Traditional Irish fish cakes

These fish cakes are very simple to make, and taste great when made with quality fresh fish. They work perfectly as a starter or you can even make smaller versions and use as canapés.

Ingredients:

- 3 Large Potatoes
- 200g Fresh Fish Fillets (Salmon, cod, trout etc. Basically the best fish your fish monger has at the time)
- 1 Red onion
- 1 Bunch of parsley
- Salt and pepper
- 200g Fresh breadcrumbs
- 100ml Milk
- 2 Eggs
- 1 Tsp Wholegrain mustard

Instructions:

Peel and wash the potatoes and cut into even size pieces before placing in a small pot to boil. When the potatoes have cooked and are soft strain and mash until smooth.

Set aside and allow to cool. Peel and dice the red onion into a small dice. Cut the fish into rough size pieces that are more or less all even in size. Mix together in a bowl the fish, mashed potatoes, red onion, wholegrain mustard, chopped parsley, salt and pepper.

Make the mix into little fish cake shapes using a little flour or they start to stick.

Beat the 2 eggs together in a bowl until smooth.

Dip each of the fish cakes first into the flour and shake off any excess Next place the floured fishcakes into the egg mix and again shake off any excess.

Finally place the fish cakes into the breadcrumbs ensuring that they are evenly covered with breadcrumbs.

Heat a medium pan up, add a splash of olive oil and fry the cakes on each side for 2 minutes or until golden brown.

Place the fish cakes on to an oven tray and into oven at 180C/360F for 10 minutes.

Serve with a wedge of lemon.