

TRADITIONAL FISHCAKES



Preparation : 15 min - **Resting :** - - **Cooking :** 10 min - **Equipment :** -

Ingredients : 4-6

- 500 cod, skinned and roughly chopped - ½ green pepper (75g) - 1 red chili - 1 spring onion, washed, trimmed, halved - 1 egg - ½ cup breadcrumbs - 2 stalks lemongrass - 1 tsp lemon zest - 1 tsp fennel seeds - 2 tbsp. chopped flat-leafed parsley - 1 tbsp. olive oil - salt, 5 peppercorn blend

1. 1 Remove the tough outer leaves from the lemongrass stalks and use only 6cm of the stalk from the bulb end; thinly slice and set aside. Wash, quarter and seed the red chili and the green pepper.

2. Fit the food processing bowl with the metal blade. Add the lemongrass, red chili, green pepper and spring onion; process for 30 seconds using the FOOD PROCESSOR programme. Add the fish, breadcrumbs and spices, then the egg, salt and pepper and process for 1 minute.

3. Put the mixture into a salad bowl, then roll in balls, gently flattening each one to form fishcakes of 3-4cm in diameter.

4. Heat the oil in a large pan and fry for 3 minutes on each side until the fishcakes are golden.

Chef's tip :

If you are unable to find lemongrass, use organic lemon zest instead.

