

Tuna and Fish-finger Fishcakes

Cooking methods: Boiling, mashing, baking

About Fishcakes

The fishcake has been seen as a way of using up leftovers that might otherwise be thrown away. In Mrs Beeton's 19th century publication, *Book of Household Management*, her recipe for fishcakes calls for "leftover fish" and "cold potatoes."

 **Preparation Time**
15 minutes

 **Cooking Time**
15 minutes

Suitable potato varieties:

Smooth, such as Desiree

Ingredients

- 2-3 tbsp leftover mashed potato
- 4 tbsp tinned tuna, drained
- 2 fish fingers, cooked and chopped
- 1 tbsp fresh dill, chopped
- ½ tbsp tomato ketchup
- Squeeze of lemon juice
- 2 tbsp flour
- 1 egg, beaten
- 4 tbsp breadcrumbs
- 1 tbsp oil

Equipment

- Mixing bowls x4 (1 large, 3 small)
- Wooden spoon
- Measuring spoons
- Fork
- Chopping board
- Frying pan
- Spatula
- Baking tray
- Oven gloves
- Serving dish



Method

- 1 Preheat the oven to 200°C.
- 2 Combine the potato, tuna, fish fingers, dill, ketchup and lemon juice in a bowl.
- 3 Shape the mixture into two patties then dip into flour, egg and then breadcrumbs.
- 4 Heat a tbsp oil in a frying pan and fry the fishcakes for a couple of minutes on each side until golden.
- 5 Remove from the pan and place on a baking tray in the oven for 10 minutes until heated through.

For more potato recipes, visit www.precookservepotatoes.org.uk