

GF Friendly

Cheap and Easy Fishcakes

easy-to-make pan-fried fishcakes

Canned tuna and salmon are reasonably cheap; just beware of those in OIL – this makes the fishcakes taste disgusting! You can substitute any pre-cooked, shredded fish (minus bones, of course!). Anyone can make these patties, even the kids, and they don't take long. Also, none of the ingredients have to be de-frosted; so, if you've forgotten to take something out of the freezer for tea, here's a meal that can be knocked up at the last minute with no fuss and quick smart.

- 1 Kg potatoes
- 425g tuna or salmon (in brine or spring water)
- 1 onion
- 2 Tbsps chopped parsley
- 1 cup polenta (maize meal) or breadcrumbs
- 2 Tbsps rice flour
- 2 eggs
- Light-tasting olive oil
- ½ tsp turmeric
- Salt & pepper (optional)



Cube and boil the potatoes; then drain well, mash and allow to cool. Drain the tuna or salmon, add this to the mashed potatoes and combine, breaking up the fish into small flakes. Chop the onion finely and mix this in. Beat one egg together with 1 tablespoon of rice flour, the turmeric and seasoning if used. Add this to the mash and mix well. Now fold in the chopped parsley.

Beat one egg in a bowl with 1 tablespoon of rice flour. Put the polenta in a bowl. Have a cutting board on hand covered with baking paper. Divide the mash mixture evenly. Form each part into a ball with the hands, roll first in the egg, then in the polenta. Place the fishcake on the paper and press down with the palm of the hand to flatten slightly. The edges may crack a little, so pat these in with the fingers to retain the shape. Continue the same for the rest of the fishcakes.

Pour a little olive oil in a frypan or skillet, pre-heat on medium, then fry the fishcakes in batches for approximately five minutes a side until golden. Add more oil as necessary to avoid burning. Transfer to a tray lined with baking paper and keep warm in the oven until ready to serve.

Makes 8 large fishcakes - great with extra vegies and parsley sauce and they freeze well

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