

TROUT AND BLUE CHEESE FISH CAKES WITH PARSLEY SAUCE

A cracking fish cake recipe by Sian @recipebreakout

Serves 2

Ingredients:

2 fresh fillet steaks of ChalkStream Trout

6 large potatoes

1 nob of butter

1 garlic clove

Large sprig of parsley

200g of crème fraiche

1tsp Dijon mustard

2 spring onions

100g of Blacksticks blue cheese

1 egg

150g of Panko breadcrumbs

Vegetable oil

Method:

Season the trout fillets and cook in a moderate oven for 10 minutes so that they're still pink in the middle. Allow to cool a little, remove the skin and flake into a small bowl.

Peel the potatoes, cut into chunks and boil until nice and soft. Drain well and leave to cool a little.

Melt the butter in a small pan and in a clove of minced garlic and a handful of finely chopped parsley. Sauté for a minute and tip the crème fraiche along with a teaspoon of Dijon mustard. Stir well, season and set aside.

Transfer the potatoes to a large bowl along with the spring onions, finely chopped, and about 100g of grated Blacksticks blue cheese. Mix and mash everything together and then fold in the trout flakes. Season well and shape into 8 large or 12 smaller balls and pop them in the fridge for 20 minutes.

Dip each ball into a beaten egg and lightly coat with panko breadcrumbs. Heat 1-2cm of oil in a pan and when hot shallow fry the fishcakes, turning frequently to brown all over. Warm through the sauce and serve on the side.

