 3-5 minutes on each side until golden brown, roll them around in the oil. Then place in a baking dish lined with baking paper and cook in the oven for 20 minutes until piping hot.

Horseradish Cream:

Mix all ingredients together in a bowl.

To serve:

Accompany with a green vegetable or salad.

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